

Warsaw Aquatic Club

WAC

Mission Statement

The Warsaw Aquatic Club will provide every swimmer the opportunity to develop the athletes fullest potential. We will become a feeder program for the Warsaw Community High School swim Team.

Program Swimmers:

Bronze Level Swimmers:

- Practice 2-3 times a week (Monday, Tuesday and Thursday 5:30-6:15)
- Will learn how to use the backstroke flags
- Develop proper turns for free, back, breaststroke, and butterfly
- Learn how to streamline off the walls consistently
- Will learn how to swim freestyle, backstroke correctly
- Will be introduced to breaststroke and butterfly

Copper Level Swimmers:

- Practice 3-5 days a week (Monday, Tuesday and Thursday 5:30-6:15)
- Will learn how to use the pace clock and team drills
- Will develop legal strokes, turns and starts for a competitive swim meet
- Will start developing an understanding of swim terminology

Silver Level Swimmers:

- Practice 3-5 times a week (Monday, Tuesday and Thursday 6:15-7:15 and Wednesday and Friday 5:30-7:15)
- Use 4 fly kicks off every wall for free, back and fly
- Know pace sets, descending sets, easy/hard sets- develop the swimmer terminology
- Know time standards for divisional and state
- Know team drills

Gold Level Swimmers:

- Practice 4-5 days a week (Monday, Tuesday and Thursday 6:15-7:15 and Wednesday and Friday 5:30-7:15)
- Legal strokes, turns, starts along with relay starts
- Strong streamline with 4 fly kicks off every wall on free, back, and fly
- Know pace sets, descending sets, easy/hard sets- develop the swimmer terminology
- Know team drills
- Know how to use the pace clock

The Warsaw Aquatic Club follows the guidelines from USA swimming. Strokes, Starts and Turns have to be executed/performed correctly at a swim meet.

Contact information

Facebook: Warsaw Aquatic Club

Team Unify: www.teamunify.com/inwsac

Email: warsawaquaticclub@gmail.com

Swim Coaches:

Head Coach: Chris Lalonde :(clalonde66@comcast.net and 574-268-4759-text only)

Assistant Coach: Eric Mohler

Volunteer Assistant Coach: Mike McCammon

Volunteer Assistant Coach: Jenni McCammon

Volunteer Assistant Coach: Katie Maile

Basic Information to know about the swim team:

Swim practice Requirements:

1. Swimmers will be required to have their own fins, swim suit, goggles, kickboard, for the Bronze and Copper team. Silver and Gold will need fins, swim suit, goggles, kickboard, hand paddles and pull buoy. A mesh bag helps keep all their equipment together. Swimoutlet.com is the best place to order the items
2. On their equipment and with a sharpie pen, write the swimmers name on them.
3. Practices are all subject to time change and date changes
4. Swim caps are recommended

(the best place to buy the equipment is on Swimoutlet.com)

All Parents and swimmers will be required to join team unify (www.teamunify.com/inwsac) to join the team and to receive emails and sign up for the team.

We have a text messaging system. Remind

Sites to become familiar with: Indiana swimming- inswimming.org, swimoutlet.com If you need more information, go to documents on the WAC website.

Communication for the team:

Email- warsawaquaticclub@gmail.com

Team Unify- see attachment

Monthly Parent Meetings

Coaches emails-to parents

Team file cabinet at the pool with each swim family's name on it with information in the file

Team Bulletin Board at the pool with general information on it about upcoming events

Team unify is where all swimmers/parents must sign up for swim meets. Meet notifications will be posted on the web site at least a month in advance. It is the responsibility of the parent to stay informed about the upcoming swim meets and practice times and date changes.

There is a file cabinet located at the pool that will have a folder for each family. Team Information will be in the file folder.

