

SCARLET AQUATICS



NEW JERSEY WAVE DIVISION

**TEAM HANDBOOK
2025-2026**

EXCELLENCE MATTERS!

www.newjerseywave.org

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Will be posted online at www.newjerseywave.org - “Meet” link.	

SCARLET AQUATICS: NJ WAVE UPCOMING DATES

SEPTEMBER	3	TRYOUTS – ALL AGES	4-5:15pm
	6	TRYOUT – ALL AGES	10-11am
	27	TEAM SUIT FITTING / EQUIPMENT SALE	8:30am-12pm

* TRYOUTS / TEAM SUIT FITTING WILL BE AT BERGEN COMMUNITY COLLEGE

SCARLET AQUATICS: NJ WAVE: EXCELLENCE MATTERS (History)!

The New Jersey Wave Division of Scarlet Aquatics is a competitive swim team, which is a member of United States Swimming and a New Jersey non-profit corporation. The swim team consists of approximately 230 swimmers ranging in age from 5 to 20 years old and in ability from beginner to Nationally-ranked. During the school year, the team offers different practice groups from small group swim lessons to the National training group. Our goal is to develop each swimmer to be the best they can be!

The Scarlet-Wave's Multi-Level Developmental Program is a sequential developmental program of swimming instruction and training based on children's physical and psychological readiness for learning new skills. Our gradual and sequential approach in bringing swimmers up through the sport has resulted in many achievements, including swimmers who have made the U.S. National Swim Team for International competitions, numerous National Top 10 Age Group Rankings, and High School and College All-American status. Over the years, we have had many USOC Olympic Festival and Junior National Champions, numerous Olympic Trial Qualifiers & Olympic Trial Finalists, 4 US Open Champions, 3 World Championship Team Members and 1 Olympic Team Member. Many are highly recruited by college swim teams across the country. This all starts with our highly successful developmental Age Group program, which competes well at many "Mini", "Bronze", and "Silver" level competitions. We have won over 35 New Jersey Age Group Junior Olympic (now Gold) Team Championships; have placed in the Top 5 teams at Junior Nationals six times and the Top 10 teams at Senior Nationals four times. In 1993, New Jersey Wave placed fifth at Senior Nationals. In 2023, our girls team placed 7th at Junior Nationals and our team placed 12th overall. In 2024, our team placed 5th at Summer Nationals (our highest finish in recent years). Scarlet has been named a Gold Medal Club (top 20 in Nation) by US Swimming for the past 3 years including an 8th place ranking for 2023-24. Our team placed 10th overall at Junior Nationals in 2025.

Mission Statement:

Inspiring Personal Excellence through Swimming.

CORE Values:

Leadership, Discipline, Hard Work, Respect, Initiative, Fortitude, Continuous Improvement, Exceeding Expectations, Teamwork, Responsibility, Belief, Loyalty

Vision:

A community-based program that develops character and personal growth in our youth with an emphasis on high standards.

Scarlet Aquatics Core Values Defined:

1. **Leadership:** Leading by example and inspiring others to achieve their best.
2. **Discipline:** A commitment to self-control, adherence to rules and standards, and the ability to consistently pursue goals despite challenges or temptations. Discipline is a “perishable” skill that diminishes over time without practice.
3. **Hard Work:** A deep-seated belief in the importance of effort, dedication, and perseverance in achieving goals.
4. **Respect:** Valuing individuals as people first and treating individuals with courtesy, kindness, and consideration, recognizing their feelings, wishes, rights, and traditions.
5. **Initiative:** Taking ownership and be willing to act to solve problems without being told to do so.
6. **Fortitude:** The ability to show courage and perseverance in the face of adversity to be committed to an ideal and to pursue it with hard work.
7. **Continuous Improvement:** Consistently striving to improve skills, knowledge, overall performance while viewing challenges as opportunities for growth.
8. **Exceeding Expectations:** Demonstrating a commitment to excellence and consistently striving to surpass what is normally anticipated or required in all endeavors.
9. **Teamwork:** Individuals working together seamlessly through a collective effort, mutual support, and shared responsibility in achieving common goals that maximize the team's performance and success.
10. **Responsibility:** Taking ownership of one's actions, decisions, and their outcomes, including acknowledging mistakes and learning from them.
11. **Belief:** An unwavering faith in the team’s mission and ability to achieve it’s goals both individually and collectively despite any adversity through following the team’s processes with aggressive patience.
12. **Loyalty:** A steadfast commitment to the team’s mission, beliefs and shared values creating a strong sense of belonging and unity among team members, strengthening the team's overall cohesion.

