

Black & Silver
Groups
Parent meeting



For today...

- About me
- Our vision
- Team background
- Getting started and setting goals
- Practice expectations
- Meet expectations and schedule
- Communication
- Important items to note
- Team goals



About me

Carmen Babcock

My background...

27th year with NJST, coached swimmers from 8&U to Junior Nationals, having been the coach for Future Stars, Gold, Red, White, Black, Silver and College Prep groups at one time during those years.

Held the following Colorado Swimming Board of Director positions, 5 years as Age Group Chair, 5 years as Administrative Vice Chair, 5 years as Secretary. In 2024 appointed to the Open Water Chair position. Secretary/Treasurer position for the Suburban Swim League for 12 years.

I would like to lead this group of swimmers to become the example for how to achieve to the highest level in the competition pool, training pool, in sportsmanship and leadership skills. Sports provides a unique opportunity to give young adults experiences with their peers in group goals, success, failure and how to experience accomplishment from hard work.

My team goal is to amp up the group building and team culture.

Vision

- Driving productive outcomes both in and out of water – outside and during practice and competition – to achieve the greatest heights as individuals and team
- To become a leader in training structure
- To become a leader in team structure for parent involvement
- To become the leaders in building a community of swimming that includes High School, Summer Club and Swim Schools to make Northern Jefferson County the role model for cooperative goals and therefore the strongest swimming community in the state





Team background

- Non-profit organization (501c3)
- Led by Board of Directors (6 members) and the Head Coach (Carmen Babcock) who govern with policies and procedures
- Two sites:
 - Arvada - Arvada Aquatics Center & Westminster Swim & Fitness Center
 - Wheat Ridge Rec Center
- 275-325 members, ages 5-21

Getting started

Team apparel

- All swimmers receive a black cap for practice
- New swimmers receive three T-shirts and two caps
- Returning swimmers receive a royal blue tee shirt this year
- Additional swimmer & parent apparel available and the equipment store on website under "Group info" tab



Goal meeting

- At the beginning of every short course season, 11yos and up in most groups have an opportunity to discuss their goals with their coach. Swimmers can bring with them to the goal meeting anyone they think can help them accomplish their goals. It is THEIR goal meeting.
- Important questions include:
 - Current best times and future time goals
 - Top areas to improve in practice
 - Top achievement goals
 - Self assessment of strengths and areas of improvement
 - Self reflection of growth opportunities for the individual swimmer



Practice expectations

- Minimum 80% practice attendance
- Equipment:
 - snorkel, pull buoy, paddles
- Swimmers are responsible for:
 - Packing their swim bag
 - Bringing a water bottle
 - Having the correct equipment
 - Putting on suit
 - Dressing appropriately for dryland
- Dryland
 - Come dressed in street clothes and tennis shoes (croc's in sport mode not appropriate for dryland)
 - Dryland focus for the season will be on flexibility, mobility and strengthening the small muscles in the joints to prevent injury.
 - Those doing the fieldhouse dryland will work mobility and stretching. Having a foam roller would be great!
- Other
 - Positive attitude and focus on teamwork