Core Objectives:

1. Work Hard to develop the swimmers skills for a lifetime of success
2. Develop a positive attitude to carry throughout life
3. Build self-esteem to take pride in their accomplishments
4. To have positive motivations to help set goals to motivate all swimmers to take pride in themselves both at and away from practice
5. Show dedication and commitment to the program

Responsibilities of a coach:

1. Respect the coaches, swimmers and parents
2. Have good communication between coaches, swimmers and parents
3. Be a positive role model- set good examples
4. Be knowledgeable of the sport of swimming
5. Help develop workouts with the head coach
6. Explain drills and terminology to the swimmers
7. Develop a good rapport with the swimmers
8. Follow the Safe Practices of USA swimming
9. Know the team conduct rules for swimmers
10. Teach good nutrition to the swimmers

11. Be certified to be on deck- must be lifeguard, Cpr, First aid, athlete protection
12. Know how to teach them to take their pulse to get their heart rate up at practice
13. Have fun

Tryouts:

WAC will have tryout times for the swim program. The swimmer must be capable of swimming the freestyle with rotary breathing and a steady kick for 25 yards with little or no stopping. The swimmer must also be able to swim 25 yards of backstroke for 25 yards with very little or no stopping. The coaches will determine the level of the swimmers: Bronze, Silver, or Gold. Please see standards for the levels.

Team Suits/Caps:

Team suits will be required at all swim meets. Parents will be required to purchase the swimsuits. Suits will be available to try-on prior to purchase. Dates will be announced. Team caps can be purchased at the time of swimsuit purchases. It is not a requirement to wear a cap, but highly recommended.

Workouts/ Practices:

All swimmers will stretch before warming up: Arm circles (forward and backward), pushups, planks, jumping jacks, hops on the bleachers, trunk twist, leg stretches. This will be done as a team and will be done at the swim meets when everyone arrives to swim

There will be an early season phase: 4 weeks of constant drill work and conditioning to build up the foundation for the whole season

Mid-season phase: 12 to 15 weeks of workouts increase with intensity, fine-tuning their strokes, turns and starts

Taper phase: the last 2 weeks of swim season- Increase the intensity of race pace – getting them ready for Divisional and State meets

Level of Expectations: As a coach, you should know these

Bronze Team Standards:

Practice at least 2 times a week- Practice days will be Tuesday, Wednesday and Thursdays

Requirements: Perform a 25-yard freestyle with rotary breathing with a steady kick and a 25-yard backstroke with little or no

stopping.

Throughout the season, the swimmer will develop their freestyle to have rhythmic breathing to the side with an alternation arm

action with a steady kick; backstroke will have alternate arm action and a steady kick and will develop their breastwork and butterfly.

Will learn how to use the backstroke flags

Develop proper open turns for free, back, breaststroke and butterfly

Will learn the terminology of the practice sets

Will be able to compete in swim meets- under the discretion of the coaches

Learn how to stream line off the walls consistently

Able to circle swim

Able to have self-control around teammates

Understand safety rules

Start learning about good nutrition and the importance of drinking water daily

Arrive at practice/meets 10/15 minutes early

Do active stretching before practice/meets

Smile and have fun

Show good sportsmanship at practice and at meets

Commit to at least 2 days of practice a week

Able to listen and learn and remember things taught from one day to the next day

Willingness to learn and try new skills

Wear a team cap and team suit at the swim meets

Learn how to dive into the water from the wall and the blocks- Safely

Use practice equipment properly

5 years or older

To able to move up the coaches have to agree on the move

No horseplay in locker rooms after practice or a meet- 10 minutes to get dressed and go home

Copper swim group standards:

Moved up to the group Copper swim group by the head coach

Know the four strokes and do them legally for at least 50 yards with legal turns

Know the basics of the turns for each stroke

Dive from the starting blocks with a safe competitive start or at least a standing dive off the edge of the pool and advance to the starting blocks
Willing to do swim more yardage at practice
Listens to the coaches- keep your head above the water when the coaches are talking/coaching
Start to learn how to use the pace clock
Develop the turns and starts for competitive swimming
Participate in the bigger meets
Attend practice 3 to 5 times a week for an hour practice
Follow the WAC rules and conduct rules such as the locker rooms, deck and at swim meets
Be role model for the younger swimmers
Arrive 10 minutes before practices starts
Arrive 15 minutes before the warm ups at meets
Wear a team cap and swim suit at swim meets
No horseplay in the locker rooms at practice or at meets
10-minute time to get dressed after practice
Smile and have fun
Able to stream line
Able to circle swim
Learn the terminology of swimming- pace, descend, ascend etc.
Stretch out before practice and meets
Advancement to Silver is up to the Head Coach
Learn to perform swimming drills for all the strokes