Belief Statements:

1. To be the best you can be, you need to do what most people don't want to do!

- a. Most people are going to avoid doing things that are uncomfortable. You not only need to do these things, you need to do them better and faster than anybody else who might be trying to do them. That is how you break away from the pack.
- b. If you want to get better, step up. If you want to be with the pack, step back.

2. It's inconvenient to be your best!

- a. If you're not willing to be inconvenienced then you're not willing to be the best you can be.
- b. For example, you might not have to miss the school dance on Friday night but you might be late because you wanted to finish practice or you might show up with wet hair or you might be late because you went home to do your hair after practice ended.

3. Responsibility is required! Accept personal responsibility / accountability.

- a. You are responsible for your own success.
- b. The more you do it right because of your own personal initiative, the better you're going to be.
- c. Don't make excuses for yourself.

4. You are what you are when no one is looking!

- a. Ask yourself tough questions so you acquire self-awareness / self-knowledge.
 - i. Then more questions you ask the better you'll know yourself.
- b. When you're guided by the truth, you are the same person in private and in public.
- c. Your principals only count if you live by them in public and private.
- d. Be honest about your commitment. Many swimmers talk about big goals but far fewer are willing to do the work to reach those goals.

5. Pain required, suffering optional.

- a. If you want to be the best, pain and hard work is required. It is your choice whether or not to call it suffering.
- b. Suffering can also be reframed as challenging and fun. i.e. Ordeal or Adventure?
 - i. Work is play: Come to practice excited and looking forward to challenge. The challenge makes it fun. What can you do today that you couldn't do yesterday?

6. Pay the price for success. Work Works!

- a. An attitude of “whatever it takes” (within moral and ethical guidelines) is necessary to be the best one can be.
- b. Minimum investment = Minimum return.
 - i. You got a little better but you didn’t get as good as you wanted to be because you made a minimum investment.
- c. Everybody is willing to do only this much but you’ve got to be willing to do this much and more.
- d. Preparation to one’s peak capacity will build confidence.
- e. “Everybody wants to wear a Rolex, but only pay for a Timex.” - Ed Spencer.

7. There is no such thing as failure, there is only results and feedback.

- a. Failures are feedback that we need to correct our way towards a desired outcome.
- b. We can negatively label what we do which falls short of success as “failure” or alternatively, we could view it positively as feedback or information to enable us to seek revision or improvement.
- c. Failure is simply an important part of the process. Successful people encounter multiple failures along the way.
- d. No risks = No rewards.



8. There is no great success without great commitment.

- a. Great success is defined differently for different people depending on their abilities but either way you need to do things you’ve never done before and things other people are not willing to do.
- b. Setting a goal without a commitment to achieve it is worthless.
- c. Much of what is passed off as being “well rounded” today is simply a disguise for mediocrity and a lack of commitment
 - i. The more activities that gobble up an athlete's time, energies and interests, the worse the athlete will do in each of them.
- d. Excellence in any field takes dedication and focus choosing one thing rather than many.
- e. In the long run, the satisfaction, self-confidence, sense of accomplishment, and firm friendships that a committed swimmer gains far outweigh any “sacrifices.” Sacrifices are not really sacrifices when an athlete gains so much by being committed.

9. The value is in the journey, not the destination.

- a. The journey is the part that is full of life lessons.
- b. The reward is in the struggle and struggle is a necessary part of success.
- c. How you do one thing is often a reflection on how you do everything.
- d. The journey teaches life lessons and core values like work ethic, perseverance, commitment, honesty, teamwork, etc.

10. If you're not moving forward, you're moving backward.

- a. Even small efforts to move forward add up quickly as time goes on, but doing nothing will leave you in the dust.
- b. Less effort and / or less commitment than previously given will have you moving backward.
- c. Complaining and not doing anything doesn't bring you closer to your goals.
- d. What can you do today to move you closer to your goals? There is always something you can do to get better.
- e. Even huge goals can be broken down into smaller daily goals that will move you forward one small bit at a time.

