



Parents Handbook

Katz JCC

Margate Sharks

Head Coach: [Alicia Fimple-Paccione](mailto:afimple@jccatlantic.org) | afimple@jccatlantic.org | (609)822-1167 ext. 133

Milton and Betty Katz JCC by the Shore of Atlantic County
501 North Jerome Avenue, Margate, NJ 08402



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Dear Parents,

First and foremost, thank you for your continued support and dedication to the Margate Sharks Swim Team! As the head coach this season, and with the support of the coaching staff, we are determined to use this season as a turnaround point to reach our clubs full potential. As a newer club involved in USA Swimming, we encourage all families to take advantage of these invitational meets that will provide swimmers additional meets and competition within the tri-state area. During this season, swimmers will build not only physically, but emotionally and socially as well. Good sportsmanship is always encouraged, not only by swimmers, but parents as well.

Swimmers will get out, what they put in; work habits that are formed now will be the basis of future achievements. With that being said, please try to have your swimmer attend as many practices as you can, as we would like the swimmers to have every opportunity they can to improve. Work outs will be planned every night, which will incorporate stroke techniques, drills, and endurance sets throughout the year.

A team is a team; whether its baseball, basketball, or football, you win and lose together as a team. Swimming is a funny sport though – how swimmers do individually will affect the teams overall effort.

If for any reason you are not able to make it to a meet, please contact Coach Alicia within 48 hours of the meet. Writing line ups are a big puzzle – trying the best strategy to not only compete at a swimmers full potential and win, but to swim fast, swim a best time, and expand their horizons on other events. Although they may not like it, we encourage the swimmers as much as possible, and always keep their best interest in heart.

The goal of this season to get the swimmers excited for the upcoming season, as well as to continue their swimming career and becoming a USA swimmer during the winter months.

Please keep your eye out for our shark bites, which will be a Newsletter with important dates and information that will be coming up.

If you have any questions, please feel free to reach me by phone or email at any time.

We look forward to what lies ahead of us this season!

Alicia Fimple-Paccione

Aquatics Director | Head Swim Coach

Milton & Betty Katz JCC

609.822.1167 Ext. 133

afimple@jccatlantic.org



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Margate, NJ 08402
jccatlantic.org

Margate Sharks Philosophy:

Swimming is about having fun and accepting the challenges and demands of not only the coaches, but of the swimmers themselves. Swimming is about working towards an individual goal to support a team to succeed and reach its full potential. The Margate Sharks Club will use the sport of swimming and its environment to teach life's lessons. Swimming will be used as a way to teach goal setting, dedication, commitment, and a strong work ethic. The Margate Sharks take a long term philosophy to swimming. By emphasizing kicking and technique at a younger age, the progress of training athletes will grow within the program. This philosophy allows athletes to become their best in their teenage, high school, and college years. The Margate Sharks provide the opportunity for all athletes in the sport of swimming to swim for the love of the sport and to reach their highest potential.

We strive for each swimmer to:

- Be competitive
- Be confident
- Be a leader
- Be motivated
- Be realistic
- Be responsible
- Be self-disciplined
- Be successful
- Be a team player
- Create an environment for self-improvement
- Develop skills and techniques
- Have fun
- Prioritize
- Set and achieve goals
- Understand sacrifice

Goal Setting:

Goals commit you to the work, time, pain, and whatever else is part of the price of achieving success. Goals provide the energy and drive to accomplish something. Goals must be attainable, but just out of reach for now. Goal setting is a necessary step towards success! We all have dreams; these are what goals are made of. Goal setting gets your dreams organized. Make your goals specific. Shoot for one target at a time. You must be persistent in the pursuit of your goals.

- Develop skills, confidence and commitment needed to successfully reach goals
- Be a team through hard work, dedication and sportsmanship
- Have goals each and every day, whether it's practice or a meet
- Show up every day with the willingness to learn and improve
- Support of Coaches, Parents and Swimmers
- Always have fun!