Silver Team Standards:

Perform all the strokes legally
Perform all the turns legally
Dive in from the starting blocks
Bi-lateral breathe on freestyle
Develop relay starts
Use 4 fly kicks off every wall for free, back and fly
Know pace sets, descend sets, easy/hard sets –develop the swimmer terminology
Know time standards for divisional and state

Know your best times
Read the pace clock
Understand intervals, descend, pace sets
Swim distance events
Know the team drills
Set goals for practice, meets, and for the season
Know safety rules
Smile and have fun
Use practice equipment properly
Work on good nutrition
Drink water daily and at practice
Eat good snacks at meets
Commit to at least 3 days of practice and be consistent with your days
Arrive 10/15 minutes early to practice and meets
Do active stretching before practice and meets
Minimum age 7 to 13 (coaches discretion)
Compete in meets
Good sportsmanship towards teammates, coaches, officials, and other teams.
Be willing to listen- try new drills and adjust your skills
Wear team cap and swim suits at the meets
Show 100% support towards your team
Help Clean up after practice and meets
Talk to your coaches
Be a lane leader
Don't practice mindlessly- have a purpose at practice
To move to gold the coaches have to agree on the move up
Relays will be determined by the fastest 4 then the next fastest times
No horseplay in the locker rooms after practice or at meets- 10 minutes to change and go home

Gold Team Standards:

Legal strokes
Legal turns
Legal starts along with relay starts

Strong streamlines

4 fly kicks off every wall on free, back, and fly

Bilateral breathe on freestyle

Know pace sets, descend sets, easy/hard sets –develop the swimmer terminology

Use practice equipment properly at all times

Know how to use the pace clock

Know your stroke per distance

Know the team drills

Set goals for practice, meets, and the season

Drink water daily and at practice

Make nutrition important in your life

Arrive 10/15 minutes early to practice and meets

Practice at least 4 days a week

Do active stretching before practice and meets

Be prepared for practice and meets- goggles, cap, suits etc.

Understand work vs reward

Develop practice habits to build on to improve your performance at meets

Understand how the sets at

Don't swim mindlessly

Participate in competition

Show good sportsmanship at practice and meets towards teammates and others

Develop good team leadership-encourage teammates and cheer for them

Lead your lane

Talk to your coaches

Be positive

Wear team caps and suits at the meets

Help clean up the deck at practice and meets

Relays will be determined by the fastest 4 then the next fastest times

No horseplay in the locker rooms after practice or at meets- 10 minutes to change and go home

5 components of fast swimmer:

1. Have great techniques
2. Be fit to maintain duration of stroke during race
3. Convert energy well- increase mechanical efficiency – must swim fast in practice to swim fast in a meet
4. Have great racing skills- have it mentally
5. Thou shall love swimming. See how good you can be!

Payment for the team:

Coaches fees- taken at the beginning of season

USA- fees at the beginning of the season- Insurance for Indiana swimming- when you get your USA number is good for the entire year. September to the following December(example September 2020-December 2021) Each September, the fee will be renewed. The USA fee will be separate from the coaches fee. In 2020, the USA fee was \$87.50 per swimmer.

Expectations for Parents:

1. Be cheerleader and support your swimmer
2. Encourage accountability
3. Avoid over-identifying with your swimmer's performance
4. It is a process
5. When issues come up with the coach, address them privately and directly
6. Just be there for them
7. Don't compare your swimmer to other swimmers
8. Have your swimmer arrive on time for practices and meets
9. Help them prepare for a successful practice and meet- be positive
10. Pick up your swimmer on time.

Swimming is a tough sport- Over 48 muscles are used while swimming- They need encouragement!
Everyone develops at their own pace and different stages. Be patient. Let coaches -coach

Glossary: Swimming Terminology:

Age Group: Division of swimmers according to age, usually in two-year bands.

