

College Area Swim Team Handbook

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COLLEGE AREA SWIM TEAM HANDBOOK

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MISSION STATEMENT

We have a chance as an organization to help provide youth with a safe and supportive environment to actively pursue their dreams. College Area Swim Team, through its swimming programs, will continue to provide the best growth and learning environment possible.

PHILOSOPHY

We take pride in our positive, safe and motivating environment, where learning and growth go beyond swimming. Success of every participant is measured by the lifelong benefit of sharing and developing the following values:

Self Confidence	Responsibility	Dependability
Academic Achievement	Self-Motivation	Independence
Leadership	Time Management	Pride
Respect for Others	Integrity	Sportsmanship
Lifelong Swim Skills	Self-Esteem	Commitment

COACHING

Dave Kilmer leads our program. Dave began his competitive swimming in San Diego, moved to Orange County and swam his high school years with Mission Viejo Nadadores, and returned to San Diego to compete at SDSU. His coaching career began when SDSU cut their swim team in 1984. He has been a leading coach in San Diego ever since.

In addition to Dave we have a great staff of professional coaches. DawnElla Stoddard assists Dave with the Senior team. She was the head coach of another team before coming to CAST. Tabitha Frawley leads our developing swimmers and has been swimming herself since she was 6 years old. She has been involved in swimming as an assistant coach since she started the Women's Swim Club at the Coast Guard Academy in 1994. Some members of our staff change from time to time, we will try to keep you informed as the changes come about. Our professional staff provides an incredible learning environment from novice to collegiate level swimming.

ELIGIBILITY

Children between the ages of 5 and up are eligible to become members of the College Area Swim Team, providing they can:

1. Swim one length of the pool freestyle, swimming comfortably and smoothly with their face in the water.
2. Swim one length of the pool backstroke continuously.

News and information:

Very Important!!!! WWW.CASTSWIM.COM is our main source of team information. There are practice schedules, meet notifications, meet sign-ups, tutorials and documents, team records, team information, etc. Please use our website to keep up to date. Upon submitting a completed team application, one of our team administrators will send a email inviting you to join the website and to set up your log in information.

In addition to our website we have a Facebook page that gets frequent posts from our team members. There is a Facebook link directly on our site, and here is the link <https://www.facebook.com/groups/4829903260>.

We also send out weekly e-mails to families with current news and updates.

FEES

Monthly fees are charged depending on a swimmers placement within a group. All members of the team must become members of United States Swimming within 30 days of joining the team. (first time USA swimming members must present a birth certificate to register). USA swimming cost goes up annually. There are discounts available for low income families.

Team fees range from \$105-\$180 per month depending on group placement. A \$5 discount for each additional swimmer within the family. Fees are due on the first of each month. There is a 10-day grace period, after which a late fee is automatically charged.

The first month a swimmer is on the team, we pro-rate fees if you join part way through the month. After that swimmers pay for full months, whether they swim 1 day or 30.

Swimmers pay monthly until they notify the treasurer they will be stopping swimming. If a swimmer is going to drop out for 2 full calendar months or more, they need to inform the treasurer (treasurer@castswim.com), and you will not be charged. Otherwise monthly fees still apply when you are taking a short break. You are paying for the opportunity to attend practices, not for the number of practices you attend.

The first payment should be made by check or cash along with the team application. Once we process your application, you will be e-mailed a password to enter the portion of the website that allows you to check your billing. At this time, we require you to sign up for autopay which is automated payment through credit or debit card, or checking account.

USA SWIMMING REGISTRATION FEE

Your USA swimming registration is an annual or seasonal membership fee. This membership not only lets you swim with the team, but also allows you to be entered in competitions, and includes secondary liability insurance during practices and meets. There are discounts available for low income families.

EQUIPMENT NEEDED

Required Equipment:

If you are just joining a team for the first time, we recommend you wait a week or so to make sure your swimmer is going to keep going before you go out and spend the money on equipment beyond goggles and a cap. After you're sure your swimmer is going to "give it a go", buy the equipment appropriate to their level listed in the chart below.

Swimmers are expected to have the following:

	Goggles	Cap*	Team suit*	Resistance Cords	Fins	Paddles	Water bottle	Leg band	Buoy	Snorkel	Gear Bag	Running shoes
Novice	X	X	X		X					X	X	
Junior	X	X	X		X				X	X	X	
L 1	X	X	X		X		X		X	X	X	X
L 2	X	X	X	X	X	X	X		X	X	X	X
L 3	X	X	X	X	X	X	X		X	X	X	X
L 4	X	X	X		X	X	X	X	X	X	X	X
L 5	X	X	X		X	X	X	X	X	X	X	X

*Team suit required at meets.

We are a Speedo sponsored team.

Places to purchase gear:

1. If you use Amazon, please consider using Amazon Smile. If you select College Area Swim Club, our team will get a small portion back from Amazon on anything you purchase. Just type in www.smile.amazon.com - it will function exactly the same as you normally see.
2. **Our team dealer is Swim West formerly known as Paradowski's Swim and Sport.**
7962 Convoy Ct San Diego, CA 92111
(858) 569-6946
<https://www.paradowskiswim.com/>
3. Swimoutlet.com usually has good deals.

