



Parent Education Meeting

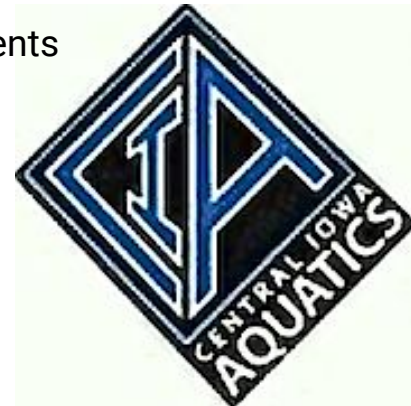
Central Iowa Aquatics
April 13, 2023



[HANDBOOK FOR PARENTS/GUARDIANS AND SWIMMERS](#)

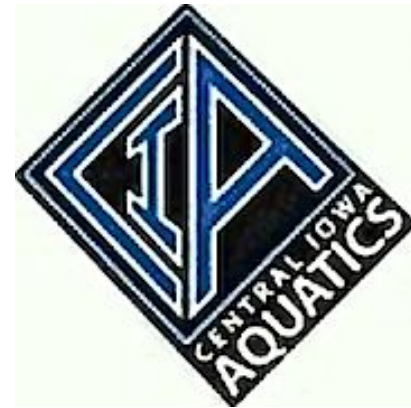
Today's Topics

- ❑ [Board of Directors](#)
- ❑ [Coaches](#)
- ❑ [Team Unify](#) (CIA's website platform)
 - ❑ [OnDeck app](#) (Team Unify app)
- ❑ [Billing and Volunteer Commitment](#)
- ❑ [CIA Group Structure](#)
- ❑ [Equipment](#)
- ❑ Swim Meets, Progression, Sign up, Why Your Coach Has Final Say Over Events
- ❑ How to be a Great Swimming Parent
- ❑ Safe Sport
- ❑ Social Media
- ❑ Tonight To Do: & Questions



CIA Board of Directors

- ❑ 2 year terms
- ❑ Positions & Current holder
 - ❑ President - [Andrea Stone](#), HR committee member
 - ❑ Vice President - [Brandon Dacey](#), HR committee member
 - ❑ Safety Chair - VACANT,
 - ❑ Treasurer - [RJ Lewis](#), HR committee member
 - ❑ Secretary - [Kiel Huston](#)
 - ❑ Meet Director - [Josh Fausch](#)
 - ❑ Fundraising - [Brandi Skinner](#)
 - ❑ Registrar - [Nicole Hoss](#) (Non Voting)



Coaches

- ❑ [Thad Gunther](#) - Head Coach @ Hoover
- ❑ [Andy Pym](#) - Lead Senior Coach @ Drake
- ❑ [Emily Tuazon](#) - Age Group Coach (AG3, AG4) @ Trail Point, Hoover
- ❑ [Kim Wharton](#) - Assistant Coach (AG & SrPrep)
- ❑ [Frankie Hanson](#) - Assistant Coach (Sr2) @ Mercy
- ❑ Leslie Winnett - Assistant Coach (AG) @ Hoover
- ❑ [Julie Monaghan](#) - Assistant Coach (Intro, AG4, AG3) @ Trail Point
- ❑ Jun Li - Assistant Coach (AG/SR) @ Hoover
- ❑ Eddy Johnston - Assistant Coach (AG) @ Hoover
- ❑ Moriah Ross - Assistant Senior Coach @ Drake
- ❑ Todd Woolums - Assistant Coach (Intro, AG4, AG3) @ Trail Point & Easter Seals
- ❑ Kristen Phillips - Assistant Coach (Intro, AG4, AG3)



Team Unify (CIA's website platform)

❑ [Central Iowa Aquatics](#)

Meet Schedule & Practice Calendar/Team Events

[2023-2023 Short Course Meet Schedule \(.pdf\)](#) *UPDATED 4/13

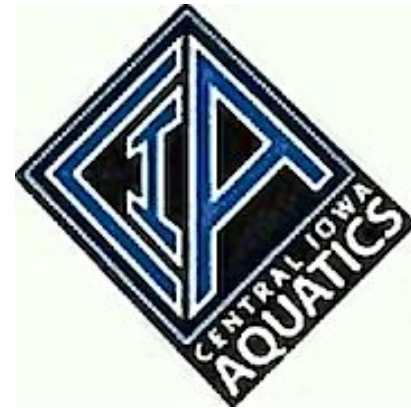
[Practice Schedule April/May 2024 \(.pdf\)](#) *UPDATED 8/27

Tentative:

