

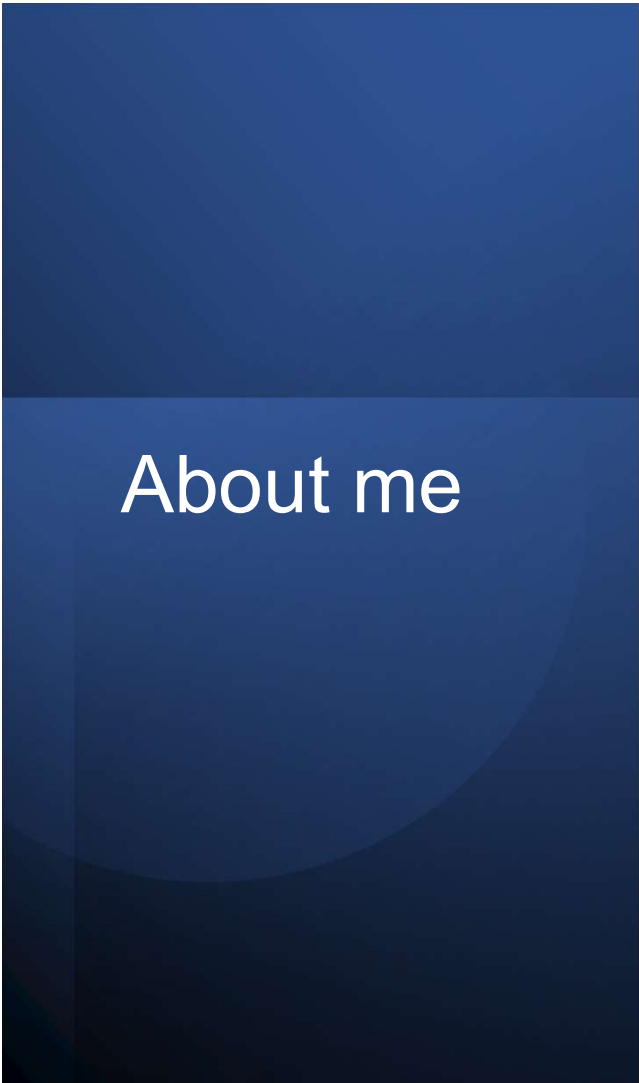
Wheat Ridge
Parent meeting



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

Tim Horan

My background...

15 years of coaching all levels of swimmers
Coached swimmers from 8&U to High School
Coached my own son and daughter from 8years old through High School

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

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 black long sleeve pullover
- 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, swimmers in the White and Black groups will 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 80% practice attendance
- Equipment:
 - fins, 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 (crocs 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.
- Other
 - Positive attitude and focus on teamwork

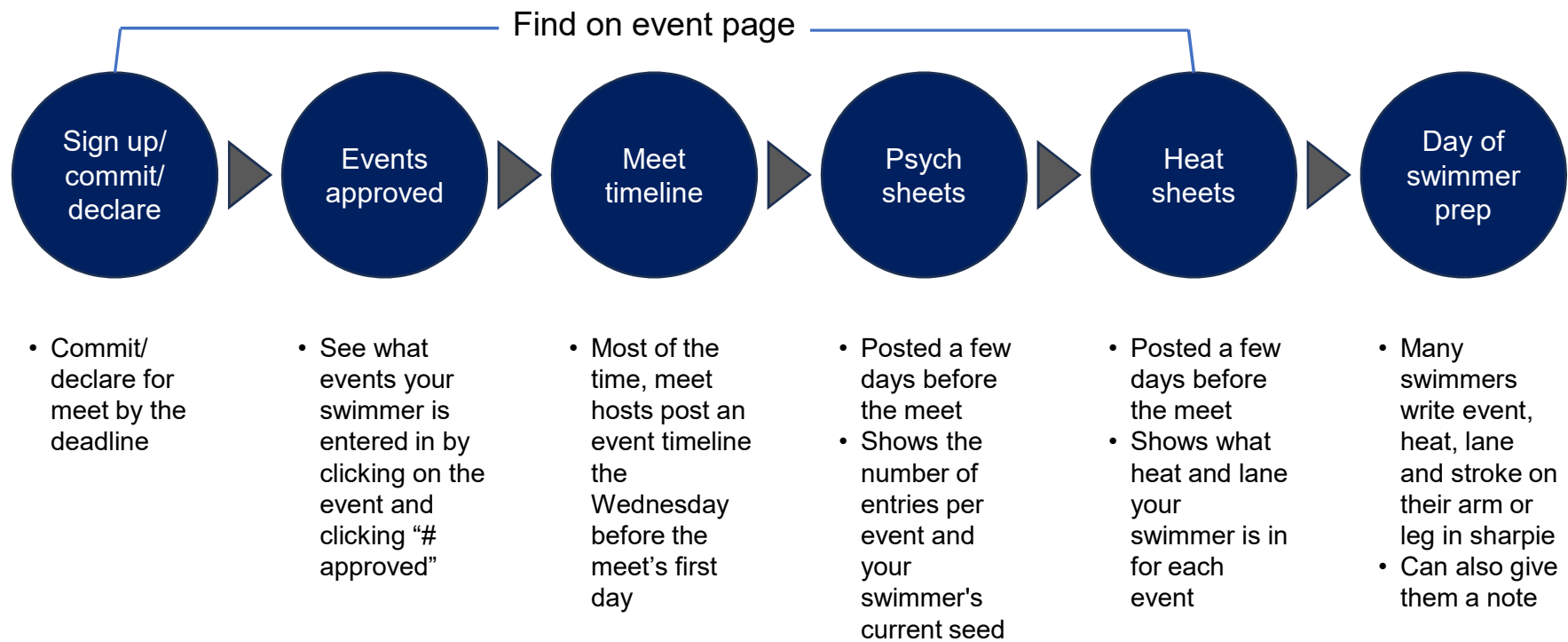


Meet expectations

- 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 gray, Day 3 black
 - White NJST cap (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

- o Championship meet series: 14&U State Championships → Silver State (14&U only) → Mile High Champs
- o Travel Championship Meet (optional for those qualified): Sectionals → SWAGR (11-14yo only)

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New Meyers Pool

- New Pool Scheduled to open on November 4th.





New

Parent volunteer committee structure and requirements

For 2024-2025, the NJST Board of Directors approved a new volunteer committee structure. Every NJST family is now required to join at least one volunteer committee.

Meet committees

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

Non-meet committees

Communications
Ambassadors
College Recruiting

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.

Please note: On October 15th, we will assign parents to a committee if they have not already signed up for on for the 2024/25 season.

Communication

- Biweekly email from coach
- Monthly newsletter
- Best to way to contact coach
 - 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 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 15-18 – First meet!
- October 26 - Back to swim night
- Date TBA - Swimlabs night & swimmer social
- Late April Power Hour – main fundraising event and fun team building for swimmers!
- Policy/Procedure changes



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

Questions!