SCARLET-WAVE DEVELOPMENTAL APPROACH

Programs:

- **SwimAmerica** – Instructional Learn to Swim Program – Ages 3-14
- **Super Squad Group** - Basic Skill Development - Ages 11 and Under
- **Age Group II / Age Group** - Basic Skill Development - Ages 8-12
- **Senior Prep Group**- Basic Training Development - Ages 10-13
- **Senior Development Group** - Progressive Training - Ages 13-18
- **Senior Performance / National-Sectional Group** - Elite Training - Ages 13 & over

Program Descriptions:

The Scarlet-Wave Club program has been structured on the premise that there are basic phases of athlete development in age group swimming. At each level of the program, we continually try to evaluate and adapt to the multitude of factors, both scientific and sociological, that impact the growth and development of young athletes. Experience has taught us that the perfect age group program is a moving target that changes as the population we serve changes and as we learn more and more about the development of young people.

Following is an outline description of the phases of development and the basic premises that currently guide our thinking at each of these levels.

• SwimAmerica: Instructional Learn to Swim Program – Ages 3-12

This program involves a learn to swim instructional approach to swimming. It is a non-competitive program with no real training. The program was developed by the American Swim Coaches Association as a high quality program that addresses some of the problems with other swim lesson programs. It is the nation's fastest growing learn to swim program with hundreds of programs around the country and around the world.

1. Children receive instruction with an instructor to child ratio of 1:5 or better.
2. Children develop an awareness and sense of joy in the water.
3. SwimAmerica lessons are designed to teach all the swim skills your child needs to be safe in and around the water for a lifetime.
4. SwimAmerica swim schools focus on safety skills and the ability to swim a minimum of 300 yards of freestyle.
5. Students are awarded with a certificate and stickers for each station they complete.
6. There are a total of 10 stations with different skills at each station. The skills at each station are progressive. When students master the skills at one station, they are immediately moved to the next station (no waiting for the next session).
7. Once swimmers can complete a length of freestyle and backstroke, they are also welcome to join the swim team, if interested.

- **Super Squad Group: Basic Skill Development – Ages 11 & Under**

These groups are introductory levels of competitive swimming. In order to begin at the Novice level of our program, swimmers must be able to swim a minimum of 25 yards freestyle and backstroke. The teaching to conditioning ratio is 80-90% teaching and 10-20% conditioning.

1. The focus is almost entirely on teaching fundamentals and developing basic motor learning skills, balance and coordination in the water.
2. We believe young athletes should begin swimming on a regular basis no later than age 9 or 10, ideally at age 7 or 8. How far they swim is not as important as the fact that they are in the water on a regular basis developing their feel for the water. We believe it is important that Novice / Adv. Novice competitors swim at least 2-3 times per week for a minimum of 7-8 months per year.
3. It is vitally important to make swimming fun and enjoyable. We believe the most significant responsibility for coaches at this level is teaching young people to love the water and sport.
4. It is critical for coaches at this level to emphasize correct fundamentals and to have the willingness to sacrifice speed for efficiency. This concept can sometimes work against a swimmer's short-term success at this age. At this level, we believe there is great merit in competition based on skill development.
5. The majority of yardage in the early years needs to be low intensity and technique-oriented with an introduction to endurance training. This is not necessarily as exciting or fun for swimmer or coach, as is swimming fast.
6. We believe that it is essential to teach, develop and promote all four strokes and all events. Age groupers should not be permitted to specialize in practice or in meets.
7. We place a very heavy emphasis on kicking in all four competitive strokes. Coaches are required to make kicking a high percentage of the conditioning work done at the Novice and Advanced Novice level. Kick boards are the primary training aid.
8. Swimmers are readily encouraged to participate in other activities and sports. We believe physical activity and the experience of other sports increases the number of learned movement patterns and general athletic development of the child. Sports such as gymnastics, karate, and soccer have excellent carryover value. The better the athlete, the better the swimmer.
9. At every level, but particularly at the introductory levels, we take a long-term approach to swimmer development. Once swimmers begin in our program, we want to give them the preparation and tools they will need to make swimming a lifetime activity.
10. The number of competitions at this level is limited, due to our long-term approach. We feel that too many competitions when the swimmer could be practicing takes away from the benefits of practice and skill development. We also do not want to turn families off by putting a burden on their social lives with too many swim meets. We find this is important to swimmer retention.

