



NEW PARENT ORIENTATION  
2025-2026



## NEW PARENT ORIENTATION

**PART 1 – WELCOME TO  
THE TEAM**

**WED. 9/10, 7:00 PM  
@ RIDGE**

**PART 2 - WHAT TO  
EXPECT AS A SWIM  
PARENT**

**WED. 9/17, 7:00 PM  
@ RIDGE**

**PART 3 - SWIM MEET  
SURVIVAL GUIDE**

**WED. 9/24, 7:00 PM  
@ RIDGE**

# WHO ARE WE?

- WE ARE A 501 C(3) NON-PROFIT ORGANIZATION, AND ONE OF THE DENVER AREA'S LONGEST STANDING COMPETITIVE YEAR-ROUND USA SWIMMING-AFFILIATED TEAMS, CURRENTLY SERVING MORE THAN 200 ATHLETES.

## WHAT DOES THIS MEAN?

- NON-PROFIT: EVERY DOLLAR THAT COMES IN (DUES, MEET REVENUE, APPAREL SALES, ETC.) GOES BACK TOWARDS THE IMPROVEMENT OF THE PROGRAM.
- COMPETITIVE: WE PARTICIPATE IN MEETS (DON'T BE INTIMIDATED BY THIS WORD!)
- YEAR-ROUND: WE OPERATE UNDER A 12 MONTH MEMBERSHIP, WITH 2-3 WEEK BREAKS IN BETWEEN SEASONS (MORE ON THAT LATER).
- USA SWIMMING-AFFILIATED: OUR NATIONAL GOVERNING BODY. WE ARE SUBJECT TO THE RULES AND REGULATIONS OF USA SWIMMING, ALONG WITH THOUSANDS OF OTHER TEAMS ACROSS THE COUNTRY.

# HOW WE OPERATE

## COACHES

- DAY-TO-DAY OPERATIONS
- SEASON OVERVIEWS AND PLANS
- TRAINING PLANS
- MEET ENTRIES
- GROUP PLACEMENTS
- PARENT/ ATHLETE COMMUNICATION
- TEAM EVENTS (I.E. MEETS, TRAVEL TRIPS, SOCIAL EVENTS, ETC.)

