



Ames Cyclone Aquatics Club Parent Handbook

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Introduction

Welcome to Ames Cyclone Aquatic Club (ACAC). We want swimming to be a positive experience for your family and hope this handbook will answer many of your questions and serve as a reference for you. Please feel free to ask any board members and coaches any question you may have.

Mission Statement

Our mission is to provide a healthy, rewarding experience for young athletes, where pursuit of goals and dreams leads to success in swimming and in life. We strive to benefit our community by developing leaders who are hardworking, responsible citizens. Our swimmers are respected models embodying integrity, teamwork and friendship gained through commitment to excellence.

Core Values

- Goal setting and age appropriate training geared toward competition.
- Develop legal stroke technique of all four competitive strokes.
- Instill in all swimmers a team approach to swimming that encourages recognition and celebration of their teammates achievements.
- Support a lifelong love of swimming while building strong friendships, promoting healthy lifestyles, and having fun.
- Cultivate strong area high school swim teams.
- All members of the team are important to the development and success of ACAC.

Communications

Website

ACAC maintains an active Web Page – <http://www.swimacac.com>. This is the best way to get information regarding ACAC. Checking the website daily is highly encouraged. Information includes, but is not limited to: practice times and changes, meets, final results, board members, coaches, team records, and other swimming related links. Please be sure to check the website prior to calling coaches or board members with questions.

Email List

Typically weekly updates, reminders, and Board notices are sent via the team email list. If you do not receive these updates, please contact the head coach in order to be added to the list.

Text Messaging

The club also uses a text messaging service to notify parents of such things as practice changes, meet session start times, rain delays, etc. To get added to the service simply:

Text ACACSWIM to
84483

You can also add subscriptions per site for practice updates, etc. specific to that site

-Text ACACSWIMAMES to 84483 (if you practice in Ames)

-Text ACACSWIMDODGE to 84483 (if you practice in Ft. Dodge)

Posted Information

Posted Information throughout the season, notices regarding swim meets, schedule changes, social events, volunteer opportunities, and other information are posted in the hallways, on tables, and on the bulletin boards at the pool. Checking the pool areas for notices at least once a week is advised.

Practices

Our program is designed as a progression from group to group. Each coach will use the same language and the swimmer's skills and training will improve and build upon one another.

The different groups allow swimmers of similar age and ability to improve together. Each group is designed to be both fun and challenging; working on stroke mechanics, starts & turns, and pacing & racing skills in all four competitive strokes.

Our team is divided into 4 groups:

The Novice group is for 8 & under beginning swimmers who are new to the sport and developing the four strokes.

The Age Group is for swimmers who are at least 9-11 years of age.

Our Pre-Senior Group swimmers are at least 12-14 years old.

The Senior Group is for swimmers at least high school aged.

The group descriptions are basic guidelines and there are always exceptions when placing a child in a group. The coaches will determine the best place for the swimmer.

Times

The coaching staff determines a season's practice schedule. Practice times can be found on the website calendar. Swimmers are asked to be ready 15 minutes prior to the start of practice and picked-up within 15 minutes of the end of practice.

Group Placement

Coaches have final determination of a swimmer's group placement, which is based on age with consideration to the swimmer's ability and commitment level.

Cancellation or Change

If practice needs to be cancelled or changed due to a mechanical breakdown, weather, or an unforeseen event, every attempt will be made to communicate the cancellation/change as soon as possible. In some cases, a last minute change will be posted on the door at the pool which practice is to be held. Please make sure that there are no such notices prior to leaving your swimmer for a practice.

Parent Reminders

Please drop off swimmers no more than 15 minutes before practice provided the coach is present and pick up swimmers within 10-15 minutes of the end of practice.

Parents/Guardians are welcome to observe only the first 15 minutes and the last 15 minutes of practice.

Attendance

Practices are offered a number of times per week. Families are to use their discretion in determining the number of practices the swimmer attends.

All groups are encouraged to attend as many practices as possible. In the interest of the development of well-rounded individuals, ACAC understands that swimmers may participate in other activities and that schedules may overlap. Coaches always appreciate the notice of a swimmer's absence from practice, particularly in advance when possible.

Organizational Structure

Board Of Directors

ACAC is administered by a volunteer parent board that meets monthly to plan for the ever-changing needs of a dynamic swim team.

Parent Volunteers

Our club is always in need of parent volunteers. There are many things that you can do to help the team. All families of swimmers in Age Group and higher are required to volunteer for at least 3 sessions of at each of our home meets. All families of Novice swimmers are encouraged to volunteer.

Clinics are offered from time to time to train parents to become stroke and turn judges, timing system operators, computer operators, meet marshals and meet directors. Please get involved...it's rewarding and fun!

Fundraising

Because one of our priorities is to keep dues affordable, fund raising is a necessary part of the team's activities. Each year we host swim meets to generate additional funding. In the past, we have held a swim-a-thon to raise funds for a specific item/goal.

Each family is required to participate in the swim-a-thon. An individual is required to raise at least \$50 for the swim-a-thon and a family is required to raise at least \$75 per year for the team. Our club is always looking for new and fun fundraising opportunities. Please contact a coach or board member if you have fundraising ideas!