Below is information about the specific type of gear to purchase. There are many types of fins, paddles, snorkels, etc. but please follow the specifications so your children have the right gear for practice.

Gear Bag:

Start with a gear bag. These are mesh bags made for wet swim gear. Any one that will fit all the gear and has a string closure at the top will work.



Goggles:

Goggles can cost anywhere from \$3 to \$150. The most important factor is a comfortable fit that doesn't leak. We recommend you visit **Paradowski's** to try some on and talk to someone. It's a good idea to have a dark tinted pair for swimming in bright daylight and early evening and a clear pair for swimming when the sun is down. Paradowski's also has some generic corrected-vision goggles for swimmers who wear glasses or contacts.



Swim Caps:

A cap during practice is not required for short hair. However, if your hair is long enough to get into your eyes or mouth, you need a cap. A generic/non-CAST cap may be worn at practice. A CAST team cap is required for meets. The CAST cap may be purchased on deck. You can order a custom name cap when we do team outfitting twice a year.

Caps may be latex or silicone. Latex caps are thinner which is not as hot when you're training hard and tends to "stick" a little better. A latex cap should last a couple of



months with daily use. Silicone caps are thicker, insulate better, are probably easier on hair, and last longer: about 6 months or so depending on how you take care of them.

Resistance Bands:

These cords are used for dryland with Level 2 and Level 3 swimmers. They are available from many sellers. Please purchase cords and not bands. Most resistance cord packages come in a set of 5 with handles and ankle straps. The swimmer will must get at least 3 different resistance strengths. Please see the coach if you have any questions.



Fins:

We use generic fins. There are many types of fins; the only alternative to the recommended type pictured is the soft foam rubber ones listed as recommended alternative. Please ask your coach if you have any questions. There are many manufacturers that make the style of fin shown below. On the type shown top left, some manufacturers make a short version. Make sure you get the version that the length of the fin blade that extends past the toe is 8-10 inches (not 2-4).

Recommended #1



Recommended alternative



At this time we do not use any specialty fins. Please purchase one of the type above unless your coach advises otherwise.

Pull Buoy:

Although there are many types and styles and shapes, a generic soft foam buoy like the ones pictured below is recommended: if your swimmer is under 100 lbs. look for a junior size.

**Band or Strap:**

An ankle strap or band is required for level 4-5 and recommended for lower levels. Any type is fine.

**Snorkel:**

There are a few different styles out there. Swimmers seem to prefer the MP (Michael Phelps) brand (middle), but you can buy any type of front snorkel.

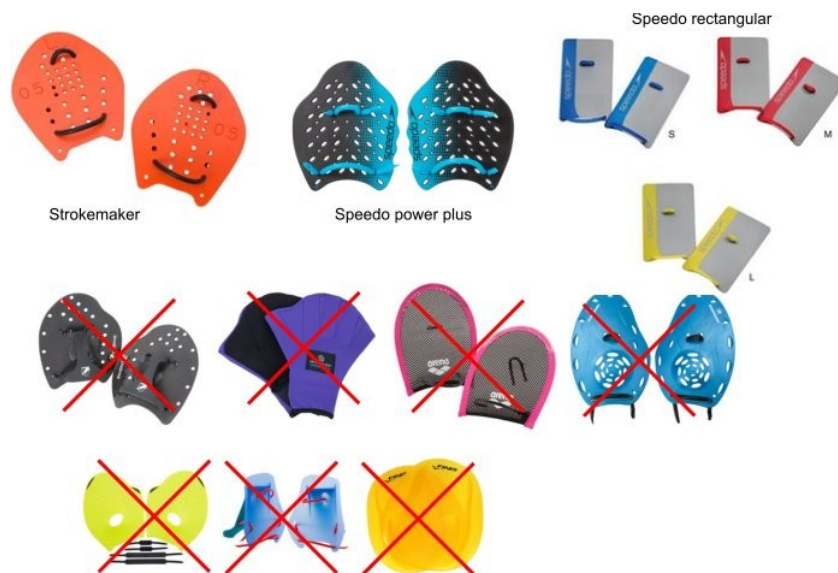
**Paddles:**

We want you to have one of the 3 types shown below. **The size is important to ensure swimmer does not over strain their shoulders.** Please do not buy paddles that extend more than 1/3" past your fingertip.

In general, the StrokeMaker sizes are:

- 0 - under 90lbs
- .5 - 90-120lbs
- 1 - 120+ lbs.

Swimmers below level 4 should not buy size above .5 without speaking with their coach.



Kickboard:

The team has boards. If you decide to purchase a board please get a junior size. We do not use full size boards.

Team Outfitting:

We have shirts and caps in stock. We keep a small supply of sweatshirts as well. We also have at least 2 team orders each year where you can buy items like team sweats, parkas and caps with custom names, ski caps, ball caps, backpacks etc.

We have noticed lately that there are quite a few backpacks and parkas that are generic.