Anchor: The final swimmer in a relay.

Backstroke: One of the 4 competitive racing strokes, basically any style of swimming on your back.

Backstroke is swum as the first stroke in the Medley Relay and second stroke in the I.M.

Blocks: The starting platforms located behind each lane. Blocks have a variety of designs and can be permanent or removable, but also incorporate a bar to allow swimmers to perform backstroke starts.

Breaststroke: One of the 4 competitive racing strokes. Breaststroke is swum as the second stroke in the Medley Relay and the third stroke in the I.M.

Butterfly: One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swum as the third stroke in the Medley Relay and first stroke in the I.M.

Cap: The silicone or latex covering worn on the head of swimmers.

Carbohydrates: The main source of food energy used by athletes.

Cards: Entry cards either handed to the swimmer or relay team by the coaches or meet runners and given to the timer behind the lane.

Clerk of Course: Seeds swimmers into events and provides cards or info to deck officials.

Consolation: The second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.

Course: Designated distance for swimming competition. Can be a long course (50 meters) or short course (25 yards).

Deck: The area around the swimming pool reserved for swimmers, officials, and coaches. Only authorized persons may be on the competition deck during the meet.

Development: A classification of meet or competition. The purpose of a developmental meet is to allow all levels of swimmers to compete in a lower pressure environment.

Disqualified: A swimmer's performance is not counted and the time swum is void because of a rules infraction.

D.Q.: A swimmer's performance is not counted and the time swum is void because of a rules infraction.

Dive: Entering the water head first at the start of the race.

Dropped Time: When a swimmer goes faster than the previous performance they have "dropped time."

Electronic Timing: Timing system operated electronically. The timing system usually has touchpads in the water, junction boxes on the pool side with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are linked to a scoreboard that displays the swimmer's time.

Eligible to compete: The status of a swimmer that means they are registered and have met all the requirements.

Entry Fees: The amount per event a swimmer or relay is charged. This will vary depending on the meet.

Entry Limit: Each meet will usually have a limit of total swimmers they can accept before the meet will be closed and all other entries are denied or returned.

Entry: An individual or relay declares their intention to swim.

Event: A race or stroke over a given distance.

FINA: Federation International de National de Amateur, the international governing body of competitive swimming, diving, water polo and synchronized swimming.

False Start: Occurs when a swimmer leaves the starting block, or is moving on the block, before the starter starts the race or before a relay leg has touched the wall.

Final Results: The printed or electronic copy of the results of each race of a swim meet.

Finals: The championship final of an event in which the fastest eight swimmers from the heats or semi-finals compete.

Flags: Pennants that are suspended over the width of each end of the pool approximately 5 meters from the wall to allow backstroke swimmers to determine where the end of the pool is.

Freestyle: One of the 4 competitive racing strokes. Freestyle (or free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the I.M. There are no rules governing the form of this stroke.

Goggles: Eyewear worn by swimmers in the pool to protect the swimmer's eyes from the effects of chlorine, the rays of the sun, and to improve underwater vision.

Hand Paddle: can be purchased on Swimoutlet.com, they are used at practice for pulling when swimming.

Heats: A division of an event when there are too many swimmers to compete at the same time. The results are compiled by the swimmer's time, after all heats of the event are completed.

Individual Medley: All four competitive strokes in the order of Butterfly, Backstroke, Breaststroke, and Freestyle. = **I.M.:** All four competitive strokes in the order of Butterfly, Backstroke, Breaststroke, and Freestyle.

Lane: The specific area in which a swimmer is assigned to swim. Lanes should be numbered from right (Lane 1) to left (Lane 8).

Lap Counter: The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer.

Lap: One length of the course.

Late Entry: Meet entries from a club or individual that are received by the meet host after the entry deadline.

Leg: The part of a relay event swam by a single team member.

Length: Technically, a length is once across the pool; a lap is across and back. However, most coaches use the terms interchangeably to mean simply once across the pool.

Long Course: A 50-meter pool. The Olympic Games as well as all major international competitions are conducted on a long course.

Marks: The command to take your starting position.