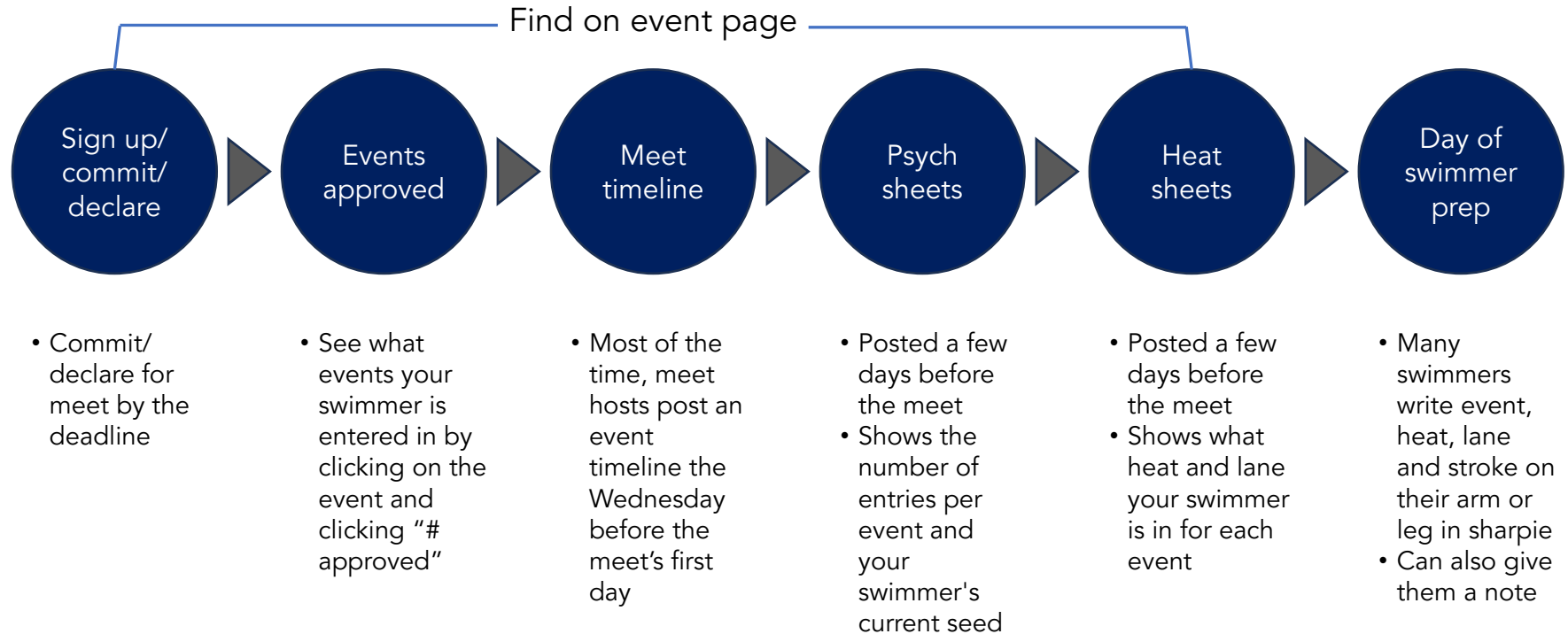


Meet expectations

- Competition requirements
 - Attends meets on the meet schedule
- Swimmers sit together (not with parents) at meets
- Parents try to sit together at meets
- Swimmer's uniform
 - NJST tee-shirt - Day 1 white, Day 2 blue, Day 3 black
 - White NJST cap for competition (Available for purchase from concessions at swim meets for \$15.00)
- On time for meet warm up, performs pre race warm up and cool down - correctly, shows sportsmanship and respect on deck to swimmers and volunteers.



Meet preparation



Meet schedule

Age group	Black & Silver
September	Super Duals
October	MACS Fall Invite & Grand Prix
November	Pineapple Invite
December	CSI Prelim Final or NJ December Invite
January	Narwhal Invite
February	Groundhog Invite <u>AND</u> 14&U State Champs (qualifying times)
March	Silver State (qualifying times) <u>OR</u> Mile High Champs
Travel meets	Sectionals or SWAGR



YOUR SWIMMER NEEDS **YOU**
to become a

**USA SWIM
OFFICIAL**

HELP

fulfill your volunteer
duties in a way
that's fun, but
also strengthens
our team culture.

ENJOY

getting to know other
swim parents and
other club teams.
New friends await!

Contact
Mike Countryman
officials@njst.org

LEARN

about how your child's sport
works and help make sure it's
fair and fun for everyone.

WATCH

your swimmer from the best
spot on the pool deck. No more
obstructed views!

Parent volunteer committee structure and requirements

There are two reasons NJST needs a strong volunteer program:

- 1) It takes an enormous amount of work to operate a top-tier swim club. A strong volunteer program keeps our coaches focused on coaching, and,
- 2) It helps keep club fees as low as possible

The parent volunteer/committee structure is part of the board's vision to create the best swim club in Colorado and to create a more participatory environment for all NJST families.

Unless you are performing a job for the club, you will be required to time at meets your swimmer is competing in. A fee will be assessed if you are unable to perform your part to fulfill the obligation.

The team needs parents to step into the role of official, AO and Gen 7. These are important roles that swim meets rely on.

Meet committees

Meet Entry/Director
Meet Officials
Timing Console
Timers
Meet Setup
Concessions
Hospitality

Non-meet committees

Communications
Ambassadors
College Recruiting

Communication

- Biweekly email
- Monthly newsletter
- Best way to contact
 - Email! I will return calls and text messages but I don't always get those right away. Email I will.
 - Allow 24 hours for response
 - If sent in the evening or over the weekend may take longer to respond
 - If there is an issue, please contact the group coach first and if not resolved, move to head coach (Carmen, Tim or Kyle) then the board.



Team goals

Sportsmanship: Compete with character, focusing on effort over outcome.

Leadership: Leadership as a skill for every athlete, not just a few.

Champion's Mindset: we will give our swimmers the mental tools, like goal-setting and visualization, to take ownership of their training to master the process.

Unity: Strengthen the bonds of our team, because a supportive team empowers every individual to achieve their personal best.

In the water

- 100% meet participation
- 10+ swimmers qualified for 14&U State for each age group and gender
- Top 5 relay at 14&U State meet age group & gender
- 15+ swimmers qualified for Silver State for each age group and gender
- 20+ swimmers 11-14y/o attend SWAGR
- 20+ swimmers at Sectionals
- 10+ finalists at States

Out of the water

- Team building activities
- College recruiting webinars
- Building relationships with high school Coaches & teams



Parents

- Participate in the volunteer committee structure
- Supportive of the team goals and coaches
- Coaches' role:
 - Provide feedback on performance
 - Discipline during swimming
 - Determine direction
 - Push and challenge swimmers

Parents support unconditionally

Black & Silver Group Motto

Hard Work

Motivate

Race Pace

Let's be great

Thank You!