- We highly encourage you to buy the team speedo backpack at team order time.
- Parkas are almost a necessity in the cold winter months and early mornings at most meets. We want to look like a team. We want your child to feel like they belong to the team.
 - A non-team parka will do the job of keeping a swimmer warm, but we encourage you to spend the extra money and buy the TEAM parka when we do our outfitting orders.
 - The team parka includes large two-color lettering on the back and the name embroidered on the front.
 - As with all team wear, it adds to a cohesive team look and will help your swimmer feel a part of that team.

Suits:

We are a Speedo Team. We prefer swimmers wear Speedo all the time. We have a Speedo team suit that may be purchased at **Paradowski's**. They have the suit on file and in stock and can help you with fitting. However - we recognize there may be other brand suits the swimmer would like to wear during practice. For practice, a comfortable suit is important. We recommend a polyester suit or a poly blend because it will last

longer. Board-shorts and beach bikini's are not the right suits for practices. Many boys who just join want to wear board-shorts. Once your swimmer has committed to the sport we recommend either a jammer (knee length) or a brief (a "Speedo").

The Team Suit:

The team suit is required for general meets. It updated from time to time, please check with coaching staff for current model.. This is the suit we expect you to wear at non-championship level meets.

Tech suits are not to be used at regular meets UNLESS it has been discussed and cleared with the coach.

Championship Level Meets:

Depending on the swimmer, the level of the meet, and the importance of a swim – a swimmer may "suit up" for a race or a meet. The best suits are generally referred to as "tech suits" and are expensive with a short lifespan. Men's tech suits are often jammer style. Women's tech suits can be either the standard hip cut or a kneeskin.

There are a lot of different feelings about "tech suits". Tech suits are made to shape and compress the body in specific ways, and they have a slightly lower drag coefficient. They can offer a marginal advantage – and because a primary function relates to the swimmer's size, the real advantage of a tech suit comes in big swimmers swimming fast.

Tech suits are allowed for championship meets and specific/special circumstances.

Our suggestion for swimmers 14 and under who are not yet at Sectional Level is, if desired, get a tech suit that was the "latest and greatest" 2 or 3 years ago. It is still a great racing suit and probably a great deal being half the price of the newest version. Because these suits are expensive and designed for maximum efficiency, and because each suit fits differently, it is best to have a professional-like those at **Paradowski's**, help you get the right suit and the right size. An ill-fitting tech suit is no better than a regular suit in the right size. It is a waste of money in the wrong size.

If you're not sure if you swimmer should get a tech suit for a specific meet - ASK THE COACH.

And speaking of ill fitting suits . . .

Board shorts and bikinis (in general) are for the beach. Swimming on a swim team is a sport. The suit is a piece of sports equipment. It needs to fit, and not be a distraction.

We recognize that there are some athletic bikinis and so long as they are in good taste, fit properly, cover, don't require constant re-tying, and are neither thong nor Brazilian cut they may be allowed. That said, practice is supposed to be hard work. The

swimmers climb in and out of the pool and dive and sprint. If the suit moves around or needs to be re-adjusted frequently then it is probably better for the beach.

Simply put: a suit needs to fit.

- Not too big (boys) and not too small (girls). A suit needs to cover “what your mamma gave you”.
- A suit shouldn’t be able to be pulled down by the force of the water. This is avoid a wardrobe malfunction or accidental reveal—again we don’t want to see it.
- A favor of parents:
 - Suits wear out and then become see thru. Please check your child’s suit every now and throw it away when it becomes to baggy and/or see thru.
 - Children grow – that 24 used to fit just right. Not anymore. Please make sure the suits fit and cover. Don’t take their word for it. Please check and save the swimmer the embarrassment.

Lastly, a couple of things to consider:

1. Self respect . . . enough said.
2. Young children: Older swimmers are role models and are being watched by the younger swimmers, by the parents, and by the coaches. We expect older and more experienced swimmers to exhibit good taste, good manners, and good behavior. That extends to how and what you wear.
3. The Kroc Center: This is a Christian based public facility. Our team should be respectful of the facility management and it’s mission and the guests who use the facility.
4. Take your mark: While there may not be cameras allowed behind the block, there are people and your behind should be covered.
5. Finally: If you question whether or not what your wearing is allowed or appropriate it probably isn’t. Trust us, we are saving you from looking back at yourself 20 years from now and saying “What the heck?”

Last but not least – no deck or towel changing. It’s not allowed so don’t do it.

TEAM STRUCTURE

College Area Swimming offers various levels of training to serve many ages, abilities and interests. We offer:

- Teaching - Competitive strokes: freestyle, backstroke, breaststroke and butterfly, including flip turns, starts, proper breathing and more.
- Training - Great physical training that is both supervised and safe.
- Goals - Professional guidance in setting goals.
- Meets - Compete with others of similar ability and build confidence while having fun.