[Practice Schedule June/July 2024 \(.pdf\)](#) *UPDATED 8/27

-Hoover Closed June & July

-Roosevelt 5-6:30pm for Starts on Blocks TBD Dates

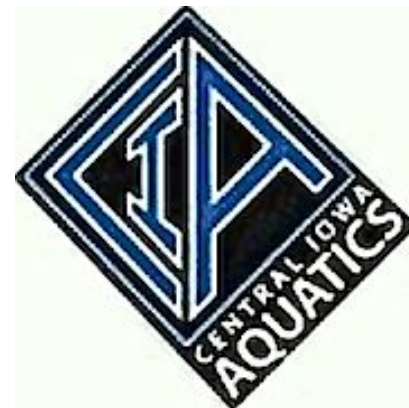


OnDeck app



- ❑ Download on your phone through the App Store
- ❑ Login with your Team Unify login and password
 - ❑ What can you do on OnDeck?
 - ❑ Meet Entries
 - ❑ Check best times, Q times
 - ❑ Volunteer SignUp/Check Hours
- ❑ TeamFeed (Explain)
- ❑ [SwimCloud.com](https://www.swimcloud.com)
 - ❑ Another resource for your swimmers times & progression

Share Screen



Billing and Volunteer Commitment

❑ Nicole Hoss, CIA Registrar

- ❑ ACH (Discuss how to set up, why?)

❑ Kate Jefferys, Volunteer Coordinator

❑ Volunteer FAQ

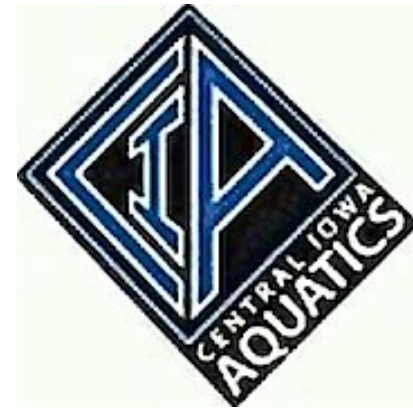
- ❑ 14 Hour Short Course, AG Swimmers (Fall/Winter) Volunteer Commitment
- ❑ 8 Hours, Short Course, High School Swimmers Volunteer Commitment
- ❑ 10 Hours Long Course (Spring/Summer) Volunteer Commitment
- ❑ \$100 per hour not fulfilled
- ❑ CIA "Super Volunteer" = Doubles their Volunteer Commitment
 - ❑ Will receive a \$100 registration fee credit for the next season!

Group Name	Monthly Dues
Intro (A, B)	\$120
Age Group 4	\$170
Age Group 3	\$190
Age Group 2	\$205
Age Group 1	\$220
Senior Prep	\$225
Senior 2 &3	\$250
Senior 1	\$250



CIA Group Structure and moving through it

- ❑ [Training/Practice Groups](#) (also in CIA HandBook)
- ❑ [Practice schedule](#), available on CIA website (Events & Competition)
- ❑ Coaches look at various things when placing a swimmer in a specific group including ability, commitment, and age. We want swimmers to be with their peer groups together as much as possible! Typically swimmers are in the same group for 1-2 years at the age group level, and start Senior Prep group typically at age 12. Some swimmer's needs are met by changing groups within a season. Coaches have the final say in group movement.




Equipment

- ❑ CIA Team Caps required for practice
- ❑ What other gear do we use? Snorkel, Headsets, Tempo Trainers, 'T's", DragSox, PowerRacks, Kickboard, Pull Buoy
- ❑ Nose Plug for use with Snorkel
- ❑ Practice Groups Equipment Lists
 - ❑ [Intro A & B](#)
 - ❑ [AG 4, AG3](#)
 - ❑ [AG 2, AG1, Prep](#)



Swim Meets

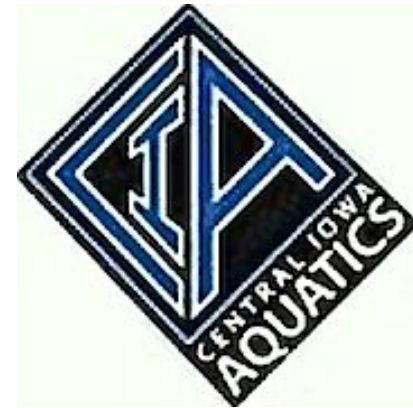
- ❑  Meet Mobile app(live meet results, heat and lane assignments)
\$9.99/year *Most meets don't have paper heat sheets
- ❑ [2024 Long Course Season Meet Schedule](#)
- ❑ Meet Progression
 - ❑ Local Meets-Regional Champs-AG Champs- Sr Champs-Futures-Jr Nationals-Olympics
- ❑ [About Swim Meets](#)
- ❑ Picking Events---parents/child can pick events when committing to meet, leave a note....
- ❑ Coaches picking/suggesting events
 - ❑ Setting up for success
 - ❑ Start small. Cultivate enjoyment. Decrease nervousness
 - ❑ First meets not required to dive off blocks
 - ❑ The Big Picture
 - ❑ Not all the swim meets are set up for best times
 - ❑ Specialization is for adults
 - ❑ Every swimmer has great seasons and times of plateau
 - ❑ We are teaching life skills, not the next Olympian
 - ❑ Creating well-rounded athletes
 - ❑ Tendency is for swimmers (parents) to choose the same events
 - ❑ By age 13, every swimmer will have swum each event
 - ❑ Swimmers will be put in events they don't like (or don't think they like)
 - ❑ The Coach plans each season, each meet, each race...it's a progression



