

# Red Group 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 Mike

My background...

Third year coaching with NJST

Coached swimming for 10 years in the late 90's and early 2000's

Was a competitive swimmer from age 5 through college

My vision for the Red Group is to have the swimmers learn proper stroke technique, an introduction to racing strategies, competing, and to have fun while working towards our goals.



# 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

- With the Red Group, we don't have a formal goal meeting with the swimmers (unless requested), but throughout the season, I do talk with the swimmers about what their goals might be (making a time standard, improving strokes, better dives, etc.) and reminding them of their goals as we go through the season.
- 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

- There is no official attendance requirement for the Red group, however, it is **HIGHLY** recommended to attend at least 3 practices a week to keep up with the progress of the group.
- Equipment:
  - Kickboard, fins, and water bottle (no glass)
  - 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 stretching and basic body weight exercises such as push ups, dips, squats, etc.
- Other
  - Positive attitude and focus on teamwork



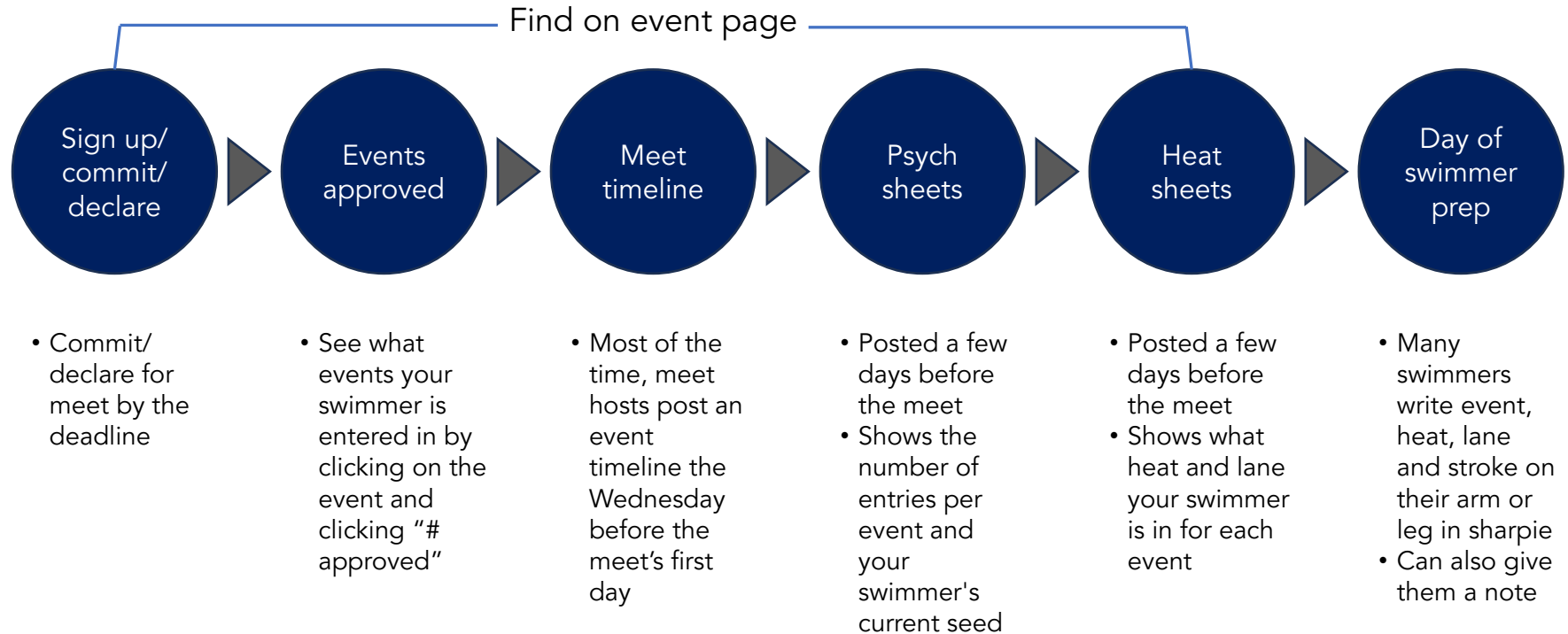


# Meet expectations

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



# Meet preparation



# Meet schedule

|              |                                                                        |
|--------------|------------------------------------------------------------------------|
| Age group    | Red Group                                                              |
| September    | Super Duals                                                            |
| October      | MACS Invite, NJ Grand Prix                                             |
| November     | NJ Pineapple Invite                                                    |
| December     | CSI Prelim Final <u>OR</u> NJ Invite                                   |
| January      | NJ Narwhal Invite                                                      |
| February     | NJ Groundhog Invite <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 | SWAGR, Sectionals                                                      |





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 Mike
  - email- [mike@njst.org](mailto:mike@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                |
| October 10     | College Recruiting Webinar    |
| October        | Goal Meetings                 |
| 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 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

- Strong / positive team culture
- Sportsmanship
- Supporting teammates
- Leadership for 13+y/o swimmers
- 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!