Swimming levels:

Practice Time offered each week and suggested attendance (more may be offered in summer months):

<u>Group Level</u>	<u>Practice Time Offered (approx.)</u>	<u>Recommended Attendance</u>
Novice	2-3 days/wk :1 hour	2-3 days a week
Junior	3 days/wk: 1 hour – 1:15 min	2-3 days a week
Level 1	5 days/wk: 1:15 – 1.5 hr	3-4 days a week
Level 2	5 days/wk: 1.5 -2 hrs	4-5 days a week
Level 3	6 days/wk: 1.75 -2 hrs	4-6 days a week
Level 4	6 days/wk: 1.5-2.5 hrs	4-6 days a week
Level 5	≤10 practices/wk: 1.5-2.5 hrs	7 + times a week

PRACTICE SCHEDULE

College Area Swim Team practice schedule is posted on our website and is updated monthly. For updated schedule, check the following site:

http://www.castswim.com/TabGeneric.jsp?_tabid_=35185&team=cast

FAMILY INVOLVEMENT

CAST is a non-profit organization. Please realize that it takes an enormous amount of volunteer time to provide a professional, quality atmosphere for your swimmer. We have many people working to provide this. We expect that any projects the team takes on will be done with dedication and pride.

CAST VOLUNTEER POLICY

Being the best we can requires the support and dedication of swimmers and their parents. As a non-profit organization, CAST events are dependent upon the parents of our swimmers working together to maintain this standard of excellence. We have several functions during the year that require parent participation and could not be run without your help. Below are the minimum obligations of all CAST parents.

Service Credits Requirement:

see the website under “About CAST” volunteer hours. Each 6 month period (Oct.-Mar. and Apr.- Sep.) the amount of required hours are updated for the season depending on the anticipated hours needed for that period.

Recording of Credits:

All families are responsible for filling out a [Credit Report Form](#) following each event that

they provide service credits for the team. Upon completion of the form, e-mail it to cast.credits@yahoo.com. You may do this after each event you participate in but please do this no less often than monthly. Your credits will be verified monthly by the Credit Support Coordinator. Volunteer jobs may be done by any member of the family, including siblings, grandparents, relatives or friends.

Billing for unworked hours:

At the conclusion of each 6 month period, families are billed for unworked hours.

FUNDRAISING

It is not possible to provide a competitive swimming program, much less a high quality program, by swim fees alone. The difference between revenue from swimmer fees and what is needed to operate is covered through fund-raising.

CAST employs professional coaches. This is a major expense, and is what separates us from other sports coached by volunteers. Providing this high quality environment has many other costs including pool rental, travel, equipment, continuing education for the coaches, etc.

Amazon smile is another easy way to help fund to the team. Whenever you guys Amazon, just type in www.smile.amazon.com instead of www.amazon.com. Our organization is called College Area Swim Club. It costs nothing extra to use and Amazon will provide the team with a small portion of your purchase cost. Your Amazon Prime membership will still work and everything will operate exactly the same.

The following fundraisers and minimums for the '16-'17 year: (a swimmer who takes a month or two off and avoids a fundraiser will still incur a bill for that fundraiser, and swimmers will need to pay this upon returning). Each year the fundraisers for the upcoming year will be updated after October 1st. Check [here](#) for current year.

You may choose to just “buy out” of any fundraiser by donating the minimum.

Swim-O-Rama - June- Min. \$200 for 1 swimmer or \$300/family (2 or more)

GUIDELINES FOR SWIMMERS

PRACTICE RECOMMENDATIONS:

- Attend only your designated practice time unless instructed by the coach.
- Be on deck at least 5 minutes early and be ready for stretching.
- Have goggles adjusted & ready to go prior to practice.
- While waiting to practice, show courtesy to the group that is already in the water.
- Bring to each practice any equipment (fins, paddles, etc.). **Please have your equipment labeled.**
- Use sunscreen (especially on the face) preferably at home but at least prior to practice.

- Have a team suit swimsuit for meets and a separate suit for practices. Don't wear out your team suit by using it at practices.
- Have your suit on prior to beginning of practice
- Be sure to WEAR YOUR SMILE at all times!

NEWCOMERS TO SWIM TEAM

For those new to competitive swimming, the prospect of being on a large team and participating in noisy and busy meets may seem daunting. This may be especially true for those who are not strong swimmers. The meets are a great family and neighborhood assembly and the three-ring-circus feel can be quite exciting.

Always remember, there are many parents, older swimmers, and staff to consult if you find yourself puzzled, intimidated, or annoyed.

SWIM MEET SCHEDULE

The meet schedule (as well as the location of the meets) changes every season. The schedule, as well as information about each meet is posted here:

www.teamunify.com/EventsCurrent.jsp?_tabid_=1879&team=cast

SWIM MEET GUIDES FOR PARENTS AND SWIMMERS

WHAT TO BRING

- Plenty of towels - 2 to 4 depending on number of events.
- Warm clothing (mornings at meets can be cold).
- Chairs or blankets to sit on.
- Shade/tarp if you have one. The team has canopies. **Please set up camp with the team.**
- Cooler for fruit, juices, water, snacks etc.
- Snacks (a snack bar will normally be available during meets).
- Visors, sunglasses, team T-shirt, team cap(s) and team suit (black speedo).
- Sunscreen or sun block, especially for nose and shoulders.