Marshall: The adults or officials who control the crowd and swimmers flow at a swim meet.

Medals: Awards given to the swimmers at the meets. They vary in size and design and method of presentation depending on the competition and the host team.

Meet Director: The person in charge of the administration of the meet.

Meet: A series of events held in one program.

Mile: referring to the 1500 meter or 1650 yard freestyle, both of which are slightly short of a mile.

NT: No time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.

Nationals: USA Swimming meet conducted seasonal throughout the year. Must make qualifying time to attend.

Negative Split: The second half of the swim is swum faster than the first half.

Novice: A beginner or someone who does not have experience.

Official Time: The swimmers event time recorded to one hundredth of a second (.01)

Officials: The certified, or qualified adult volunteers, who operate the many facets of a swim competition.

Official: A judge on the poolside. Various judges that are certified through USA Swimming watch the strokes, turns and finishes or are times and starters.

PB: Personal Best. The best time a swimmer has done so far in a particular stroke/event.

Prelim: Short for preliminary. Those races in which swimmers qualify for the championship and

consolation finals.

Pull Buoys: the pull buoy is used to work on pulling while not kicking.

Qualifying: Published times necessary to enter certain meets, or the times necessary to achieve a specific ranking.

Race: Any single swimming competition. Preliminary, final or timed final.

Referee: The head official at a swim meet.

Relay Exchange: The exchange between the swimmer in the water and the next swimmer on the relay.

Scratch: To withdraw from an event after having declared an intention to participate.

Seed: Assign the swimmers heats and lanes according to their submitted times.

Session: Portion of a meet distinctly separated from other portions by time.

Short Course: A 25 yard course.

Split: A portion of an even, shorter than the total distance, that is timed. Example: A swimmer's first 25 or 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.

Starter: The official in charge of signaling the beginning of a race and ensuring that all swimmers have a fair take-off.

Stroke Judge: The official positioned at the side of the pool, walking the length of the course as the swimmers race. The stroke judge is required to determine that each swimmer is carrying out his or her stroke within the rules, and will disqualify any who are not.

Submitted Time: Time used to enter swimmers into meets. These times must have been achieved by the swimmer at previously sanctioned meets.

Swim Off: In a heat/finals competition, a race after the scheduled event to break a tie. The only circumstances that warrants a swim-off is to determine which swimmer makes finals.

Time Trial: An event or series of events where a swimmer may achieve or better a required qualifying time.

Timer: The volunteers sitting behind the starting blocks/finish end of the pool, who are responsible for forgetting watch times on events and activating the backup buttons for the timing system.

Touch Pad: The removable plate (on the end of the pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.

Touch: The finish of a race.

USS: United States Swimming, Inc., the national governing body for swimming in America.

Uniform: The various parts of clothing a swimmer wears to practice and to meets. May include: Parka, warm-up jacket, team bag, team t-shirt, team pants or shorts, team suit, team cap, etc.

Unofficial Time: The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.

Warm Down: The loosening a swimmer does after a race when pool space is available. Used by the swimmer to rid the body of excess lactic acid generated during a race.

Warm up: The loosening of the swimmer at the beginning of practice or a race. Preparing the swimmer for the meet. (WU)

Ways to get involved with the swim team:

- Volunteer for a position on the swim board: president, vice president, treasurer, and secretary
- Volunteer for the sponsorship committee or scholarship committee
- Volunteer at swim meets- clerk of course, admission ticket taker, timer, hospitality, awards
- Become an official- More information about official training is on Indiana swimming- inswimming.org
- Help with the team Fundraiser- organization of the event, snacks and awards
- ❑ Clerk of Course person helps organize the swimmers into their heats and lanes before each race
- ❑ Admission person collects money to allow parents into the meet
- ❑ Timer is a person who times each race with a stopwatch
- ❑ Hospitality person organizes food for the concession area and coaches room
- ❑ Awards person- at the meet labels the ribbons/medals and puts the awards into team folders
- ❑ Sponsorship person will send out information about the swim team to get sponsorships and keep track thanks to sponsors and swim team progress
- ❑ Scholarship person will write grants to help multiple swimmers' families and prospective swimmers with financial needs.