Coaching Philosophy:

Our emphasis is on self-improvement. Very few swimmers become Olympic athletes. Athletes should always push themselves to do the very best they can. The attention of the coaches will always be on the swimmers working the HARDEST to achieve THEIR goals. This may not always be the fastest swimmer, but will always be the most DEDICATED swimmer. Our mission is to develop abilities in our young swimmers that will inspire and empower them to achieve excellence in life through a positive competitive swimming experience. We believe that swimming teaches fundamental life skills that are invaluable beyond the pool. By molding, teaching, and instructing our swimmers, we aim to develop them with self-discipline, personal responsibility, physical fitness, and personal excellence that is not only necessary for success in competitive swimming, but beyond as well.

Our Coaching Beliefs:

- Aerobic development and maintenance with proper technique is the foundation for swimming achievement in all strokes over all distances.
- Communication between coach and swimmer, coach and parent, and swimmer and parent is vital.
- Steady, committed, planned training is the only road to long-term success.

As coaches, we strive to:

- Build self confidence
- Build self-discipline
- Create a fun learning environment
- Create an environment for self-improvement
- Develop leadership qualities and sportsmanship
- Help individuals achieve their goals
- Increase physical fitness
- Provide opportunities to learn the values of hard work, dedication and perseverance.
- Promote honesty, integrity and team loyalty
- Provide a competitive atmosphere where full potential may be reached
- Provide quality training and competition

Swimmer Responsibilities:

In all fairness to athletes and the team, swimmers must commit to the following responsibilities to realize goals and attain the maximum benefit that competitive swimming offers.

1. Be ready to WORK HARD and HAVE FUN by establishing reasonable and achievable goals.
2. Attend all practices and meets. Arrive 10-15 minutes
3. Inform your coach in advance when you are unable to attend meets
4. Use only team suit, cap and clothing for all meets.
5. Have all required equipment for every practice and meet readily available.
6. Assist the coaches in keeping the facility clean.
7. Encourage other team members to achieve goals and support them when they are discouraged.

Team Guidelines:

1. Swimmers are strongly encouraged to make all practices on time. Practices are designed in a work flow – meaning each day will benefit from one day to the next. Not attending practice can set a swimmer back. In order to build strength and endurance, it is strongly suggested to attend as many practices as possible.
2. Practices will promptly start on time – due to the minimal pool time available so please make sure your swimmer is ready to swim 10 minutes prior the time their practice session is scheduled to begin.
3. Swimmers are expected to stay for the entire practice. It is crucial for all swimmers to get a warm up and warm down in each and every practice. Main sets, which are the most important sets will come anywhere between 30-45 minutes into practice, and can last as close to an hour. Swimming is very psychological, so when a training group is disrupted or changed, the entire practice is disrupted. Sometimes, leaving early can be discouraging to the swimmers who are still in the water working hard. Things do come up, so in the event that the swimmer needs to be dismissed early from practice, please notify the coaches before practice begins.
4. Apparel: For all practices, swimmers need to wear a practice suit, goggles, cap and a water bottle! Just because the swimmers are training in water, does not mean they will be dehydrated. For all swim meets, swimmers must wear Sharks apparel to represent the team, including their team suit, cap and clothing apparel.
5. Please encourage swimmers to eat healthier and lighter snacks before practice and swim meets. Swimmers are also encouraged to stay hydrated during practices and meets, so **be sure to bring a water bottle!**
6. Every swimmer needs to respect and obey coaches, team members and pool rules. Swimmers may be kicked out of practice at any time at the coach's discretion. Any damage to the facility may result in financial liability of the swimmer's parents.

What Should I Bring to Swim Meets?

Swim Meets can be a very long day for both parents and swimmers. Swimmers must come to meets wearing their team apparel: swim suit, goggles (an extra pair is always good in case a pair break behind the block), swim caps and team apparel.

Your swimmer should also have some healthy snacks to munch on throughout the meet, such as fruit, vegetables, granola bars and water/Gatorade. This will be better for the swimmer and help them as they compete. We encourage the swimmers to keep their electronics at home, away from the wet pool deck, as well as extra towels as some tend to get wet after a few uses.