WHEN TO ARRIVE

- Arrive early- we expect you to be in the team area at the designated time ready for the coach's instructions.
- Warm-up times will be posted on the web site prior to each meet. As a general guideline, warm-up times are earlier for home meets.
- Some meets you may want to consider arriving extra early for warm ups because of poor parking.

AT THE MEET

- If you can arrive at the meet early to stake out a "team area" (preferably with team canopies) that's helpful!
- Swimmers should stay in or close to team area. Listen for your event and be ready to report to the "ready area" or the appropriate starting block (New parents - please know where your swimmer is. If you are working the meet please ask another parent or more experienced swimmer to assist your child, until they have enough meet experience).
- It is ultimately the swimmer's responsibility to report to the ready area.
- Make sure you check with the coach before you leave the meet. You may be on a relay or the coach may have news for you.
- Please use trashcans for your garbage. We are a clean team!
- Have FUN!
- A sample time-line for C meets and above:
 - Arrive early
 - See your coach
 - Set up in team area
 - Check in for your events (try not to get stuck in the check in line when it is time to begin stretching)
 - Be in the team area when stretching begins
 - Make sure to talk to your coach before and after your events.

LEVELS OF COMPETITION

In meets, a swimmer typically competes against other swimmers at his or her general level of competition. In other words, a first-year swimmer on the team generally will not start out competing against a faster, more experienced swimmer. However, he or she may advance to a higher level as the season progresses. Once a swimmer's time is fast enough, in a particular event, that qualifies him for the next level.

There are different events with varied distances in which swimmers may compete. Different levels of meets include different distances.

Stroke	8 and under	9-12	13 and over
Individual Medley or IM (includes butterfly, back, breast and free)	100, 200	100, 200 (400)	200, 400
Freestyle	25, 50, 100, 200	50, 100, 200, 500, (1000, 1650)	50, 100, 200, 500, 1000, 1650
Backstroke	25, 50, 100	50, 100 (200)	100, 200
Breaststroke	25, 50, 100	50, 100 (200)	100, 200
Butterfly	25, 50, 100	50, 100 (200)	100, 200

Progression of levels in age-group swimming

Novice & Summer league – C – B – A – JO/AA – AAA – Far Westerns – Zones

Next levels in the Progression of Senior Swimmers:

Senior Travel meets, Sectionals, Futures, USA Junior Nationals, USA Senior Nationals, US Open, Olympics Trials/World Championship Trials

Descriptions of Each Level

Novice/Summer League: The lowest level group, focuses on learning the strokes. May compete in fun events/novice meets where everybody receives a reward and focuses on having fun.

C Level: The very first level of competitive swimming. Swimmers stay at C level until they gain a “B” time.

B-AAA Levels: These levels have increasingly faster times, that range from beginning to upper level swimming. A swimmer can have various levels of times. I.E. a B time in the 50 Free while having an AA time in the 100.

Far Westerns: Occurs during the 1st week of April in the San Francisco Bay Area. Usually consists of swimmers with AAA level times. Far Westerns is a meet that has its own qualifications and is very competitive, drawing swimmers in from many states.

Western Zones: Zones usually occurs in the 2nd week of August. San Diego Imperial Swimming sends a team, similar to an All Star Team, to this meet. Swimmers travel with San Diego Imperial Swimming. Swimmers must have at least 2 Long Course zone qualifying times to apply for the team (swimmers with 5 or more qualifying times are considered automatic). Other teams are selected on basis of filling the best teams. San Diego Imperial Swimming usually takes 52 swimmers to the meet.

Senior Level Swimming: As swimmers 13 and older go beyond AA level many senior meets are offered at increasingly higher levels. In general, each meet has its own time standard and there are no divisions for age groups. For example, a 13 year old may be competing with 20 or 30 year olds.

Entering Swim Meets

Approximately 2 1/2 to 3 weeks before a Swim Meet, the Coaches will pass out and/or post online a form about the Meet. The form will include; events for the swimmer, the price for entering the meet, etc. Coaches post their entries for each event on that particular event page on castswim.com. Please be aware that Coaches decide the events for the swimmer. If there appears to be a schedule conflict during a Swim Meet, please let your Coach know upon entering the Meet.

All “regular” meets require swimmers to **commit** to the meet at least 11 days prior to the meet. Summer league and novice meets are different, and information for committing to those meets are listed individually on that particular meet page.

Your account should be set up for On Demand charges, when the meet entry file is generated and sent to the host team, your account will be charged. This usually occurs 7-10 days prior to the meet.

Relay Entries

Swimmers may be chosen to participate in relay events at various competitions. The Coaching Staff shall select the competitors in these events. The staff will always consider all available information, including but not limited to, past individual and relay performances, relay experience, number of events swum at the competition, individual workload, recent results and performances, consistency of performances, fatigue level, health, fitness level, training preparation, attitude and personal desire to participate in these events. Relay selections are not subject to challenge.

Team Travel Vs Non-Team Travel Meets

There are “Swimmer” travel meets and “Team” travel meets.

