

# Gold & Future Stars 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 moved to Arvada from New York in January of last year.
- Before NJST, I coached for a swim team in Queens for 2 years.
- I swam my entire life since 5th grade to the end of college.
- I swam Division 2 at Pace University in New York.
- I'm a court reporter during the day (& can type 225 words a minute)
- I ran 3 marathons last year, while coaching :)

### 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.



# 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) - **All swimmers must wear caps to practice!**
- Additional swimmer & parent apparel available and the equipment store on website under "Group info" tab



# Swim Meets

- Swimmers must stay on the pool deck. If they go anywhere, I must be notified.
- Parents are only allowed on pool deck if volunteering.
- At meets, if you are assisting your swimmer in the locker room, you must use the gender neutral locker room
- All swimmers must come to the meet with E/H/L written on their arm
- Gold swimmers **MUST** attend at least 2 meets throughout the season & their championship meet (March 13-15)





# Goal meeting

- At the beginning of every short course season, groups Gold and above have an opportunity to discuss their goals with their coach.
- The goal sheet can be found [HERE](#)
- 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

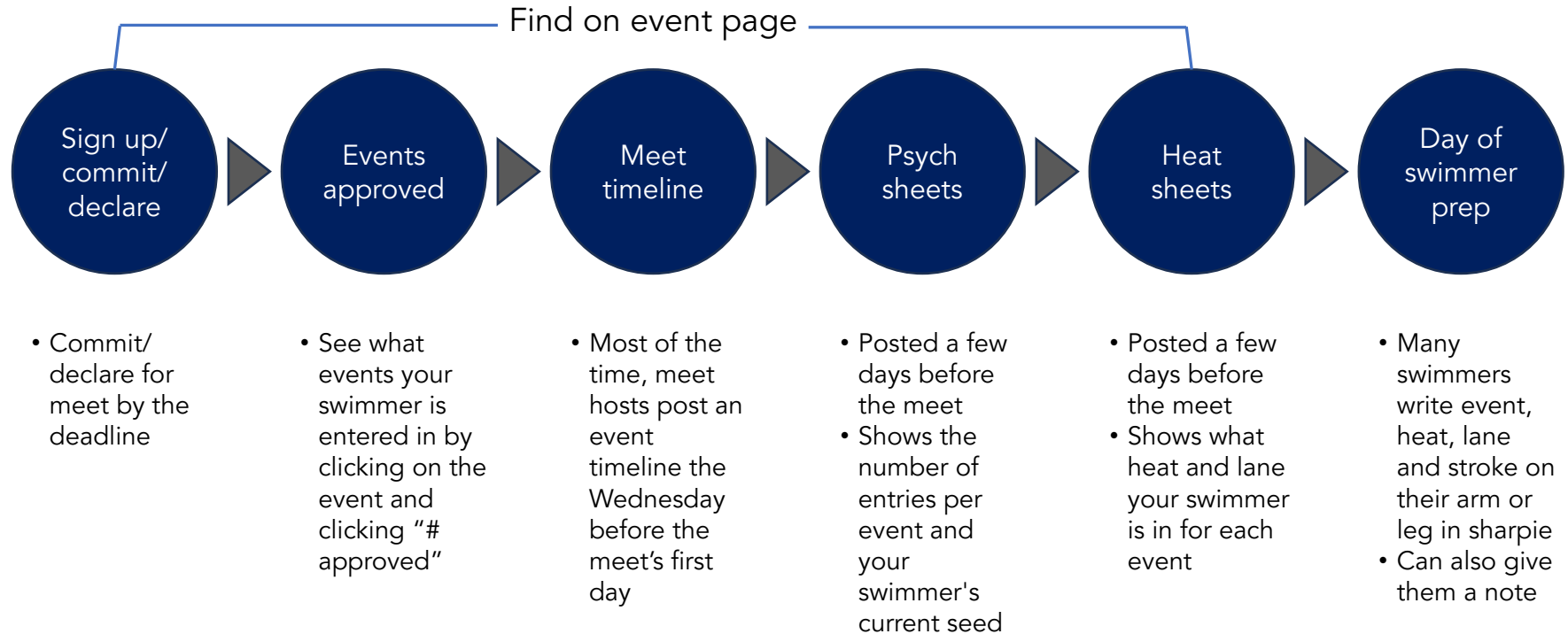
- Minimum 2-3 practices a week attendance
- Equipment:
  - Water Bottle (!!!!)
  - Fins
  - Kickboard
  - Towel
  - Cap & Goggles
- Swimmers are responsible for:
  - Packing their swim bag
  - Bringing a water bottle
  - Having the correct equipment
  - Putting on suit



## A large indoor swimming pool with a diving board and many swimmers. The pool is filled with blue water and has red lane lines. A large diving board is visible on the left side of the pool. Many swimmers are standing on the pool deck, some wearing swim caps and goggles. The pool is surrounded by a concrete deck and has a large staircase leading up to a diving platform. The ceiling is high and has large metal ducts. The walls are made of concrete and have some windows. The overall atmosphere is busy and active.

- 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)
- My first swim meet video - Show [Link](#)
  - Sent with final meet information for early season meets and 10&U meets
- Other?

# Meet preparation





# Meet schedule

|              |                                                                                  |
|--------------|----------------------------------------------------------------------------------|
| Age group    | 8 & Unders                                                                       |
| September    | Super Duals                                                                      |
| October      | Gold Star Innersquad (maybe Oct 10 or 17th), NJ Grand Prix (Oct 25 & 26)         |
| November     | NJ Pineapple Invite (Nov 15-16)                                                  |
| December     | NJ Invite (Dec 13-14),<br>Gold Star Innersquad (Maybe Dec 5)                     |
| January      | NJ Narwhal Invite (Jan 10-11), Gold Star Innersquad (Mybe Jan 23)                |
| February     | NJ Groundhog Invite (Feb 7-8) <u>AND</u><br>14&U State Champs (qualifying times) |
| March        | Silver State (requires qualifying times)<br><u>OR</u> Mile High Champs           |
| Travel meets | None :)                                                                          |





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
  - Text: 631-813-9335
  - Email: [marissa@njst.org](mailto:marissa@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 (Tim, Kyle or Marissa) then Carmen and then the board.





# Event schedule

| DATE          | EVENT                         |
|---------------|-------------------------------|
| September     | In water movie                |
| September     | Annual Meeting                |
| November 8    | Olympic Clinic (Kieran Smith) |
| 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!

