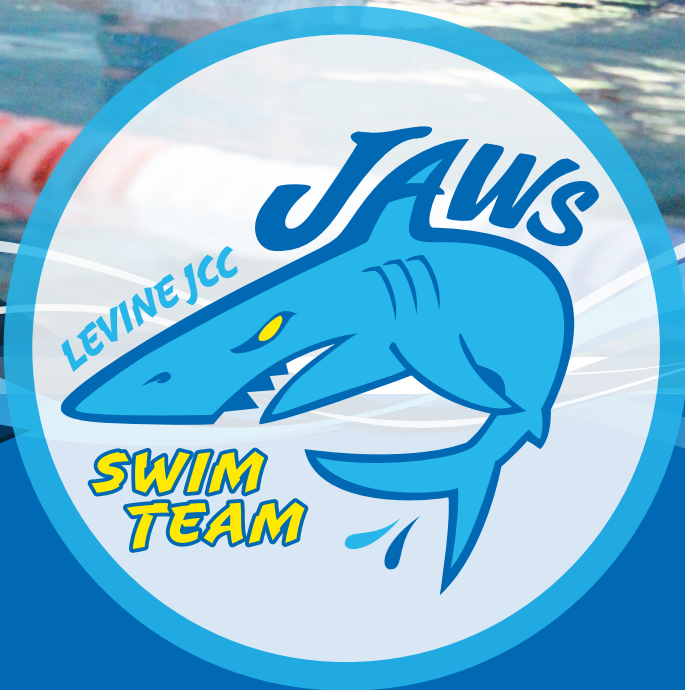




Swim Team Handbook



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WELCOME!

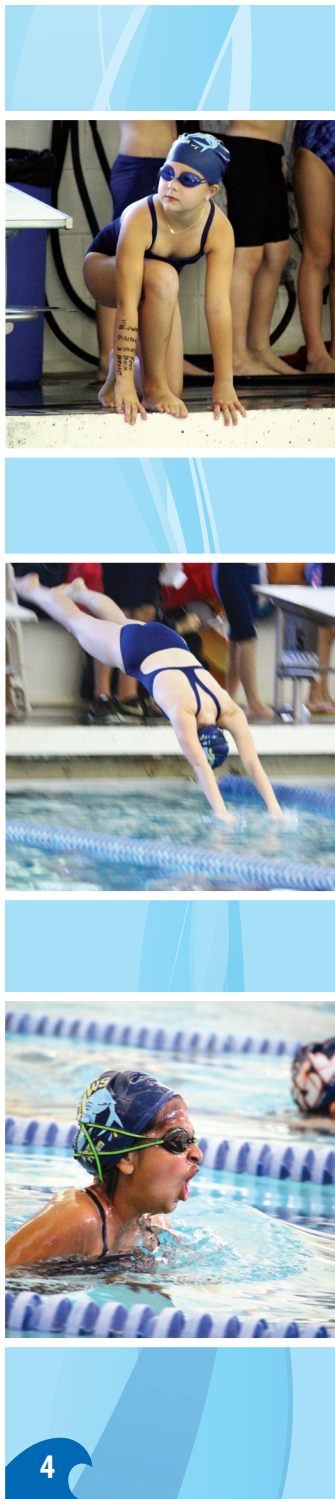
On behalf of the Jewish Community Center of Charlotte, we would like to welcome you to the Levine JCC JAWS Swim Team! We are thrilled to have you join our team in participating in the Junior Swim League, The Hornet's Nest League and Queen City Swim League (depending on the season).

If this is your first time joining a swim team, then an extra huge WELCOME is in store for you! We cannot thank you enough for choosing the Levine JCC JAWS to capture your first time experience. We strive to welcome each new swimmer with smiles, comfort, and the understanding of "first time butterflies."

If this is not your first time joining a swim team, then a huge WELCOME is still in store for you. Whether you are a previous Levine JCC JAWS swimmer or not, we are excited to have you become a part of our team!



This booklet includes information to ensure the success of both you, as a swim team parent and your child, as a swim team participant. It is very important that you read and keep the following pages.



MISSION STATEMENT

The purpose of the Levine JCC JAWS Swim Team is to provide a competitive swim team experience for children of all ages (5-18) and abilities! With assistance from a skilled and dedicated coaching staff, we strive to provide a comfortable and fun learning experience. Foundational swimming skills and technique (focusing on all four strokes) are taught at a level to ensure success for each individual swimmer. Sportsmanship, teamwork, accountability, and perseverance – all while having FUN are the main concepts we teach each swimmer and work towards everyday!

Each child is important to the Levine JCC JAWS Swim Team! We encourage them to participate in the FUN of the experience, learn, share the passion of the sport swimming, make new friends, and learn team unity at the reward of great physical activity.

The coaching staff is eager and excited that you chose to come swim with the Levine JCC JAWS! We cannot wait to kick off each season, filled with unforgettable memories and tons of FUN! If you have any questions, comments, and/or concerns do not hesitate to ask the coaches; we are here to assist you and offer an enjoyable experience.