- **Age Group II / Age Group: Basic Skill Development – Ages 8-12**

This phase is also a basic skill development level of competitive swimming. There is continued emphasis on fundamentals and basic motor learning skills and coordination in the water. The swimmers at this level learn more complex stroke drills and continue to work on developing basic technical skills in all four strokes. The percentage of basic swimming endurance increases at this level. The ratio of teaching to conditioning is 65-70% teaching and 30-35% conditioning. Swimmers are also encouraged to begin swimming on a year-round basis.

1. It is important to keep swimming fun and enjoyable and to begin develop a sense of team, group pride, and sportsmanship.
2. It is critical for coaches to emphasize correct fundamentals and to have the willingness to sacrifice speed for efficiency. This concept can sometimes work against a swimmer's short-term success at this age. At this level, we believe there is great merit in competition based on skill development.
3. There is an increase in yardage at this level but the focus is still on low intensity endurance training and technique-oriented swims/sets. Short sprints are sometimes used to develop speed of limb movement and reaction time.
4. We believe that it is essential to teach, develop and promote all four strokes and all events. Age groupers should not be permitted to specialize in practice or in meets.
5. We continue to place a very heavy emphasis on kicking. Kicking is still a high percentage of the conditioning work done at this level. Kick boards & swim fins are the prime training aids used.
6. Swimmers at this level get stronger just by swimming. Stretching and general calisthenics are emphasized to establish good habits.
7. Swimmers are still readily encouraged to participate in other activities and sports. The better the athlete, the better the swimmer.

• **Senior Prep: Basic Training Development – Ages 9 to 13**

At the age of 9-13, advanced swimmers who have already demonstrated a high level of commitment to the sport move into the Senior Prep program. Swimmers who move into this practice level are able to swim all four strokes and maintain good technique on low intensity interval work. This phase is a transitional level where the emphasis begins to change from primarily teaching to a relatively equal balance of technique work and physiological development. The ratio of teaching to conditioning is 25-35% teaching and 60-75% conditioning. It is of prime importance that these athletes train on a year round basis.

1. The focus is still centered on teaching fundamentals and developing a strong foundation in all strokes.
2. The number of practices per week offered at this level increases to 5-6 and swimmers are expected to attend all practices for 12 year olds and no fewer than 5 per week for 10-11 year olds.
3. Low intensity aerobic conditioning is emphasized and athletes begin to do more mileage on a weekly basis. It is important that the fundamental skills developed in Age Group not be compromised as swimmers begin to swim farther in practice.
4. At this level, the training program focuses on preparation for the 200 IM and 200/400/500 freestyle events. For some of the more advanced athletes in the group the 400 IM and 800/1000/1500/1650 events and 200's of all 4 strokes are introduced. Even if swimmers show promise in specific events, we do very little specialty work. We have developed a program that we call "IM Tuff" to promote interest and participation in the IM and the distance free events.
5. A high priority continues to be placed on kicking all four strokes. Beginning at this level, coaches are encouraged to do 40-50% of their kick training without boards.
6. Beginning with this group a high priority is also placed on maximizing the number of training weeks per year. Peak performance efforts are put off until the latest point possible in each season. Likewise, the importance of swimming through the year is of prime importance. This training philosophy carries through to the higher levels of the program. We want to take advantage of the pre-pubescent window of opportunity to more fully develop aerobic capacity. *During this time the aerobic system develops faster than it does at any other time in the athlete's career.*

7. Advanced swimmers (12+ yrs old) in this group are also given the opportunity to do two-a-day workouts in the summer months. An introduction to some AM workouts may take place during the Short course season for some of these athletes before transitioning to the National / Sectional Group.
8. Swimmers are still encouraged to participate in some other activities and sports. However, we are hopeful that participation in other activities allows them to meet the minimum attendance expectations for swimming.
9. Stretching, calisthenics and stretch cords are incorporated into the dry-land program.
10. Although the overall level of training expected of swimmers increases during this phase of the program, coaches are charged with being creative and making the experience fun and enjoyable. Great age group coaches have the special ability to make hard work be fun.