## BOARD OF DIRECTORS

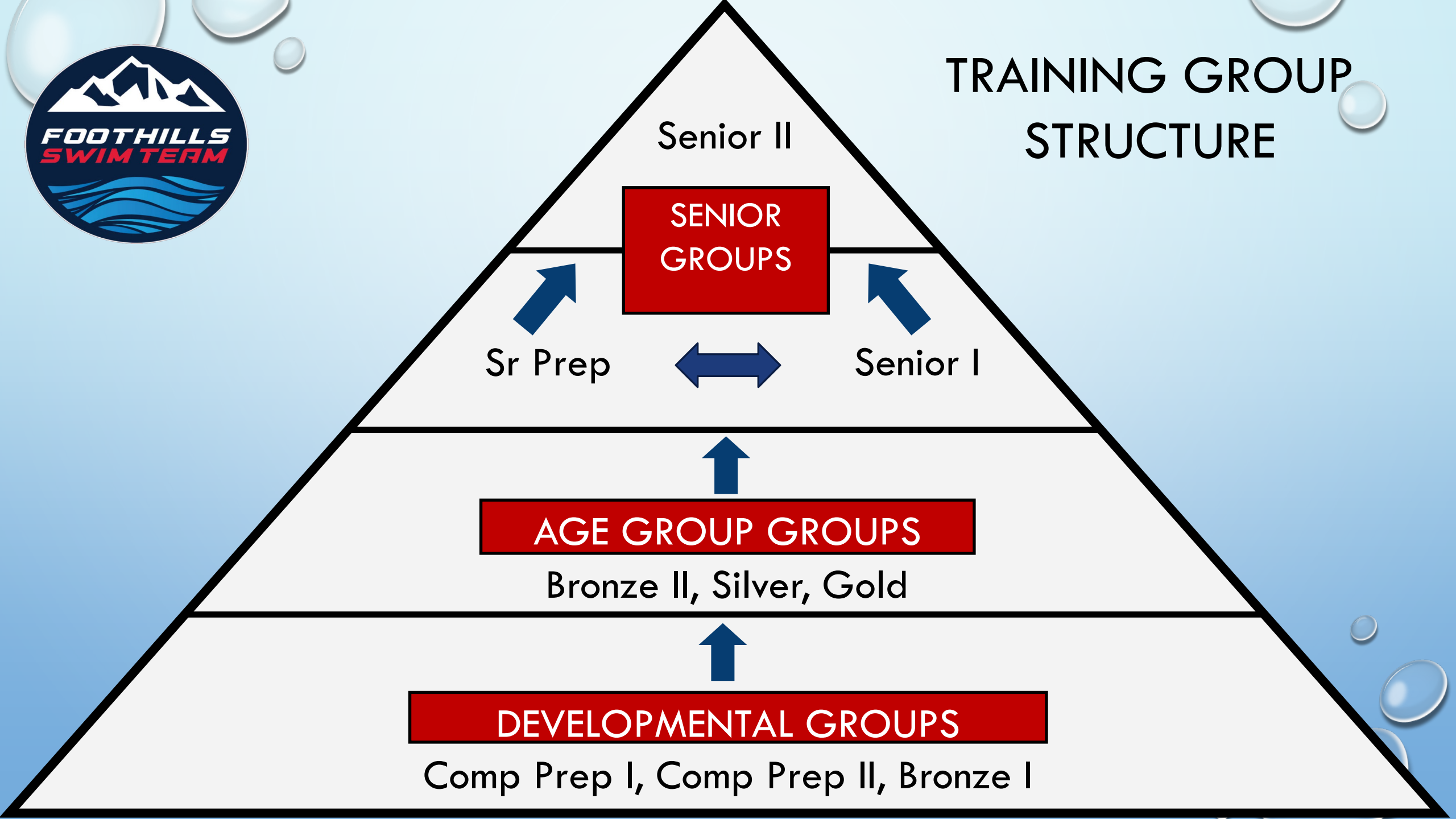
- “DRY-SIDE” SUPPORT OF TEAM BUSINESS
- VOTING MEMBERS = HEAD COACHES & (7) ELECTED PARENT VOLUNTEERS
- TERM = 2 YEARS
- FINANCES
- APPAREL
- FUNDRAISING
- SOCIAL MEDIA
- GENERAL, “STATE OF THE TEAM” ADDRESSES

## BACK OFFICE MANAGER

- TEAM BUSINESS SUPPORT
- MEMBERSHIP DUES
- MEMBERSHIP REGISTRATION
- PAYROLL
- FINANCES
- MANAGEMENT OF MEMBERSHIP ACCOUNTS



# TRAINING GROUP STRUCTURE



# TRAINING GROUP STRUCTURE (CONT.)

COMMITMENT EXPECTATION, PRACTICE FREQUENCY, PRACTICE DURATION, WORKOUT INTENSITY



| <b>DEVELOPMENTAL GROUPS</b><br>Comp Prep 1, Comp Prep 2, Bronze 1 | <b>AGE GROUP GROUPS</b><br>Bronze 2, Silver, Gold | <b>SENIOR GROUPS</b><br>Senior Prep, Senior 1, Senior 2 |
|-------------------------------------------------------------------|---------------------------------------------------|---------------------------------------------------------|
| Chuck, Rebecca                                                    | Chuck, Rebecca, Vinny                             | Bill, Kylie, Linh, Vinny                                |