REGISTRATION

To become a member of the Levine JCC JAWS Swim Team, please register at the Levine Jewish Community Center front desk (located at 5007 Providence Road, Charlotte, NC 28226). A swim skills evaluation is required for each swimmer upon registration, and may be scheduled at this time. You may also wish to arrange a practice visit.

EVALUATIONS & GROUP PLACEMENT

Individual swim evaluations are performed by our head swim coach to determine group placement. Group placement for team swimmers ensures that each child receives appropriate instruction for his/her skill level. *Please refer to the contact information below to speak directly to Levine JCC JAWS Head Coach.*

What To Expect At A Swim Evaluation

A parent/guardian brings the swimmer to a designated pool at the Levine Jewish Community Center. At this time he/she will be required to enter the pool and swim, therefore make sure to bring appropriate attire (bathing suit, towel, goggles, change of clothes, etc). For group placement, each child will be asked to swim at least 25m freestyle and 25m backstroke (25m = one pool length). Swimmers may also be asked to swim breaststroke and butterfly, depending on age, knowledge, and skill. His/her strokes will be reviewed and evaluated, placing him/her in an age and ability appropriate level/group.

**Questions?
Or to schedule a
swim evaluation
or practice
visit...**

Please contact:

jawscoach@charlottejcc.org

Any further questions can be directed to the front desk 704-366-5007.

PRACTICE SEASON

Get excited because you can swim throughout the entire year! The Levine JCC JAWS Swim Team practices fall, winter, spring, and summer seasons. We welcome members and non-members for the fall, winter, and spring seasons; while the summer season is open to members only. A special year-round rate is available only at the beginning of the fall season. To receive the year-round rate, the first two months and last two months are due at sign up.



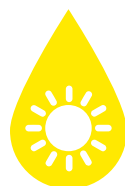
fall
SEP-NOV



winter
NOV-FEB



spring
FEB-APR



summer
MAY-JUN

For specific calendar dates and times, please visit
charlottejcc.org (Aquatics/Levine JCC JAWS Swim Team)

PRACTICE SCHEDULE

LEVEL	Mon	Tue	Wed	Thu
Junior JAWS	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm
	<i>Recommended: 2 practice times per week (Participants must choose to register for either M/W or Tu/Th practice times for this group)</i>			
Bronze Shark	5-6pm	5-6pm	5-6pm	5-6pm
	<i>Recommended: 2 practice times per week</i>			
Silver Shark	6-7pm	6-7pm	6-7pm	6-7pm
	<i>Recommended: 3 practice times per week</i>			
Senior Shark	6-7:15pm	6-7:15pm	6-7:15pm	6-7:15pm
	<i>Recommended: 3-4 practice times per week</i>			

**Practice times subject to change*



LEVINE JCC JAWS SWIMMING ATTIRE – ESSENTIAL COMPONENTS

Team Swim Suits

Team swim suits are required and are available for purchase through Capital Swim Supply via their website: **capitalswim.com**

- Click on the "Team Store" tab (right hand column) > then click "Existing Teams" > go to "Shop"
- Enter Username: jcc1
- Enter Password: 1234

Capital Swim Supply
704-770-1571
(Kim DeAdder)
capitalswim.com

All swimwear will come with the LevineJCC Jaws logo. Swimmers must have and wear a team suit to all swim meets.

Swim Caps

Latex team swim caps with the Levine JCC JAWS logo are available for all swimmers; please ask a swim coach if you need a swim cap.

Swim Goggles

One or two good pair(s) of goggles with your child's name on them is required for practice and swim meets! Goggles prevent constant (and unnecessary) exposure of chlorinated water to a child's eyes. Goggles and bungee straps are also available for purchase through Capital Swim Supply (above). Bungee straps are great for easy adjustment by swimmers!

Swim Team T-Shirt

Each swim team season, the Levine JCC JAWS will have a unique team shirt. The price is included in your registration fee. We will ask for specific sizes to ensure a perfect fit. We ask that you wear your Levine JCC JAWS Swim Team T-Shirt to every swim meet! Each swimmer receives one Team T-shirt per year.



PRACTICE RULES

The following are rules that we, as coaches, are asking all Levine JCC JAWS swimmers to follow and abide by during practice times.

1. No Levine JCC JAWS swimmer is allowed to enter the water before his/her scheduled practice time. This is to ensure that swim lessons, patrons, and/or previous swim team groups are not distracted from their swimming experience. However, if a Levine JCC JAWS swimmer is interested in **only** swimming laps he/she can ask permission to enter the water early from a coach present on deck.
2. At the time of practice all swimmers need to be ready (goggles in hand, shoes off, etc) and present at the end of the pool deck where the blocks are located; as coaches it is not our responsibility to wait and "hunt" everyone down.
3. Be **prompt** when attending practice!
4. If you need to leave practice early, you **must** let one of the coaches know before practice begins.
5. When practicing a skill and/or stroke we, as coaches, ask you to **TRY, TRY, AGAIN... always remember "practice makes perfect!"**
6. Jr. JAWS must have a parent or guardian present during practices for bathroom supervision.
7. **HAVE AS MUCH FUN AS POSSIBLE!**

SWIM MEET COMPETITION EXPLANATION

Each fall and spring season we participate in two swim meet competitions with the Junior Swim League (JSL). At these swim meets, swimmers are divided into their age groups and events. A specific warm-up time for each age group will be offered, and the meet will begin shortly after the warm-up. Meets usually last an hour for each age group.

