

# **DV WATER MOCCASINS SWIM TEAM PARENTS**

## **HANDBOOK**

### **Season Starts:**

Mid-Nov will be the first practice and the registration deadline.

Parent meeting will be the first night of practice

The meets will start the first weekend in Dec and run through the last weekend in Feb with Championships to follow.

Swimmers must be able to swim 25 freestyle, with their face in the water, down the center of the lane and float on their back while kicking in order to try out for the swim team.

### **Name:**

The Delaware Valley Water Moccasins

The team colors are red, black and white.

### **Equipment:**

Team suits are red and black and can be purchased on the team website. Latex team caps will be included in the registration fee, silicone with or without name can be purchased. Practice suits: Girls must wear a one piece with a racing back, and boys must wear Jammers or Speedos. All swimmers must have goggles and towels (two towels are recommended for meets).

Swimmers with long hair must wear a swim cap. Team caps must be worn at all AG and USA swim meets.

"Training" fins are required for practice. See website links for info on purchasing.

Please see the below charts for sizing:

#### **TYR GIRLS/WOMEN'S COMPETITION ONE PIECE SWIMWEAR**

| Size         | 20              | 22      | 24              | 26              | 28<br>(XXS)     | 30<br>(XS)      | 32 (S)        | 34<br>(M)       | 36 (L)        | 38<br>(XL)      | 40              |
|--------------|-----------------|---------|-----------------|-----------------|-----------------|-----------------|---------------|-----------------|---------------|-----------------|-----------------|
| <b>Chest</b> | --              | --      | --              | 27.5"-2<br>8"   | 28.5"-2<br>9.5" | 30"-31.<br>5"   | 32"-33.<br>5" | 34"-35.<br>5"   | 36"-37.<br>5" | 38"-39.<br>5"   | 40"-41.<br>5"   |
| <b>Waist</b> | 20.5"-2<br>1.5" | 22"-23" | 23.5"-2<br>4.5" | 22"-22.<br>5"   | 23"-23.<br>5"   | 24"-25"         | 25.5"-2<br>7" | 27.5"-2<br>9"   | 29.5"-3<br>1" | 31.5"-3<br>2.5" | 33"-34"         |
| <b>Hip</b>   | --              | --      | --              | 29.5"-3<br>0.5" | 31"-32.<br>5"   | 33"-34.<br>5"   | 35"-36.<br>5" | 37"-38.<br>5"   | 39"-40.<br>5" | 41"-42"         | 42.5"-4<br>3.5" |
| <b>Torso</b> | --              | --      | --              | 54.5"-5<br>5.5" | 56"-57"         | 57.5"-5<br>8.5" | 59"-60"       | 60.5"-6<br>1.5" | 62"-63"       | 63.5"-6<br>4.5" | 65"-66.<br>5"   |

[illegible]

Girls suits will be available in thin or wide straps. Color: Black and red.

Boys/Mens Jammer Suit size is the same as waist size Color: Black and red.

**Fee:**

The fee is \$180 for the Boas and the Rattlesnakes groups, and \$230 for the Copperheads, the Pythons, and the Vipers group. This includes a latex team cap. Varsity swimmers fee will be \$80, they will practice with Varsity and swim at all DV Mocs meets. Suits may be purchased on our SwimOutlet Team Store. If you are unable to purchase a suit we ask that you wear the team colors for meets.

Registration must be completed and paid before a child is allowed in the pool. Please send a copy of birth certificate to verify age. Only NEW swimmers need to provide a birth certificate.

### Practice:

In order to accommodate all swimmers, practices will be as follows:

### Tuesday-Thursday

Boas 5:30-6:30

## Rattlesnakes 5:30-6:30

Copperheads 6:30-8:30

Pythons 6:30-8:30

Vipers 6:30-8:30

**Monday**

Copperheads 5:30-6:30

Pythons 5:30-6:30

Vipers 5:30-6:30

Saturdays TBD

Swimmers will be evaluated during the first 2 weeks and placed in groups based on their abilities. Swimmers will be directed to change groups or be moved to a different time slot with an invite from the head coach ONLY.

It is recommended that the swimmers attend at least 2 practices a week. Swimmers must attend at least 1 practice to participate in the meet that weekend. Swimmers are asked to attend all meets but are required to attend at least 5.

### League Meets:

League: We are a part of the North Eastern Pennsylvania Age Group Swim League (NEPAGSL). Which consist of Abington Heights, Berwick, Central Columbia, CYC, Dallas, Elk Lake, Scranton, Towanda, Tunkhannock, Wyoming Valley West.

Meets will be held on Saturdays or Sundays starting in Dec. Girls/boys meets start at 1:00pm, Girls/boys should be at the pool by 12pm. Boys/Girls meets will start at 3pm, Boys/Girls should be at the pool by 2:30pm. This will alternate each year.

### Organization of the Meets:

The lineup of races will be decided the Friday before the meet. The lineup will be handed out to the assigned deck parents before the meet.