Planning for the Season Training

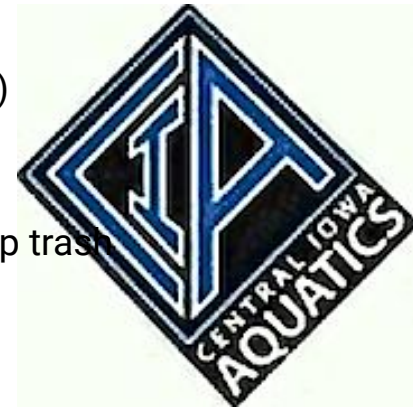
“Plan to work, and work the Plan”

- ❑ Three cycles per season
 - ❑ 1) Macro-cycle (12 month period)
 - ❑ 2) Meso-cycle (4-8 week period)
 - ❑ 3) Micro-cycle (1 week period)
- ❑ Macro-cycle broken into four phases
 - ❑ 1) General Preparation Phase
 - ❑ 2) Specific Preparation Phase
 - ❑ 3) Competition Phase
 - ❑ 4) Transitional Phase



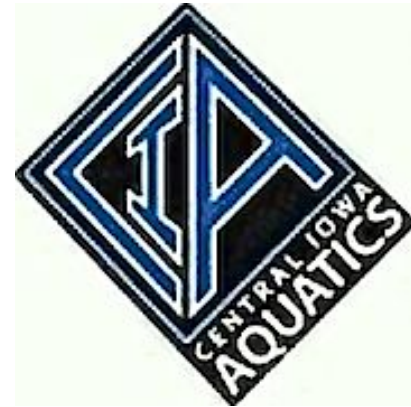
How to be a Great Swim Parent!

- ❑ Support your swimmer by being a spectator: let the coaches coach
- ❑ Don't compare your child's performance to other children
- ❑ Reward effort, not results
- ❑ Volunteer often. Show your swimmer you care about their sport
- ❑ Give your swimmer ownership of their sport. Step back and let them figure things out. Come to meet with events on arm! (Explain)
- ❑ Love and support your child always. Don't ridicule or get angry about poor swims
- ❑ Don't force your child to swim
- ❑ Don't bribe or reward your child with money (there is enough focus on external rewards already)
- ❑ Focus on enjoyment, exercise, and mastery of the skill (rather than winning)
- ❑ Stay informed on all team activities, events, information
- ❑ Cheer for all CIA Swimmers! Even kids you don't know!
- ❑ Represent CIA in bleachers not just in the water! I.e...sportsmanship, pick up trash in bleachers, set a good example



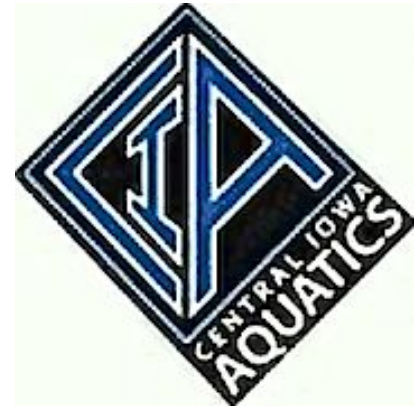
A Swimmer Wants Their Parent To:

- ❑ Love and support them, regardless of their performance
- ❑ Focus on effort rather than results
- ❑ Volunteer and be involved
- ❑ Take them for ice cream after the meet :)



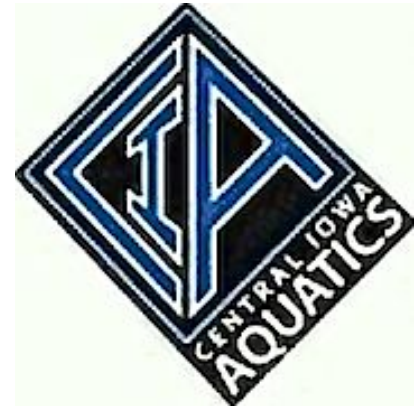
Safe Sport

- ❑ [Info Link to CIA Website](#)



Social Media

- ❑ Follow CIA Parent Facebook Group
 - ❑ CIA Parent Swap and Connect
 - ❑ Central Iowa Aquatics (team highlights)
 - ❑ Instagram (team pics)



Tonight To Do:

- ❑ CIA Parent/Swimmer Handbook- link in weekly email
- ❑ “Commit” and pick events for Fridays Intersquad meet!

- ❑ QUESTIONS????
 - ❑ If I have a concern, who do I go to?
The CIA board of directors (parents just like you!) has adopted a Concern Policy for the team. In summary you would...
 - ❑ Approach Coach Thad. If the concern is not resolved, you then.
 - ❑ Approach the HR committee of the Board