During the winter and spring seasons we participate in the Hornet's Nest Swim League. Swim meets during the winter season take place on Saturday afternoons. During this season we compete with several other local swim teams, all members of the Hornet's Nest League. During these swim meets, the entire team warms up and competes together (there are no separate times for each age group). The duration of these swim meets are longer, due to two entire teams competing against each other at the same time (anywhere from 2-3 hours total).

Summer Season

Every summer season is slightly different from the remainder of the year as we participate in multiple swim meet competitions (usually twice a week). During this season we compete with several other local neighborhood swim teams all under the Queen City Swim League. During these swim meets, the entire team warms up and competes together (there are no separate times for each age group). The duration of these swim meets are longer, due to two entire teams competing against each other at the same time (anywhere from 2-3 hours total).

Please understand, regardless of the swim season, our goal is to provide a fun and competitive experience for each swimmer.





SWIM MEET COMPETITION RULES

In addition to the practice rules above, the following are extra rules that we, as coaches, are asking all Levine JCC JAWS swimmers to follow and abide by during swim meet competitions.

1. We ask that when attending swim meets, each Levine JCC JAWS swimmer **arrives at least 15 minutes early** - before their scheduled age group time and/or before warm ups are to begin. This allows coaches to take attendance and make any "last minute" heat or entry changes.
2. When attending swim meets, each JCC JAWS swimmer **must wear his/her Levine JCC JAWS Swim Team t-shirt, suit and cap**
3. Each swimmer needs to come prepared with whatever items they need to be successful. (goggles, swim cap, towel, snacks, water/drinks, etc.) *No nut products, please.*
4. **HAVE AS MUCH FUN REPRESENTING THE JCC WITH JAWS SPIRIT!**
Remember to cheer on everyone swimming!

Home Meet Reminder

Shalom Park is a Kosher facility. All staff & visitors are expected to adhere to this policy.

- Dairy/milk and meat products are **not permitted** to be eaten together.
- Pork products (includes bacon, ham, lard, etc) are **not permitted**.
- Shellfish (includes shrimp, lobster, crab, etc) and scavenger fish are **not permitted**.
- Only **Kosher-certified** meats are permitted (includes beef, poultry, veal, lamb, etc).

PARENT INVOLVEMENT

The Levine JCC JAWS swim team could not make it happen without the support from our wonderful team parents. Each fall, winter, spring, and summer season we participate in swim meet competitions. Whether we are the host or are the visiting team at another facility, this is the time we will need the most assistance. Parents may be asked to time events, help write ribbons, assist the coaches in getting children to the clerk-of-course, entering scores into the computer database, etc. Each family is expected to volunteer at one or more swim meets during each swim season. Several volunteers are needed at each meet and without volunteers the meets would not be possible!

NOTE: Swimmers who "rough-house" (unable to keep hands to self, unable to be redirected by staff, use inappropriate language, etc) may be asked to sit with his/her parents for the remainder of the meet.

COMMUNICATION

It is very important that we obtain personal information about each Levine JCC JAWS swimmer. Understand that email via TEAM UNIFY is our main form of communication for both swim team participants and coaches. Therefore, it is critical we have at least one email address (that is typically checked daily) for each swimmer on file. When registering your child, a TEAM UNIFY account will be created and registration information will be sent to the current email address. You are required to register for a TEAM UNIFY account for communication purposes. In addition the calendar feature on the TEAM UNIFY website lists all current practice times, cancellations of practice, and swim team events. This calendar is updated on a regular basis.

NEW! The most recent emails can be found under the "News" tab on TEAM UNIFY, available by searching "Charlotte JCC JAWS Swimming" using standard search engines.

CONTACT US!

jawscoach@charlottejcc.org

DON'T GET LEFT BEHIND!

Sign up for important updates at jawscoach@charlottejcc.org
We will text you regarding practice or meet cancellations. You can also check the front desk for updates.

***Have a
smartphone?***

GET *PUSH* NOTIFICATIONS

On your iPhone or Andriod phone, open your web browser and go to the following link: rmd.at/jccj
Follow the instructions to sign up for *Remind*. You'll be prompted to download the mobile app.

***Don't have a
smartphone?***

GET *TEXT* NOTIFICATIONS

Text the message [@jccj](https://twitter.com/jccj)
to the number **81010**
If you have trouble, try texting
[@jccj](https://twitter.com/jccj) to **240-696-2032**

***Don't have a
mobile phone
handy?***

Please call the Levine JCC Front Desk
704-366-5007
for practice or meet cancellations.