Swim Meet Information:

Swim meet sign ups are done on our Team Unify site. Parents will be responsible for signing their swimmer up for their events. www.teamunify.com/inwsac on upcoming events. There will be a parent meeting at the beginning of the swim season to show parents how to register their swimmer.

Swim Meet Info:

Items to Bring to a Swim Meet

- Extra swimwear. Sitting around in a wet suit is uncomfortable so bring more than one.

Change into a dry suit after warm-ups and your events.

- Swim cap (if you wear one). An extra one is handy in case of rips.
- Goggles. A spare pair or strap is a good idea.
- Towels. Bring at least two, the larger the better.
- Extra clothes. Dry clothes prevent you from getting chilled and can offer an extra layer of protection from the sun. Bring a T-shirt, a sweatshirt, sweatpants and socks and shoes.
- Toiletries. Bring shampoo, soap and other personal care items for showering after the meet.

For safety, use plastic bottles only.

- A lock. Keep belongings safe in a locker.
- Water and snacks. Swim meets last for several hours. Consider packing a cooler.
- Medicines. Bring any necessary medications. Make sure they have been approved for use during swimming by your healthcare provider and the swim competition rules and regulations committee.
- Miscellaneous items. Many people also like to bring along something to keep notes and records with, a stopwatch, a camera and a beach chair. It is also a good idea to have some cash on hand.

- Bring a sharpie to the meet to write down events, heats and lanes.

When swimmers swim at a meet, they will receive a list of their events. The event list will list their #event, event, heat and lane in that order. It is very helpful to and important to put the order of the events on your swimmer. Use a black sharpie marker and write them on the back of their hand, inside their forearm or thigh. Make sure they can read them

Example: #1 50 free 1/7. (1 =heat 1/lane 7) the less you can write on them- it will help keep them organized.

The Warsaw Aquatic Club has one fundraiser a year. The Swim-a-lap. All swimmers are required to raise \$100.00 for the team budget. This fundraiser is usually done on the first of November. The swimmers are required to swim 200 lengths of the pool for the Silver and Gold team and 100 lengths for the Copper and Bronze team.

The swim team participates in dual meets, 3 Rivers Conference and invitationals.

The team will also participate at divisional and state level competitions.

Divisional and state championships have time requirements.

Relays are determined by the head coach after the swimmers have signed up for the meet.

*A big team goal that WAC has is to qualify and have as many swimmers as we can at **divisionals** and be highly encouraged to attend divisional because of the level of competition and great experience.*

*On the divisional time sheet: You will need to look at the **SYC** State and Divisional times.*

Swimmers making divisional cuts will receive a divisional jacket (one time) and have the years added to it for all the rest of the swimmers who make it to divisional.

Examples of times are on the next page: Times are subject to change each year.

What to eat before competition: Drink lots of water.

- *1 hour or less before competition.*
- *Fruit or vegetable juice such as orange, tomato or V8*
- *Fresh fruits such as apples, watermelon, peaches, grapes, strawberries, blueberries*
- *Energy gels*
- *Up to 1 and half cups of sports drinks- low sugar is better*

(you want to avoid processed foods that are in sugar)

2 to 3 hours before competition: Drink lots of water

- *Fresh fruit*
- *Fruit or vegetable juice*
- *Bread, bagels, pretzels*
- *Low-fat yogurt*
- *Sport drinks- low sugar*

3 to 4 hours before competition- Drink lots of water

- *Fresh fruit*
- *Fruit or vegetable juice*
- *Bread or bagels, pretzels*
- *Pasta with tomato sauce*
- *Baked potatoes*
- *energy bars*
- *Cereal with low fat milk*
- *toast/bread with limited peanut butter , lean meat, low fat cheese*
- *30 oz. of energy drinks*
- *Eggs*
- *almonds*

After Competition- Drink lots of water

- *Chicken, red meats*

- *Pasta*
- *Drink chocolate milk*
- *Avoid high fat foods*
- *Eggs*

2 to 3 days before competition, start drinking lots of water- get hydrated before the competition and don't wait until the last minute.