

2025 College Prep Parent meeting



For today...

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



About me

Coach Ashley

Competitive Swimmer for 14 yrs

Age 9-Senior Year in College

BS Kinesiology & Exercise Science University of Maine 24 Years of Coaching

1. Assistant Senior Coach PPSC
2. Department Manager of Aquatics and Head Coach at NYC YMCA
3. Recruiting Coordinator & Assistant Coach at Wellesley College
4. Current: Senior Coach with NJST.

NJST Background

Various Coaching Positions: Age Groups & Dry-lands

State Champions in all Age Groups

Senior Coach Accomplishments:

2 Olympic Trial Qualifiers, 1 Jr. National Meet

Finalist, 2 Open Water National Qualifiers, 1

Futures Meet Qualifier, 17 Sectional Qualifiers

Vision

- Driving productive outcomes both in and out of water – events, practice, 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 Aquatic 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 (white competition cap and black training cap)
- Returning swimmers receive a black tee and two caps (white competition cap and black training cap)
- 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, groups have an opportunity to discuss their goals with their coach.
- 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 4-5 practice attendance
- Equipment:
 - Snorkel, Fins, and 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 (crocs in sport mode not appropriate for dryland)
 - Dryland focus for the season will be Tuesdays & Thursdays. Currently, During Practice

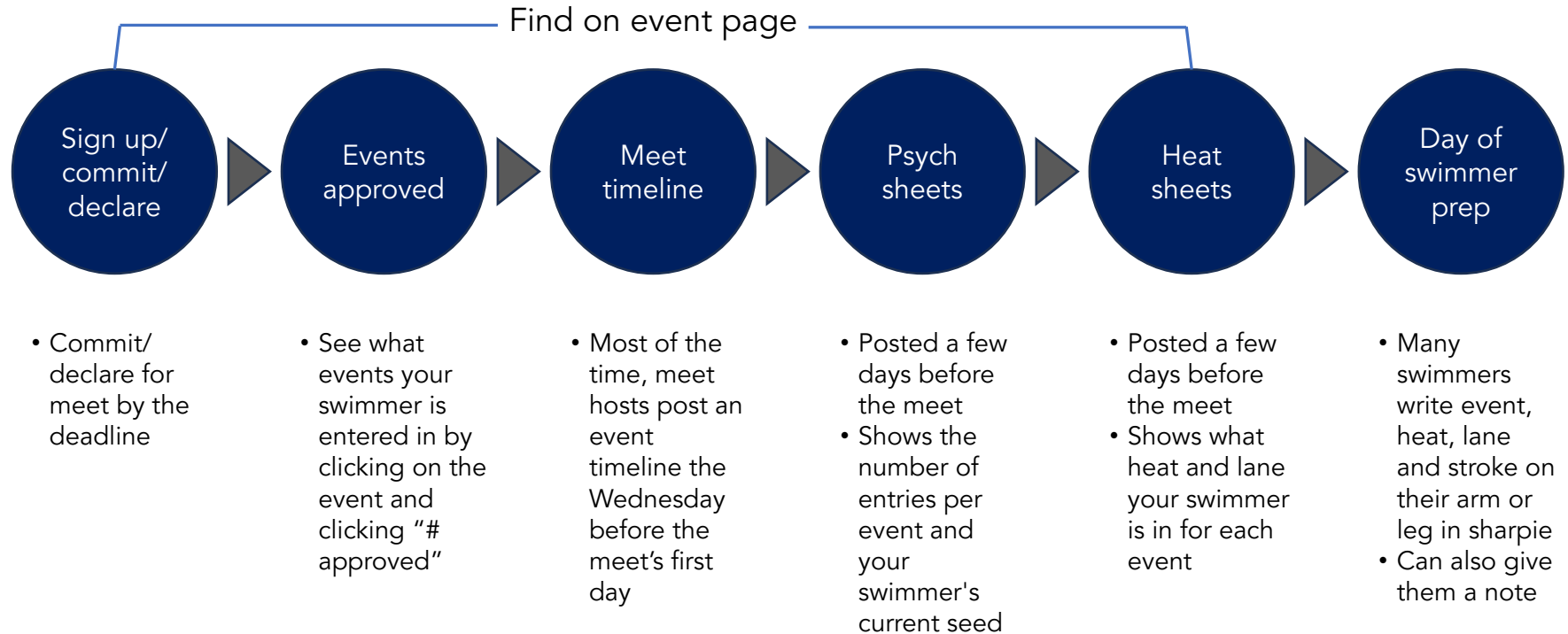


Meet expectations

- Competition requirements
 - At least 2 in-season meets and the fastest championship meet
- 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 (Available for purchase from concessions at swim meets for \$15.00)
- Athletes are expected to Warm Up and Cool Down for All Races



Meet preparation



Meet schedule

Age group	YOUR GROUP'S NAME & EVENTS
September	Super Duals
October	MACS Invite
November	NJ Pineapple Invite
December	TBD: CSI, Ft Collins, NJ Meet
January	NJ Narwhal Invite
February	NJ Groundhog Invite <u>AND</u> 14&U State Champs (qualifying times) <i>HS Girls League & State</i>
March	Silver State (requires qualifying times) <u>OR</u> Mile High Champs
Travel meets	<i>TBD</i>



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,
- 1) 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 from coach
- Monthly newsletter
- Best way to contact coach
 - ashley@njst.org
 - Allow 24 hours for response
 - If sent in the evening or over the weekend will take longer to respond
 - If there is an issue, please contact the group coach first and if not resolved, move to a head coach Kyle then Carmen and then the board.



Event schedule

DATE	EVENT
September	In water movie
September	Annual Meeting
October 10	College Recruiting Webinar
October	Goal Meetings <i>Including HS Season Plan</i>
November 21-23	Junior National Camp
November 8	Olympic Clinic (Kieran Smith)
November 21-23	Junior National Camp
March / April	Power Hour



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

Thank You!