Parents are welcome to bring along cameras, video cameras, etc. to capture your swimmers races. However, there is a catch – no flash photography is allowed during meets. With the use of an electronic starting system, the flash from a camera can be easily mistaken. Thank you in advance for your cooperation.

Rules for Meets:

It is very important for swimmers to attend meets regularly and to have goals in mind for those meets. Swimming is a sport that we can measure improvement against the clock. This allows individuals to track their own personal progress in the events they swim. Improvement can also be made in other areas, such as technique, attitude, attendance, and work ethic. It is important that we look for ways to improve those areas as well.

1. All swimmers are expected to stay the entire meet to support their teammates – unless spoken to prior to the meet
2. You must notify the coach within 72 hours if you are unable to make it to a meet. We understand that last minute sickness or emergencies cannot always be foreseen
3. All parents must observe from the pool gallery. No parents will be permitted on the deck unless they are volunteering or staffing for the meet.
4. Swimmers must sit with their team in the team area during all meets, participate in team cheers and support other teammates during their event.
5. The coach has the final decision on meet entries or what the swimmer will be swimming at each meet – this includes relays.
6. Warm-ups for all meets are done as a team. Please arrive 15 minutes before warm-ups begin to ensure a proper warm-up, which is crucial to the success of a meet
7. After your race, find a coach for feedback. Learning what you did well and understanding areas for improvement will help you become a better swimmer.
8. During the meets you are not permitted to leave until the meet is over – this not only brings team unity to the table, but sportsmanship as well.

Expectations of Parents:

- **Be a Parent:** The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition and encouragement necessary to make the swimmer work harder in practice, which in turn gives him/her the confidence to perform well in competition.
- **The Coach is the Coach!** We want your swimmer to speak with the coach about swimming concerns. The relationship between coach and swimmer produces the best results. If you would like to address any issues or concerns about your child's swimming, please address it with a coach at an appropriate time.
- **Not every time:** Even Michael Phelps has his off meets, and all swimmers will come face to face with an off meet, even an off year! Swimmers do not have to do their best time every single meet. Is it nice? Of course, but with different types of training and physical changes that all swimmers come across, it's all about how the season went.

Volunteers Wanted!

Parent volunteers are always needed for swim meets. No experience is required to help! Parent participation is essential at swim meets in order for the meet to run smoothly, as well as begin on time. We will have a volunteer sign-up sheet before each meet, since we are required to provide volunteers at both home and away meets. We have about 15 positions that need to be filled each meet by our parents. The coaches request that each parent to work at least one meet, whether it's in shifts, or during the entire meet.

Positions:

- **Timer**
Responsibilities: Report to Head Official at least 15 minutes prior to meet start. Time each swimmer and write the official time on the correlating event card. Contact Head Timer immediately if you watch malfunctions during a race. Cards are given to Card Runners after each race or event.
- **Back Up Timer**
Responsibilities: Report to the Head Official at least 15 minutes prior to meet start. Start timing at the beginning of each race and observe all lane timers to determine if any timers require backup. Take over timing for any required lane for the duration of the race if backup is requested by anyone.
- **Stroke and Turn Judges**
Responsibilities: Must be certified by the League. Courses are available at the beginning of swim season. Refer to the head coach for dates and times of the classes. Must have energy to stand and walk up and down the pool while watching swimmers strokes and determining if they are doing it correctly. Report to Head Official with any disqualifications.
- **Computer Worker**
Responsibilities: Collect timer sheets from timers. Fill in times in computer system for every swimmer on master score sheet.

JCC Mission Statement:

The mission of the Milton and Betty Katz JCC of Atlantic County is to foster an appreciation of Jewish identity, values and culture, to promote the health, education and welfare of our members, to strengthen Jewish family life, to build a sense of community, and ensure Jewish continuity for our children, our children's children and ourselves.