

So Now You Are A Competitive Swimming Parent

Swimming 101

The Bad News – Swimming is:

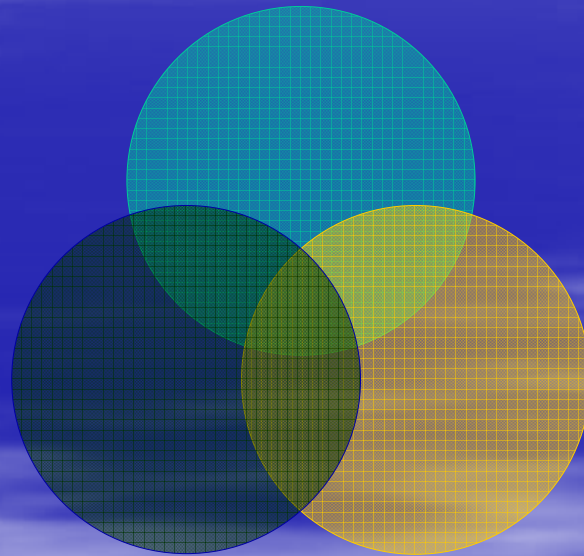
- Getting your athlete to adjust to a new organizational schedule
- Having new demands on your time – driving your swimmer to practice and swim meets
- Learning the swimming language
- Sitting in the stands at swim meets for hours and finding it challenging to fill the spare time in between your athlete's races

The Good News – Swimming is:

- Introducing your athlete to a healthy life-long sport
- Helping your athlete learn valuable life lessons
 - Organizational skills
 - Commitment
 - Long-term goal setting
 - Ownership of their actions/decisions - consequences
- Making new friends for swimmers and parents - carpools
- Finding that the swimming language is easy to learn
- Finding the right volunteer position for yourself in order to help support your athlete and your club

Key Components of Competitive Swimming

Athlete



Coach

Parent

Key Components of Competitive Swimming

- **Athlete**
 - Commitment
 - Attending practice
 - Paying attention to advice from his/her coach
 - Social aspect – having fun; making friends
 - Long-term goal setting – realistic goals
 - Measuring performance

Key Components of Competitive Swimming

■ Coach

- Has a passion for the sport
- Is a professional with a coaching philosophy
- Is knowledgeable about competitive swimming
- May be young but not inexperienced
- Understands how to teach your athlete
- Must deal with different types of parents

Key Components of Competitive Swimming

- Parent
 - Fuel your athlete's body for good performance
 - Understand early vs. late maturation
 - Enter your athlete in competition that is relevant for his/her training level – talk to the coach
 - Build a rapport with your athlete's coach
 - Help your athlete deal with both success and disappointment
 - Find the right place to volunteer