A **Swimmer travel meet** is one where the swimmer (and their family) is entirely responsible for their travel. Swimmers will either be traveling with their family, or with another family that they have made arrangements with.

Guidelines for Swimmer travel meets:

The team may designate a “preferred” hotel, or even hold a number of rooms that team members can reserve. However, the actual reservation, and travel arrangements will be up to the individual swimmer/family.

These meets are really no different than an “in-town” meet. The coach will designate a time that you are to be at the pool, and expect that you budget your time appropriately so that you are there on time. As before any meet, we expect swimmers and parents to be smart about being prepared to swim well . . . Eat balanced meals, avoid sugary foods and desserts, limit outside physical activity, and plan for 9-10 hours sleep. If you are sending your swimmer with another family, make sure they will uphold these standards.

We want swimmers to prepare for higher level meets by treating travel meets as something to take seriously and to do everything possible to be prepared to swim fast. They are not a vacation. If you need a family vacation, plan one for another time or for after the meet, swimmers should not be confused by swim meet vs. vacation.

A Team travel meet is one where the team makes all of the travel arrangements and is responsible for the arrangement and coordination of their travel. This usually includes travel to and from another city, travel to and from the pool, chaperoning at the hotel, travel to eat, and everything that may be needed during the time the swimmer is away.

We often need chaperones for this type of travel. Volunteer to help if you can. You will be given specifics of the travel by the coach(es)

Examples of types of meets and the travel type:

Most Age-group meets will be done as swimmer travel meets. Some of the higher level age group meets (AA and up) may be done as team travel meets.

We will let you know the type of travel meet as the meet information becomes available.

MEET TERMS

Aging Up

When a child moves from one age category to another as the result of a birthday, Aging up means going from 8 to 9; 10 to 11; 12 to 13, 14 to 15 and 18 to 19.

Championship Meet Qualifying Times

Times set by the local governing body that must be met by a swimmer in order to swim in the Championship Meet. These are set by stroke, gender and age group.

Clerk of Course

- The check-in point for each swimmer in order to be placed in the proper event, heat, and lane for a swim meet.
- The officials who perform this function.

DQ

Short for disqualification, if a swimmer is observed to have failed to swim a stroke in the prescribed manner. Then he/she will be disqualified by an official.

Heat

One individual race in an event, and there can be several heats in a given event.

IM

Short for Individual Medley a 100, 200, or 400 event swum in the following order: butterfly, backstroke, breaststroke and freestyle.

Intervals

In practice when swimmers swim prescribed distances during a specific period of time, i.e. swim 100 meters in two minutes. If a swimmer finishes in 1:40, then he has 20 seconds to rest.

Warm up

A period of time allocated to each team prior to Practice or a Swim Meet.

GUIDELINE FOR SUPPORTING YOUR SWIMMER

- **BE POSITIVE.** Help your child look beyond today and towards his or her goals. Accentuate the positive, eliminate the negative. However, don't exult too loud or too long over great results. That could signal your child that he/she can best earn your love through sports success.
- **BE PATIENT.** Swimmers develop at different paces, but all swimmers need time. No matter how your child seems to be doing in comparison to other swimmers, don't push. When he or she is ready, the big improvement will come. When they get in a slump, as all athletes do, they won't need any extra help feeling poorly about their performances.
- Never "bug" your swimmer about his or her swimming. It will only irritate your child. Leave it to their coach to dissect the reasons why his/her performance isn't up to par; you lighten it with love and encouragement.
- **BE PROMPT.** Please make sure that your swimmers arrive to all practices and meets on time. If your child is late, they will not benefit from proper warm ups and/or miss receiving important communications from their coach.
- **BE A FOLLOWER, NOT A LEADER.** Let your swimmer become the leader. Your swimmer will perform as well as he or she wants to, not as either you or the coaches want.
- Let your child dream big dreams. Big dreams, whether they come true or not, often lead to diligent and disciplined practice habits and to giving full attention to a coach's instructions. Use big dreams to make gentle points about the work habits of high achievers.
- Encourage your child to play other sports at young ages. Experience shows that pre-teen age group swimming success is short lived. Ultimate swimming success at the highest levels stems from a wide foundation in "motor programs."
- Although swimming has strong individual elements, your child is, most of all, part of a TEAM.
- Teach your child the difference between critical instruction and negative instruction.
- The single most important thing you can do for your child is to help develop a strong sense of sportsmanship and positive self-image. With your help this will be swimming's best benefit to your child.

HOW TO BE A PERFECT SWIMMING PARENT

DON'T TRY TO TALK TO THE COACH DURING PRACTICE TIMES

Consider the pool deck a classroom. Would you interrupt a classroom teacher in the middle of a lecture? If a coach is not talking to the swimmers, they are thinking, watching and analyzing. If you need to ask questions, please wait until practice time is over and the swimmers have left the pool. The coaching staff will be glad to talk with you when they can give their full and undivided attention. (If a coach thinks he/she can and must talk with you during practice, they will speak to you first.)

