



# Parent Education Meeting

Central Iowa Aquatics  
April 30th, 2023



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

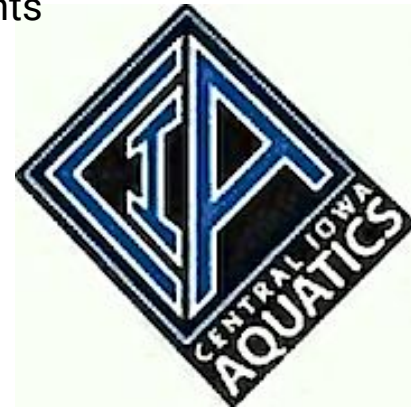
# Board of Directors

- ❑ 2 year terms
- ❑ Positions & Current holder
  - ❑ President - [Andrea Stone](#), HR committee member
  - ❑ Vice President - [Brandon Dacey](#), HR committee member
  - ❑ Safety Chair - [Gina Valentine](#), HR committee member
  - ❑ Treasurer - [RJ Lewis](#)
  - ❑ Secretary - [Beth Tecklenburg](#)
  - ❑ Meet Director - [Jill Sanchez](#)
  - ❑ Fundraising - [Kellie Keenan](#)
  - ❑ Registrar - [Nicole Hoss](#) (Non Voting)



# Today's Topics

- ❑ Coaches
- ❑ Team Unify (CIA's website platform)
- ❑ Billing and Volunteer Commitment
- ❑ OnDeck app (Team Unify app interface please download ASAP)
- ❑ CIA Group Structure, moving through it
- ❑ Equipment
- ❑ 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



# Coaches

- ❑ [Thad Gunther](#) - Head Coach
- ❑ [Andy Pym](#) - Lead Senior Coach
- ❑ [Emily Tuazan](#) - Age Group Coach (AG3, AG4)
- ❑ [Kim Wharton](#) - Assistant Coach (SrPrep, AG1, AG2)
- ❑ Leslie Winnett - Assistant Coach (AG)
- ❑ [Julie Monaghan](#) - Assistant Coach (Intro, AG4, AG3)
- ❑ Jun Li - Assistant Coach (AG/SR)
- ❑ Eddy Johnston - Assistant Coach (AG)
- ❑ Moriah Ross - Assistant Senior Coach
- ❑ Todd Woolmus - Assistant Coach (Intro, AG4, AG3)



# Team Unify (CIA's website platform)

- [Central Iowa Aquatics](#)

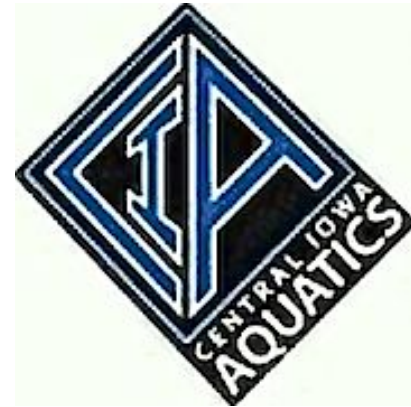
## Meet Schedule & Practice Calendar/Team Events

**[2023 Long Course Meet Schedule \(.pdf\)](#)** \*UPDATED 4/25

**[Practice Schedule April/May 2023 \(.pdf\)](#)** \*UPDATED 4/25

[Practice Schedule June/July 2023 \(.pdf\)](#)

[Tentative 23-24 Short Course Season Schedule\(.pdf\)](#) \*as of 4/30/23



# Billing and Volunteer Commitment

- ❑ Nicole Hoss, CIA Registrar
  - ❑ ACH
  - ❑ 14 Hour Short Course (Fall/Winter) Volunteer Commitment
  - ❑ 10 Hours Long Course (Spring/Summer) Volunteer Commitment
  - ❑ \$75 per hour not fulfilled
  - ❑ CIA “Super Volunteer” = Doubles their Volunteer Commitment
    - ❑ Will receive a \$75 registration fee credit for the next season!