\*\*\*If a child can not attend a meet, please let the coaches or Administrative Director know by Thursday.\*\*\*

If this is not possible, the latest the coaches or Director should be notified is the Friday before the meet. Failure to notify coaches or Director of an absence could lead to loss of points due to disqualifications in relays. In an emergency please email or send REMIND txt ASAP.

The age groups are as follows:

Age Length of Race

8 and under\* 25/50 yards

10 and under 50/100 yards

12 and under 50/100 yards

14 and under 50/100/200 yards

Note: There is (1) 100 yard individual medleys (I.M.) for all age groups 12 and under and (1) 200 yard I.M. for all age groups 1 and under.

\* The reason all age groups have under noted is due to the fact that swimmers are allowed to swim in the age group above them. This is often done for relays.

Judges: There will be 1 judge at each meet. They will DQ (disqualify) swimmers if they are not swimming their strokes correctly.

Ribbons will be given out for 1st-3rd place winners for each event. You will receive them the week after the meet at practice.

**USA Meets:** We are a part of USA Swimming Metropolitan LSC. All USA meets will be organized by our USA Director. Email invites will be sent out for each USA meet. All registered USA swimmers will need to reply by accepting or declining the invite. If you accept the invite you will need to pick the events you would like to swim and pay by the deadline. If you are interested in becoming a registered USA swimmer please contact us for more information. There will be a separate fee for registration and meet entries.

### **Behavior of the Parents:**

All parents of swimmers are expected to volunteer throughout the season.

Approximately 15 parents are needed for each meet, which includes two deck parents per age group, timers, concession, runner, scorekeeper, announcer and baked goods donations. Parents are expected to get children to and from practice and meets on time. Parents are also expected to show good sportsmanship at all times.

Parents can NOT be on the pool deck during practice as it is distracting to the swimmers and coaches. You are welcome to watch from the balcony or secondary viewing area. If you are in the secondary viewing area we ask that you not stand at the rail or speak with your swimmer or the coaching staff during practice.

If you need to talk to the coaches, please do so before or after practice.

A board member should also be at all practices if you have any questions or concerns during practice.

### **1. Parent Disciplinary Policy:**

**1.1.** Verbal warning for the Parent, at the discretion of the Administrative Director.

The AD should clearly state that this is a “Verbal Warning”, and clearly state what policy the Parent was not following.

**1.2.** Written warning for the Parent, at the discretion of a majority vote of the coaching staff and AD. AD should clearly state that this is a “Written Warning”, and clearly state what policy the Parent was not following.

**1.3.** Suspend Parent from a pool presence for a specified period of time, including meets, by unanimous vote of the coaching staff and AD. Suspension of a Parent will be done in writing, and the letter will clearly state the issues with the Parent’s behavior.

**1.4.** Dismissal of Parent and Swimmer(s) from the DV Mocs Swim Team.

Determined by a unanimous vote of the coaching staff and AD. Mandatory letter to the parents from the coaching staff and AD.

### **Behavior of swimmers:**

• **2. Swimmer Disciplinary Policy:**

- 2.1. Verbal warning for the swimmer, at the discretion of the coaching staff. Coaches should clearly state that this is a “Verbal Warning”, and clearly state what policy the swimmer was not following.
- 2.2. Sit swimmer out at practice, at the discretion of the coaching staff. Coaches should clearly state that this is a “Sit Out” disciplinary act, and clearly state what policy the swimmer was not following.
- 2.3. Dismiss swimmer from practice, at the discretion of the coaching staff. Mandatory follow-up meeting with the swimmer’s parents.
- 2.4. Require that swimmers parent be on deck or visible in stands (coaches discretion) during the entire practice until their coach feels it is no longer necessary.
- 2.5. If swimmer is showing unsportsmanlike conduct at a meet it is at the coach's discretion to have the swimmer sit out of 1 event, multiple events or the entire meet.
- 2.6. Suspend swimmer for a specified period of time, including meets. Determined by a majority vote of the coaching staff and AD. Mandatory meeting with swimmer’s parents.
- 2.7. Dismissal from the Swim Team. Determined by a unanimous vote of the coaching staff and AD. Mandatory letter to the parents from the Parents Board and Coaches.

Nothing in this stated policy requires that the coaching staff and AD follow the sequential steps outlined above for a specific or repeated policy violation. Egregious or severe violations of pool safety or accepted conduct policies will result in appropriate actions without following the sequential order specified above.

**Communication:**

You will be notified of any schedule/practice changes and updates throughout the season via email, updates to the website calendar, Facebook page "Delaware Valley Water Moccasins" post and through REMIND text. To sign up for REMIND text @DVWATERS to 81010. An email invite will be sent each week for age group meets asking you to decline the invite if you are NOT coming, response to this email is very important. The swim team email address is: dvwatermoccasins@gmail.com. Please feel free to email us if you have any questions, comments or concerns. Meet dates, results and all swim team documents can be found on our website.

Update 10-2024