• **Senior Development: Progressive Training – Ages 13 to 18**

Most team members move into the senior levels of our program at age 13. These Senior Groups have built in flexibility in the schedule for those swimmers who have made swimming one of several activities they participate in or are still developing their skills, conditioning and /or commitment. Commitment level is decided upon jointly between the athletes, parents and coaches on an individual basis. For most, the program structure calls for more time to be devoted to physiological conditioning than to teaching fundamentals. The ratio of teaching to conditioning is generally 35% teaching and 65% conditioning (but can be highly individual), after early season technique emphasis work.

1. Some swimmers in this group have begun their swimming career at an older age and some are new to the sport. The coach of this group works hard to assess and accommodate individual needs based on an athlete's background and experience. For instance, some athletes are given additional work on skill development while others are given higher percentages of physiological conditioning.
2. Although low intensity aerobic conditioning is still the highest priority, we have athletes begin to do more of all forms of work. As swimmers swim faster in practice a greater percentage of the time, it is critical that technique is not compromised. Greater emphasis on speed work begins through work in anaerobic range.
3. At this level, the training program focuses on preparation for the 200/400 IM and middle distance freestyle and stroke events. Older swimmers, who show promise in specific events, may do some additional specialty work. The IM Tuff program is still a primary focus in this practice group.
4. Swimmers are encouraged to attend as many practices each week as possible. AM practices during the school year are open to athletes at this level. The group also has the opportunity to do two-a-day practices during the summer.
5. Dry-land training with greater emphasis on strength and power training is introduced at this level with the emphasis primarily being on the development of core body conditioning and teaching swimmers how to lift weights properly.
6. Swimmers are taught to foster increased responsibility for one's own improvement through the knowledge of stroke mechanics, training and competition plans and physiology. They learn relaxation, visualization, concentration, time-management, and advanced goal setting skills.

• **Senior Performance / National-Sectional Group: Elite Training – Ages 13 & Over**

Swimmers with the appropriate dedication, desire, experience, and talent move to the advanced training level of our program at 13-16 years of age. The training program in this group is very demanding with a heavy emphasis on distance-based and IM physiological training for most athletes. The ratio of teaching to conditioning is 25% teaching and 75% conditioning once the early season technique emphasis has been set into place (3-5 weeks).

The National-Sectional Group is a select group of high school and college athletes committed to reaching their full swimming potential. Swimmers must demonstrate ability to train and perform at a regional and national level. Year-round training is required. Training will be geared toward preparing swimmers for regional, national and international competition and will be specialized based on each swimmers needs and best events.

Swimmers with limiting injuries will not be invited to train with this group until they are fully recovered.

Problems arising from poor attendance, behavior problems, bad attitudes, and poor workout habits will result in dismissal from the group. Swimmers are expected to follow the practice and meet schedule set forth by the coach. Attendance and commitment expected.

1. Success over the long-term remains a high priority. Although we could train high school age swimmers in such a way that they could swim faster in the shorter events during their teenage years, we believe it is our responsibility to provide an aerobic-based training foundation that will allow them to achieve success in their college years.
2. Work within various energy systems becomes an important component of the overall training program. Emphasis is still heavily aerobic, but specificity of training for stroke and distance (distance, middle-distance, sprint) becomes part of the regimen and increased emphasis on developing anaerobic capacity is an important program component.
3. While mileage completed is an important consideration, attention to detail and improvement in stroke efficiency and technical precision are key components to success at the elite levels.
4. Swimmers are still encouraged to train and compete in a wide variety of events with the 400 IM being a major focus of training. We believe there are many instances in this country where 14-17 year-old swimmers begin to specialize too early in their careers.
5. The commitment level required for the National group is very high with swimmers expected to attend 8-9 practices per week during the school year and 8-10 practices per week during the summer.
Minimum training level for consideration in group requires the ability of the athlete to be able to complete at least 2 of the following 3 practice sets - short course yards: 20x100 Fr @ 1:15 / 10x200 IM @ 2:50 / 10x100 kick-prime @ 1:45.
6. Strength training with free weights and machines, calisthenics, stretching, stretch cords, in water resistance work and other equipment is a standard part of the training program to develop optimal strength and power for peak swimming performance.
7. Swimmers are taught to foster increased responsibility for one's own improvement through the knowledge of stroke mechanics, training and competition plans and physiology. They learn relaxation, visualization, concentration, time-management, and advanced goal setting skills.
8. It is important that athletes in this group develop a "Senior State of Mind":
 - Ability to plan far ahead with swimming and schoolwork.
 - Evaluate one's own performance in a knowledgeable way.
 - Set realistic and high goals.
 - Learn more advanced psychological skills: pre-race routines, optimal activation level, cognitive restructuring, and problem-solving and communication skills.