Group Name	Monthly Dues
Intro (A, B)	\$110
Age Group 4	\$150
Age Group 3	\$170
Age Group 2	\$185
Age Group 1	\$200
Senior Prep	\$205
Senior 2	\$210
Senior 1	\$230

# OnDeck app



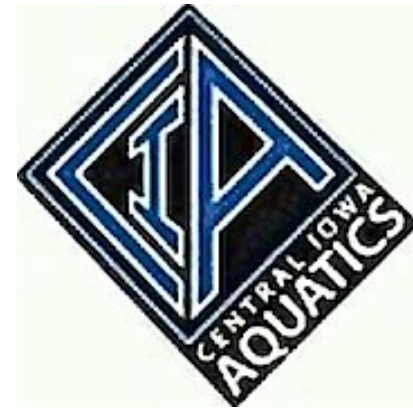
- ❑ Download on your phone through the App Store
- ❑ Login with your Team Unify login and password
  - ❑ What can you do on OnDeck?
    - ❑ Meet Entries
    - ❑ Check best times, Q times
    - ❑ Volunteer SignUp/Check Hours
- ❑ TeamFeed (Explain)

Share Screen



# 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](#)



# Meets

- ❑ Meet Progression
  - ❑ Local Meets-Regional Champs-AG Champs- Sr Champs-Futures-Jr Nationals-Olympics
- ❑ [Sign up](#) (CIA website link)



- ❑ Meet Mobile app(live meet results) \$5.99/year \*Most meets don't have paper heat sheets

- ❑ Picking Events---parents/child can pick events when committing to meet, leave a note....

- ❑ Coaches Role in picking 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

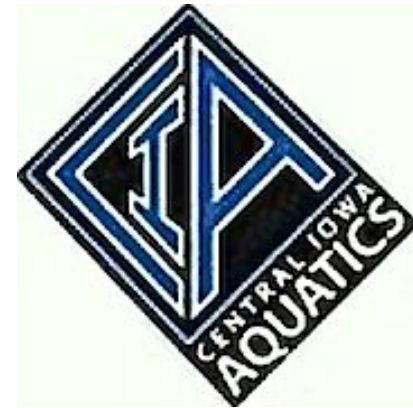
- ❑ Tendency is for swimmers (parents) to choose the same events
- ❑ By age 13, every swimmer will have swum each event
- ❑ Swimmers will be put in events they don't like (or don't think they like)
- ❑ The Coach plans each season, each meet, each race...it's a progression



# Planning for the Season Training

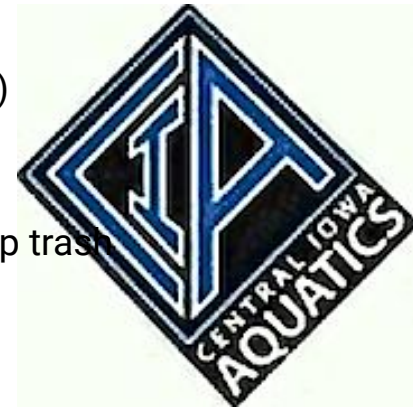
## **“Plan to work, and work the Plan”**

- ❑ 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



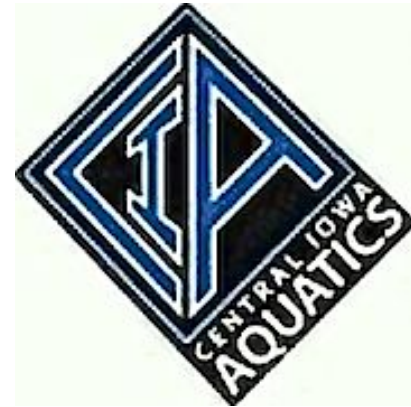
# How to be a Great Swim Parent!

- ❑ 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 : )



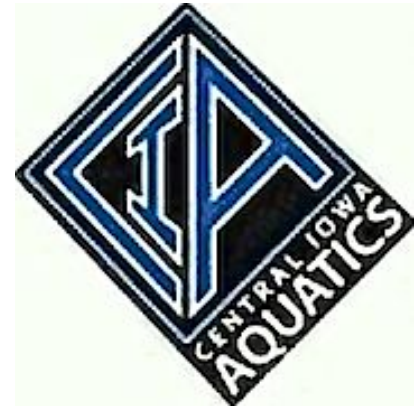
# Safe Sport

- ❑ [Carpool form](#) to Gina (available on CIA Website)
- ❑ Info Link on Website



# Social Media

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



# Tonight To Do:

- ❑ Commit/Decline to CIA's BEAT THE HEAT MEET
  - ❑ Who should attend? All CIA Swimmers!
  - ❑ Meet invite up this week & Volunteer Sign Up
- ❑ 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