# GENERAL OVERVIEWS

## SEASONS

- OUR “CALENDAR YEAR” RUNS FROM SEPTEMBER – AUGUST, AND IS BROKEN INTO 2 SEASONS: SHORT COURSE SEASON (SEPTEMBER THROUGH MID-MARCH) AND LONG COURSE SEASON (APRIL THROUGH FIRST WEEK OF AUGUST)
  - SHORT COURSE: 25 YARD POOL (ALMOST EVERY POOL IN THE AREA)
  - LONG COURSE: 50 METER POOL (OLYMPIC-SIZED POOL)

## MEETS

- ON AVERAGE, WE PARTICIPATE IN MEETS ONCE PER MONTH, WITH ADDED DEVELOPMENTAL (COMP PREP 1, COMP PREP 2, BRONZE 1) MEETS THROUGHOUT THE SEASON.
- MEETS ARE MOSTLY LOCAL, WITH SOME TRAVEL IN COLORADO (COLORADO SPRINGS, LOVELAND, THORNTON, FORT COLLINS) AND ARE RUN BY THE TEAM HOSTING THE MEET (MORE ON THIS DURING OUR SWIM MEET SURVIVAL GUIDE MEETING)

# GENERAL OVERVIEWS (CONT.)

## COMMUNICATION

- MOST GENERAL TEAM INFORMATION WILL COME FROM CO-HEAD COACH VINNY PRYOR OR CO-HEAD COACH BILL ROSE
- YOU WILL GET 2 WEEKLY UPDATES PER WEEK:
  - TEAM UPDATE: COMES OUT ON SUNDAY, FROM CO-HEAD COACH VINNY OR CO-HEAD COACH BILL. CONTAINS IMPORTANT DETAILS FOR THE UPCOMING WEEK THAT ARE APPLICABLE TO THE WHOLE TEAM (I.E. TEAM EVENTS, FUNDRAISING OPPORTUNITIES, APPAREL ORDERS, SWIM MEET UPDATES, ETC.)
  - SPECIFIC GROUP UPDATES: COMES OUT SUNDAY OR MONDAY, FROM YOUR ATHLETE'S GROUP LEAD COACH. CONTAINS IMPORTANT DETAILS FOR THE UPCOMING WEEK THAT ARE SPECIFIC TO THAT GROUP (I.E. SCHEDULE, SCHEDULE CHANGES, PRACTICE GOALS, COACHING ABSENCES, ETC.)

# GENERAL OVERVIEWS (CONT.)

## COMMUNICATION (CONT.)

- YOU MAY ALSO GET OCCASIONAL EMAILS FROM MEMBERS OF THE BOARD OF DIRECTORS REGARDING SPECIFIC ITEMS:
  - FUNDRAISING
  - APPAREL
  - SOCIAL MEDIA
  - GENERAL STATE OF THE TEAM UPDATES
- BOTTOM LINE: WE USE EMAIL...A LOT!

## SOCIALS

- THROUGHOUT THE YEAR, WE TRY TO AVERAGE ONE TEAM SOCIAL EVENT PER MONTH (KICK-OFF BBQ, GLOW NIGHT, POTLUCK BREAKFASTS)

# USA SWIMMING REGISTRATION

LINK TO ALL USA SWIMMING PROVIDED REGISTRATION HELP DOCUMENTS  
[HERE](#)

## **BRAND NEW TO USA SWIMMING**

- YOU **MUST** CREATE YOUR FAMILY/ LOGIN ACCOUNT **FIRST** (LINKED [HERE](#))
- NEXT, YOU'LL NEED TO REGISTER YOUR SWIMMER WITH THE LINK [HERE](#) (**MAKE SURE TO SELECT THE PREMIUM MEMBERSHIP!!**)
- REGISTERING YOUR SWIMMER WITH THIS LINK WILL AUTOMATICALLY LINK THEM TO YOUR FAMILY ACCOUNT