THE COACH IS THE COACH / TRUST YOUR COACH

We want your child to relate to his/her coach as soon as possible concerning swimming competition, technique and training. The better the relationship and bond between swimmer and coach, the better the results will be. When parents interfere with opinions as to how the child should swim, or train, it causes considerable confusion as to whom the swimmer should listen to. The coach's job is to develop the athlete. Their basic tool of evaluation is congratulations or criticism based on performance. The parent's job is to grow a healthy, functional individual with strong self-esteem. This will develop out of the type of unconditional love that doesn't become confused by sports performance.

WATCHING WORKOUTS

If you choose to watch our practice sessions, do not talk to, signal, wave to or admonish your child while he/she is in a practice. If you notice a problem, talk to their coach about it at a later time. This helps the swimmer see the coach as the authority for all things swimming. It also helps to build a bond that will allow the coach to help the swimmer reach his/her potential. Avoid timing your child during practice. The repeat times are something for the coach and the child to discuss. If your child has a poor workout or meet, try to offer encouragement for them to swim better at the next opportunity.

If for some reason you need to talk to your child during practice, we must insist, that you either pass the communication through the coach, or ask the coach for permission to talk with your child. This keeps a proper respect for the workout environment and the coach. Parents actions can communicate respect for the team, coach, and practice environment to their swimmers by following the above.

BE AS STRONG AS YOUR CHILD.

Anything worthwhile usually means sacrifice and hard work. Avoid complaining about the practice schedule your child logs every day. When your child needs to be at practice whether afternoon or early morning, allow travel time to be there 5-10 minutes early. Make your swimmer realize that you will support them in every way. The value of them learning to be on time shows respect for the team and other swimmers, and will carry forward to many other things later in life.

COMMUNICATE.

Above all, communicate. If you question any aspect of the swim program, please make an appointment and discuss it with a coach.

AT SWIM MEETS

Though parent participation is welcomed, parents should allow their children to take an active role at swim meets. It is the responsibility of the swimmer to ensure they swim their events and talk to the coaches. Except for swimmers at their first 2-3 meets, parents should not escort their children to the coaching area at a swim meet. Swim

meets are learning environments, it is important to allow swimmers to navigate meets by themselves. Mistakes happen! Sometimes swimmers forget to check in or miss events or get disqualified. **These are learning opportunities.** These things happen to ALL swimmers. Learning to deal with problems is another one of the great lessons they learn.

Parents should avoid discussing their child's performance with the coach at a swim meet. Usually coaches are too busy coaching and watching other athletes to carry on a discussion with parents. Don't offer elaborate gifts for swimming successes. This will tell swimmers that their successes are about receiving a material benefit rather than goal setting and achieving. Good effort, focus, and attitude should be rewarded. A 20th place finish with a great effort and attitude is much better than a 1st place finish with a poor effort and attitude.

Often swimmers look towards parents as how to react after a swim. Many parents tend to react negatively when a swimmer doesn't get a best time, or show happiness only with a high-place finish. A parent's reaction to a performance also has an effect on the swimmer. Be positive – it's a learning opportunity. If they have an “off” meet, find a way to use it as encouragement for training better, or smarter, or harder for the next meet.

Enjoy **watching** your child grow up through swimming. This includes dealing with the good times and the bad times. They only grow up once. Give them a hug or a pat on the back when needed, otherwise step back and let them grow. Everyone “falls down” when they are growing up. Let them learn how to pick themselves up.

A NOTE ABOUT BEST TIMES

When a child first starts swimming, it is fairly normal for them to drop time often at meets. Their bodies are changing so fast that large improvements are common. However, as a swimmer ages, swims for more years, and starts swimming at higher levels, it becomes harder to have such significant drops. **Two meets without a best time is not a plateau!!!** For the senior swimmers it may take months to experience even small time drops, as the training regimen is geared toward peaking at specific meets. As swimmers get older and have been swimming for years, times should be compared from one SEASON to the next, not from meet to meet.

When Should We Think about College Swimming and Scholarships?

Giving swimmers the opportunity to continue their swimming into their college years is a main goal of CAST. However, not every swimmer is going to get their college paid for through swimming.

Going and looking for scholarships before High School is pointless. Kids change their mind about sports and colleges everyday. So, wait until sophomore year of high school before even starting the search. Towards the end of the junior year and the start of senior year is the prime time to look for scholarships and the narrow down possible colleges to attend.

Start to initiate contact in during your Junior year by visiting colleges, swimming websites and filling out questionnaires. College coaches may send out school information, and may encourage you to call them, but are very limited in their ability to call you until your junior year. Even at meets, they cannot say more than “hello” until after your last race of the meet. (recruiting rules vary depending on NCAA division and/or other collegiate division).

Do not get caught up in the amount of a scholarship. Priorities should be: is the school good for what I want to study, is the swim team a good fit for me, and can I afford it? Sometimes parents ego of the amount of a scholarship, or the name of the school get in the way of the above priorities. There are 1000's of good schools out there, don't be hasty.

