

Future Stars/Gold 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 Marissa

Introduction:

- I recently moved to Denver from New York in January, after having spent two years coaching swimmers of all age groups in Queens.
- I swam my entire life since 5th grade to the end of college. I swam Division 2 at Pace University in New York

Core Beliefs:

1. **Tailored Approach for Every Swimmer**
I believe that each swimmer is unique. My coaching adapts to individual strengths, weaknesses, and learning styles to help athletes reach their full potential.
2. **Building Strong Fundamentals**
Technique is everything. Whether you're a beginner or advanced, mastering the basics leads to long-term success in the water.
3. **Emphasizing Discipline and Fun**
While I encourage focus and dedication, I ensure that practice remains enjoyable. This balance keeps athletes motivated and engaged.
4. **Growth Beyond the Pool**
Swimming is not just about physical skills; it's about building confidence, teamwork, and life skills. I strive to create an environment where swimmers can grow both in and out of the pool.
5. **Consistency is Key**
Success in swimming is built through attending practice regularly and staying dedicated to the sport.

About me

Coach Inge

Introduction:

- I recently moved to Denver from Vail where I have spent the last 7 summers coaching our local team.
- I swam since I was 6 years old for The Bolles School in Jacksonville, Florida and continued throughout the end of high school.
- I am current student at Colorado State University, studying psychology.

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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 (6-8 members) and the Head Coach (Carmen Babcock) who govern with policies and procedures
- Two sites:
 - Arvada - Meyers pool
 - Wheat Ridge rec Center
 - Same structure as Meyers (Stars, Color Groups, no specific senior groups)
 - Head Coach for Wheat Ridge (Tim Horan) and 3-4 lead coaches
- 250-350 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
- Additional swimmer & parent apparel available and the equipment store on website under "Group info" tab



Goal meeting

- Every winter, Gold group swimmers are required to discuss their goals with their coach.
- Important questions include:
 - Current best times and future time goals
 - Top areas to improve in practice
 - Areas to improve at home/school
 - Self assessment of strengths and areas of improvement
 - Self reflection of growth opportunities for the individual swimmer



Practice expectations

- Minimum 2 practice attendance
- Be on time to practice
- Equipment:
 - Some fins/Kick boards, provided by NJST
 - Water Bottle
- Swimmers are responsible for:
 - Packing their swim bag
 - Bringing a water bottle
 - Having the correct equipment
 - Putting on suit
- Dryland
 - Dryland focus for the season will be 15 minutes per week
 - It is important that swimmers come on time to practice so they don't miss out on dryland