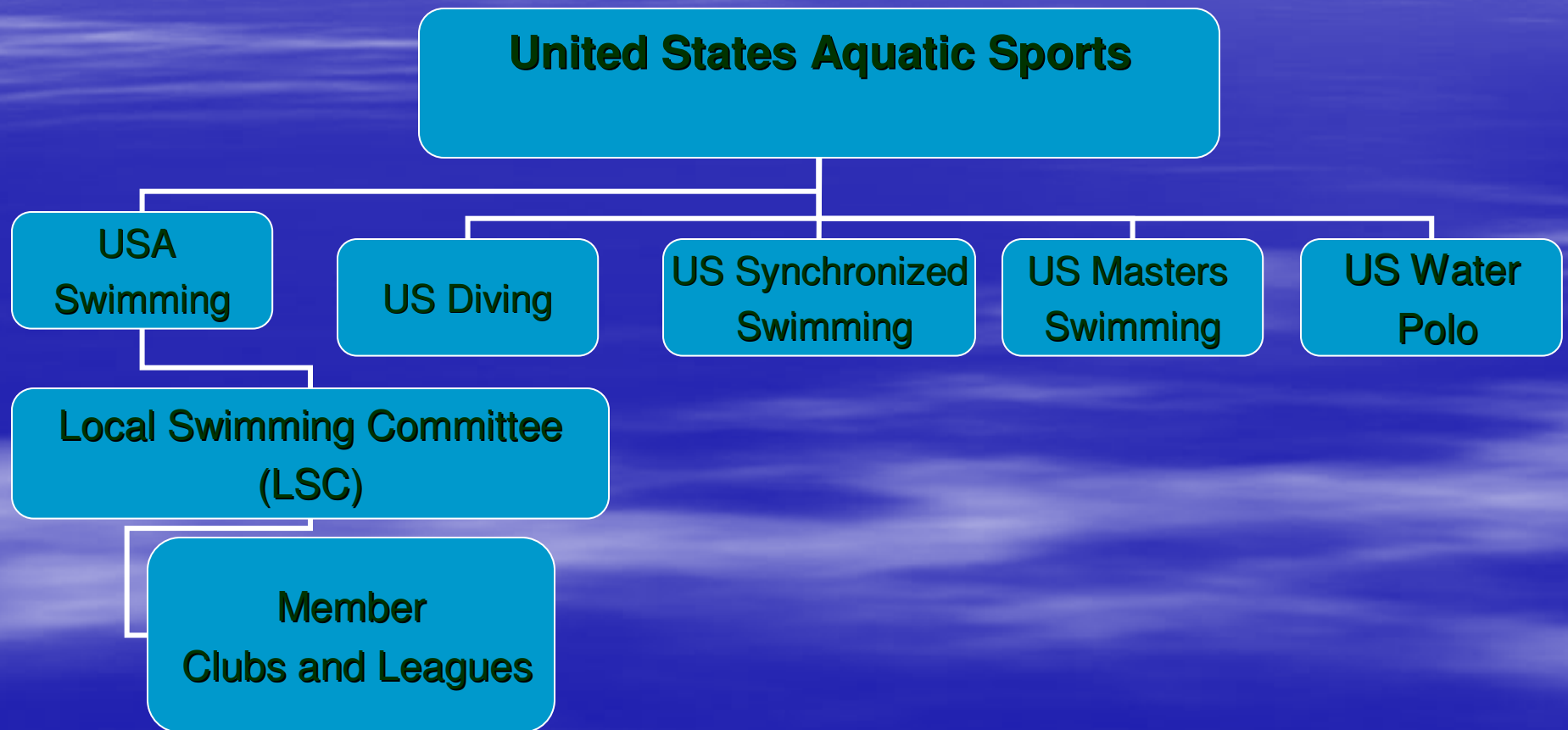
Parent Protocol

- Speak to your athlete's coach before or after practice. During practice, the coaches' attention is on the swimmers.
- Do not micro manage your swimmer at a meet – well before each race, send your swimmer to talk to the coach and then find his/her own way to the blocks; after each race, your swimmer should go talk to the coach
- Do not try to prevent failure – failure is for learning and leads to success
- If you have questions during a meet, ask an experienced parent or your athlete's coach when the coach is not talking to swimmers

Parent Protocol

- Do not interrupt officials while they are working a meet and have swimmers in their jurisdiction
- At a meet:
 - BE QUIET FOR THE START
 - NO FLASH PHOTOGRAPHY AT THE START
 - STAY OUT OF THE AREA JUST BEHIND THE STARTING BLOCKS
 - NEVER DENEGRATE ANOTHER SWIMMER'S PERFORMANCE IN THE WATER – you never know who might be listening

Competitive Swimming Organizational Structure - National



USA Swimming Philosophy

- **Mission Statement**

USA Swimming is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act. We provide programs and services for our members, supporters, affiliates and the interested public. We value these members of the swimming community, and the staff and volunteers who serve them. We are committed to excellence and the improvement of our sport.

USA Swimming Philosophy

Vision Statement

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

Core Objectives

- Build the base
- Promote the sport
- Achieve competitive success

Geographic Areas of USA Swimming

- Eastern Zone – 12 LSC's
- Southern Zone – 15 LSC's
- Central Zone – 15 LSC's
- Western Zone - 17 LSC's

Indiana Swimming, Inc.

- **Mission Statement – Indiana Swimming provides innovative programs that inspire excellence.**
 - We lead.
 - We govern.
 - We support.
 - We educate.
 - We have fun!
- **Vision – “Creating Opportunities for Swimmers to Realize Their Dreams”**

Membership in USA Swimming

Membership to USA Swimming is through an LSC –
Indiana Swimming, Inc. (ISI)

- Athlete – Seasonal or Year-round
- Non-Athlete
 - Coach
 - Volunteer
 - Official
 - Meet Director
 - Safety Chair/Marshal
 - Club Administrators

Volunteer – What That Means

- Get to know the coaches and their vision for the club
- Take off your Parent hat – put on the Club hat
- Put ALL your club's swimmers first
- Keep the best interests of the club in mind
- Find useful parent involvement – make a long-term commitment to the club
- Find out what jobs are available in the club and what is involved in each job - including parent board positions
- Remember that all volunteers in USA Swimming are exactly that – unpaid people volunteering their time

Volunteers – Possible Areas

- If your club does not host meets:
 - Timers
 - Officials
 - Club Administrators - Parent Board position if your club has a parent board
- If your club does host meets, add the following:
 - Concessions
 - Setup/Cleanup
 - Safety Marshals
 - Timing system/Meet management software operators
 - Meet Director

Volunteer's Responsibilities

- Timers – work a shift or a session by operating a watch, being the backup for obtaining a time for the swimmer, and following the instructions given at the meet before the session starts
- Safety Marshals – during the meet, wear a bright orange vest and stay vigilant to make sure safe practices are being followed by ALL attendees, especially at a warm-up/cool down area
- Setup/cleanup crew – exactly as the title says
- Concessions – buy food, sell food, sell programs, manage hospitality for the coaches and officials

Volunteer's Responsibilities

- Timing system operators – hook up the system to the pads, download the meet from the meet management software, and run the timing console during each session
- Meet management software operators – set up the meet database, process each team's entries, print a psyche sheet/meet program, capture the data from the timing console during the meet, provide results and award labels

Volunteer's Responsibilities

- Officials

- Training: Attend a clinic to become a Stroke & Turn Judge, take 2 tests (Stroke & Turn, Timer), and mentor with certified officials
- Work meets as a certified official; as officials gain more competency at the Stroke & Turn position, over time they can add certifications for Starter, Chief Judge, Deck Referee, and Meet Referee

Volunteer's Responsibilities

- Meet Director – is the Prior, Proper Planning Person
 - In charge of the “dry side” of the meet
 - Coordinates each area's activities before, during, and after the meet
 - Verifies payments have been collected from the attending teams
 - Compiles coaches packets for the meet
 - Manages the needs of the swimmers, coaches, officials, and parents during the meet
 - Coordinates the filing of ISI meet and financial reports that must be submitted after the meet

Volunteer's Responsibilities

- Club Administrators (Governing Board)
 - Keep the club financially viable
 - Keep the best interests of ALL club members first
 - Follow the steps and file documents with USA Swimming to attain at least a Level 1 status in the Club Recognition Program which is a working blueprint for developing strong, stable, financially sound and athletically productive organizations.

Questions ?

- What is an IMX score?
 - 11-12 Age Group Events: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
 - 13-14 Age Group Events: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM
- Can 10 & Unders get an IMX score?

Great Resources

- USA Swimming website:
www.usaswimming.org
- Indiana Swimming website:
www.inswimming.org
- Indiana Swimming Office: 317-237-5780