There are more than twice as many swimming scholarships available for girls than guys. (title 9 – for gender equality requires that universities give close to equal amounts of scholarships within the school ---so a school with 85 men's football scholarships has to make that inequity up by offering more scholarships in women's sports....and often....fewer scholarships in their other men's sports).

Once you find a college that fits your academic needs and level of swimming, look at the teams they compete against for similar levels of swimming (and look at their schedules as well). Once a college shows interest be sure to keep up communications. Many CAST swimmers went to (and loved) colleges they were not initially interested in.

Scholarships aren't everything.... which is better a \$15,000 scholarship at a \$50,000/yr school , or no scholarship at a \$18,000 a year school? Answer: it depends (on a lot of other things).

Meet with coach Dave in March / April of your junior year to help you get started.

SWIMMING AND HEALTH

LACK OF SLEEP

Poor sleep the night before a competition or consistent bad night sleeps leading up to an event can cause fatigue. Sleep is important because it is the time when actual physical growth occurs and tissue recovery from daily activity takes place. The number of hours needed for rejuvenation is age-dependent.

AGE	HOURS OF SLEEP NEEDED
9 yrs	10 1/4
10-11 yrs	9 3/4
12 yrs	9 1/4
13+ yrs	9

16-20 yrs	8-9
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Source: <http://www.kidshealth.org/parent/general/sleep/sleep.html>

GOOD PRE-RACE MEALS

Stay within your normal eating habits. Don't get talked into or try anything unusual right before your event. Eat 2-4 hours before the race. Have your meal be high in Carbs (100-200 grams) and low in fat and protein. These two are slow to digest and require too much additional blood to process.

Example: bagel & jam, banana, sport drink, cooked rice or baked potato.

For the athlete that finds they get too nervous to eat properly as their race draws close, they can consider buying Sports Nutrition drinks. Items like Boost or Insure Lite fit the bill perfectly.

FOODS TO TAKE

- Fruit, dried fruit, juices (limited).
- Bagels, bread, low-fat muffins.
- Watered down Sport drinks, low-fat energy bars.

If there are more than 2 hours between races take some dairy items such as yogurt, low-fat cheese and crackers. Try limiting or avoiding these items during and immediately before competition:

- Fatty Foods - Fast foods, ice cream and fries.
- High Protein Foods - Meats, dairy and protein supplements.

FLUIDS

Sweating and dehydration does occur in swim training and racing. There is a school of thought that an additional water loss factor in swimming may be due to the body being in a horizontal position. This may send extra signals to eliminate fluids. The early warning signs of dehydration are:

- Fatigue.
- Loss of appetite.
- Nausea.
- Poor concentration.
- Flushed skin.
- Light-headedness.
- Dark urine.
- Muscle cramps.

The best rule of thumb to follow for ideal hydration levels is to create 4-5 full bladders a day. Water is the cheapest and best source. Just remember to clean the water bottle daily if you use it regularly. Gatorade, PowerAde and All-Sport drinks are excellent sources of carbohydrates and fluids. Make sure to water down these drinks, they do contain high amounts of sugar. Studies have shown that carbohydrate fuel does provide immediate contributions in practice. Avoid soda, Kool-aids and fruit juices during practice because they require additional digestive fluids be brought in from elsewhere in the body to break them down.

EAR CARE

DAILY USE: You can use a commercial ear care product for swimmers like “Auro-Dry” or “Swim-ear”...or make your own solution of rubbing alcohol and distilled vinegar. Use these products daily right after practice. They will help to dry out the ears as well as prevent bacterial growth.

WAX REMOVAL: Always consult your physician if you have any questions regarding wax removal. The primary cause of ear infections is water that does not drain out and becomes a warm-wet breeding ground for bacteria. There are several wax removal kits available. Personally I use ¼ cap of hydrogen peroxide once per week (you lay down and do one ear at a time. Let it bubble for 3-4 minutes). This clears out excess earwax that might otherwise trap water, and kills bacteria as well. (Do not use if the swimmer has tubes or any other ear condition)

STAY IN THE WATER AND PUT A CAP ON IT. Placing a swimming cap on the swimmer's head while covering their ears also helps protect against swimmers ear. However, the ideal combination is a pair of earplugs with the cap holding them in place. With earplugs and a cap you may be able to keep swimming, at the least be able to kick.

Recap for new swimmers:

- 1) Try out.

- 2) Fill out and turn in a team application with appropriate fees.
- 3) Check with coach to make sure there are no upcoming changes to the practice schedule.
- 4) Purchase the appropriate training equipment required by their coach.
- 5) Begin attending practices.
- 6) Register with USA SWIMMING. You have 30 days from beginning with the team to register. We recommend waiting a week or two to make sure your child is going to stick with it.
- 7) Communicate with your coach to see when your child will first be competing and make sure you follow the steps to get them entered ahead of the deadline.
- 8) Don't be afraid to ask questions. See your coach before or after practice, send them an e-mail, or ask them to e-mail or call you. Talk to other parents who've been around for a couple of years - for general information.

We want your experience with CAST to be a positive life building experience. Don't be afraid to get involved.

SEE YOU AT THE POOL!!!!