## **TRANSFERRING FROM ANOTHER TEAM**

- YOU SHOULD ALREADY HAVE YOUR FAMILY/ LOGIN ACCOUNT
- YOU WILL JUST NEED TO LOG IN TO YOUR ACCOUNT, GO TO YOUR MEMBERSHIP DASHBOARD, SELECT THE ATHLETE YOU WANT TO TRANSFER, AND FOLLOW THE INSTRUCTIONS FROM THE DASHBOARD
- DETAILED HOW-TO DOCUMENT FROM USA SWIMMING LINKED [HERE](#)

# FREQUENTLY ASKED QUESTIONS

- MY CHILD DOES OTHER SPORTS. SHOULD WE STILL REGISTER?
  - YES. ATHLETES ARE NOT REQUIRED TO BE AT ANY CERTAIN AMOUNT OF PRACTICES. AS YOUR ATHLETE PROGRESSES THROUGH THE PROGRAM AND MOVES INTO HIGHER LEVEL GROUPS, HIGHER PRACTICE ATTENDANCE IS RECOMMENDED, AND SOMETHING THAT WILL BE DETAILED BY YOUR ATHLETE'S GROUP LEAD COACH.
- WHEN SHOULD GEAR BE PURCHASED? WHERE CAN EQUIPMENT LISTS BE FOUND?
  - GEAR SHOULD BE PURCHASED AS SOON AS POSSIBLE, ONCE YOU KNOW WHICH GROUP YOUR CHILD IS IN. EQUIPMENT SHOULD BE PURCHASED THROUGH MI SPORTS. YOU CAN PURCHASE VIA THE TEAM STORE LINK, WHICH IS TABBED ON THE HOMEPAGE OF THE TEAM WEBSITE, OR AT MI SPORTS' DENVER LOCATION.
- DO PARENTS TAKE ATTENDANCE?
  - COACHES WILL TAKE ATTENDANCE EACH DAY THROUGH OUR WEBSITE'S MOBILE APP, ON DECK.



# QUESTIONS

- DO WE HAVE TO TRY OUT EVERY YEAR? WHAT IF MY CHILD LEAVES TO PARTICIPATE IN SUMMER CLUB?
    - YOUR REGISTRATION IS FOR A YEARLY MEMBERSHIP, SO EVEN IF YOU LEAVE FOR THE SUMMER, YOU ARE STILL A MEMBER OF THE PROGRAM. DURING THE REGISTRATION PROCESS, RETURNING MEMBERS ARE GIVEN PRIORITY AND ARE ABLE TO REGISTER BEFORE NEW MEMBERS. LEAVING FOR THE SUMMER DOES NOT AFFECT YOUR PLACE ON THE TEAM IF YOU RETURN FOR THE FOLLOWING SEASON. TRYOUTS ARE GENERALLY FOR NEW SWIMMERS – YOU MAY TRY OUT AGAIN AT THE DISCRETION OF YOUR ATHLETE’S LEAD COACH.
  - DO SWIM MEETS EVER HAPPEN ON A SCHOOL DAY?
    - YES, MANY MEETS START ON FRIDAY AFTERNOON. MOST OF THE FRIDAY AFTERNOON EVENTS ARE FOR 11 & OVER ATHLETES.
- 



# QUESTIONS

- HOW DO MEET EVENTS FOR EACH SWIMMER GET SELECTED?
    - PARENTS MAY MAKE EVENT SUGGESTIONS / REQUESTS VIA THE DECLARATION PROCESS ON OUR WEBSITE. ULTIMATELY, COACHES WILL GO OVER AND FINALIZE MEET ENTRIES PRIOR TO THE MEET.
  - ARE THERE COSTS ASSOCIATED WITH MEETS?
    - YES. EACH MEET IS DIFFERENT, AS FEES ARE DETERMINED BY THE MEET HOST. COMMON PRACTICE IS TO HAVE A FACILITY SURCHARGE PER SWIMMER (USUALLY AROUND \$15-\$25) AND THEN A PER EVENT FEE (USUALLY AROUND \$6-\$10 PER EVENT)
- 