



Parent Handbook

New Hartford Aquatics

Our Mission:

- To offer a healthy and enjoyable competitive environment for swimmers of all ability levels.
- To offer a high level of coaching, emphasizing technique and a scaffolding approach to stroke technique, strength and endurance.
- To provide everyone the opportunity to reach his or her potential, and enjoy the sport of swimming.

Communication:

Parent involvement is highly encouraged, however, please do not communicate with swimmers or coaches during practice time. Feel free to wait until the end of practice with any questions or concerns.

Team Apparel/Merchandise:

New Hartford Aquatics Swim Club colors are Blue and Red. Each swimmer will receive 2 team caps included with registration. We have 2 team stores, one through A&P Master images for team t-shirts and other apparel, and one through SwimOutlet.com for Team Jackets, Parkas and other swim gear.

Competition/Sportsmanship/Responsibility:

When attending meets, it is vital that all swimmers remain respectful of each other, the coaches, and the facility in which they are competing. As a result, it is expected that all swimmers remain positive and respectful regardless of their personal performance. As a courtesy to all, when finishing a race, swimmers are expected to remain by the wall in their lane until all other competitors have finished the heat. Once completed, all swimmers will extend a congratulatory handshake to their competitors on either side of their lane.

Swimmers are encouraged to attempt all strokes and distances events. New Hartford Aquatics coaches understand that all swimmers have events that will become his or her “favorites,” however, it is important when growing as an athlete to explore other events based on coach opinion and ability level.

Whether during practice or a meet, above all else, swimmers need to be respectful to all. Inappropriate language, disruptive behaviors, or any destruction to private or public property will not be tolerated. It is expected that all swimmers clean up after themselves, and remove all waste products when leaving the pool deck at practice or at a meet.

Practice Attendance:

As a USA Swimming Club, we understand the hectic and stressful lives of our young athletes. However, attendance at practice is vital to the improvement of stroke technique, endurance, knowledge, and team camaraderie. It is expected for swimmers to attend as many practices as possible during the week. As a minimum attendance requirement, it is expected for swimmers to miss no more than one (1) practice per week.

Swimmers need to be on the pool deck (out of the water) five (5) minutes before the designated start of practice. At this time, swimmers should have their caps, goggles, and water bottle, and be prepared to begin their practice.

Meets:

As a team, New Hartford Aquatics will be attending, on average, one meet per month of the Fall/Winter Short Course Season. Each swimmer is required to attend at least two (2) meets during the season (not including our Championship Meets), but are encouraged to attend as many meets as possible to build experience at the USA meet level and improve the ability to create a goal for the end of each season. With personal goals, practice can become a time to build skills and move forward as a swimmer, rather than a daily chore.

Along with these in-season meets, New Hartford Aquatics attends the Adirondack Silver Championship Meet, and the Adirondack Gold Short Course Championship Meet, held in the Capitol Region at the end of February/early March. All swimmers are expected to attend Championships. This is a great chance to spend time with other teammates and families, and see the progress that each individual swimmer has made during the season.

Any swimmer who has made an Adirondack Championship (Golds) Qualifying time during the season may swim that event at Adirondack (AD) Championships. If no qualifying time has been made for an event, that event may be swum at the AD Qualifying Meet (Silvers).

Swimmers must have attended at least 2 in-season meets to qualify for AD Championships

All Meet Sign-ups must be done through TEAMUNIFY via our website www.newhartfordaquatics.com. The sign-up process will be discussed in depth during our fall parent meetings.

What to Bring (Meets)

- Team Suit
- Team Cap
- Team Shirt
- Goggles (2)
- Towels (2)
- Water Bottle
- Healthy Snacks

Parents: The pool deck at meets tends to be extremely warm – dress accordingly (Recommended – Parent Team Shirts)

Parent Responsibilities:

As a club, New Hartford Aquatics does not require any fundraising or other monetary responsibilities; however, it is vital to the club and to our swimmers that all parents remain involved.

Parent Responsibilities Include:

- Meet Back-up Timing
 - o When attending a meet, each AD Club is required to provide timers based on the number of swimmers attending. While it is not expected for you to time throughout the entire meet, please plan to time for a small portion, in conjunction with other parents.

Awareness: Important club updates will be uploaded to our website www.newhartfordaquatics.com, and sent via email to the address given at registration. Please check these outlets regularly.

Above all else it is important for parents at New Hartford Aquatics to be supportive of their swimmer and of the club. While succeeding and performing well is the hope of all swimmers, parents, and coaches, it is important for everyone to remember the overall goal of a particular swimmer, and the personal improvement that can occur in a specific event rather than simply the winning of a heat or an age group.

We understand that being a swim parent can be taxing, and we thank you all for your continued support, both getting your swimmer to nightly practice, and driving to the Capital District for multiple meets per season.