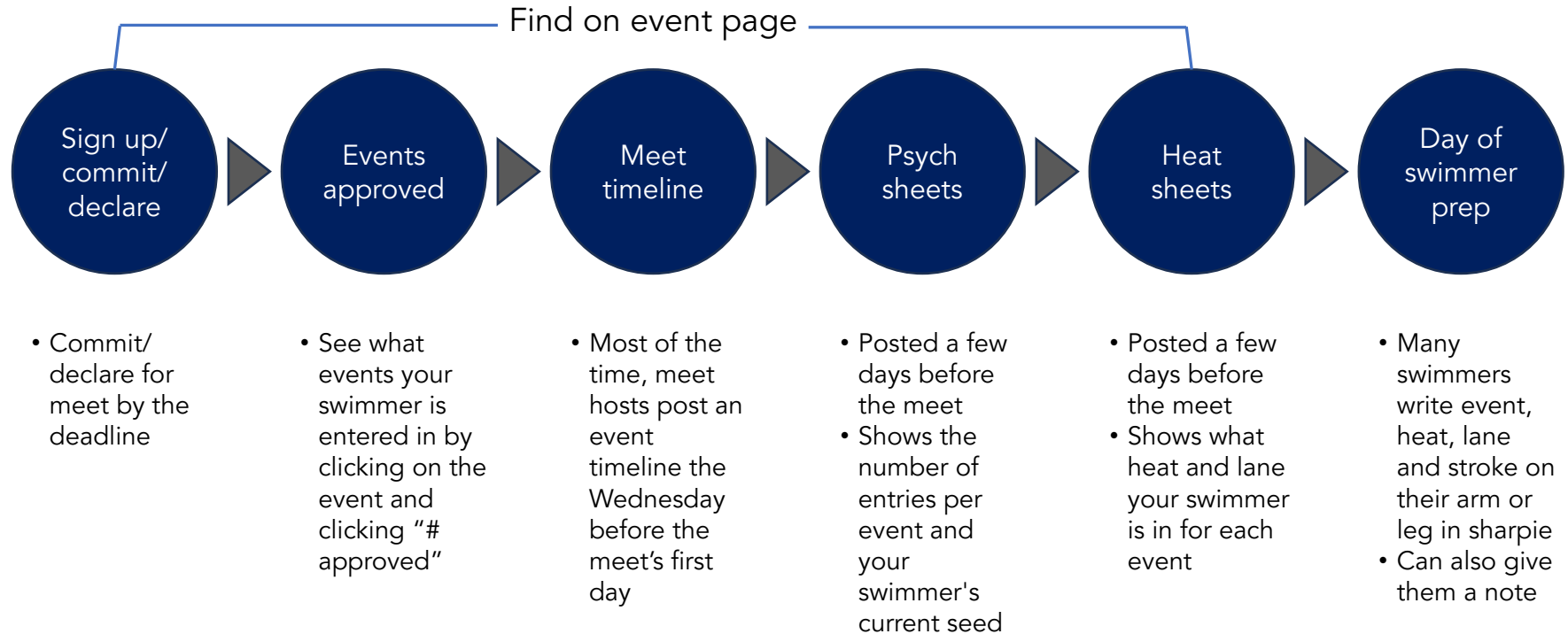


Meet expectations

- 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 royal blue, Day 3 black
 - White NJST cap (Available for purchase from concessions at swim meets for \$15.00)
- My first swim meet video - Show [Link](#)
 - Sent with final meet information for early season meets and 10&U meets
- Other
 - Get to events on time-taking ownership



Meet preparation



Meet schedule

Age group	Gold & Future Stars
October	Grand Prix (CANCELLED) - SLQ Meet on October 26th to Replace at Denver University
November	New Pool Kick Off (GOLD & FS)
December	SL Distance (Gold) (Dec 14) & Narwhal (Dec 15) (AAC)
January	Pineapple Meet (AAC) Jan 10
February	February Finale (Feb 7) <u>AND</u> 14&U State Championships (requires qualifying times) Feb 21
March	Silver State (requires qualifying times) <u>OR</u> Mile High Champs*



New Meyers Pool

- Scheduled opening November 2024, currently on schedule
- Once new pool opens practice schedule will change very slightly





New

Parent volunteer committee structure and requirements

The NJST Board of Directors approved a new volunteer committee structure. Every NJST family is now required to join at least one volunteer committee.

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 new 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.

You can learn more about the many new committees and join one that best fits your skills and interests on our website. On team website - Additional Info - Volunteer Committees.

If a swimmer is entered in the meet, the parent will be assigned an equal portion to time. If there is any interest in learning a more complex role, please contact Carmen.

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
 - marissa@njst.org
 - 631-813-9335
 - 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 head coach (Carmen, Tim or Kyle) then to the board.



Important to note

- October 26 - Back To Swim Parent Night at Freedom Street Social in Arvada, from 4:30-6:30
- Late April Power Hour - main fundraising event and fun team building for swimmers!



Team goals

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 in each age group and gender
- 15+ swimmers qualified for Silver State for each age group and gender
- 20 swimmers 11-14y/o attend SWAGR travel meet
- 10+ swimmers to Sectionals
- 10+ finalists swimmers at States

Out of the water

- Sportsmanship
- Supporting teammates
- Leadership for 13+y/o swimmers
- Team building activities
- College recruiting guide
- 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!