PROGRAM TRAINING GROUP - PLACEMENT PROCESS

Much time and effort is spent by the coaching staff to ensure that each athlete is in the training group that is most beneficial for their long-term development as a person and an athlete. It is considered to be one of the most critical things we do.

When determining movement between training groups, the coaching staff sits down and reviews each athlete and discusses the most appropriate group for the given athlete. Specific criteria used to evaluate each athlete have been developed to determine group placement.

SCARLET Group Placement Criteria and Considerations (based on athlete's history):

1. Consistently makes choices that demonstrate the willingness to make the commitment level expected of swimmers at the next level.
2. Meets attendance expectations for current group; demonstrates the ability to make attendance requirements for the next level.
3. Consistently trains above the level of the current practice group; maintains a strong work ethic.
4. Demonstrates ability to train successfully on base intervals at the next practice level.
5. Has mastered stroke (all four strokes) and skill expectations of current practice group.
6. Exhibits level of maturity and responsibility typical of swimmers at the next level; with great attitude.
7. Fits age and experience parameters of the next training level.
8. Has demonstrated potential to compete successfully at general competition level of the next group.
9. Sufficient space must be available in the next level to maintain quality programming.
10. Current coach and head coach recommendations, personal interview and parent discussions.

Re-evaluation Assessments and Guidelines:

1. When a swimmer has demonstrated that he/she is not willing to make the commitment level expected of the practice group.
2. When an athlete attends practice consistently less often than the group expectation.
3. Is not training successfully on base intervals for group level.
4. Needs injury rehabilitation at a less strenuous level.
5. Has seasonal sport or other activity conflict (in higher commitment groups).

Process for Implementing Group Changes:

1. Discuss potential or desired change(s) with current coach or current coach recommends promotion.
2. Current coach must receive approval for change by potential coach and Head Age Group Coach (for 14 & under program) or Head Coach (for Senior program).
3. Receive approval for desired change(s) with current Coach.
4. New Coach contacts swimmer's parent to discuss group change and expectations at the next level.
5. Once parent has been notified, discuss change with swimmer and outline expectations for next level.
6. Process roster change form to notify appropriate staff of effective date of group change.

As outlined above it is not just about being able to swim fast or demonstrate appropriate technique. It is also about the athlete's ability to handle (physically and mentally) the training, the increased responsibilities that come with promotion to the next group, and the higher commitment level that is required. So, while an 12 & under athlete may be physically able to train at the senior level, if she does not yet possess the maturity and attitude to train at that level, she remains at the age group level to allow time and experience for those necessary skills to develop. Another example might be an athlete being held in a given training group for another year to provide him the opportunity to develop his leadership skills, as he would be placed in a position where he would be leading his lane. This is felt to be more important than simply having the physical ability to handle the training load at the next level.

Numerous factors are considered when deciding when an athlete is ready to move to the senior level, first and foremost being the athlete's attitude and level of commitment. Being able to make such a judgment necessitates that the coaches know each and every athlete in their group; to be able to assess factors such as attitude, ability to train, level of maturity and skill development mandates that the coaches are familiar with the athletes they coach. Not surprisingly, this ties into our coaching philosophy that places an emphasis on long-term development and on concern for development of the person and then the athlete.

In discussing transitioning athletes between groups, there is no magic to this, but one of the things we get challenged on the most on is the question "Why didn't my child get moved up to the next group?" We have had numerous meetings with parents explaining why we did what we did. It would be real easy to set objective criteria such as we're all going to swim a timed 500 and the fastest 25 get put in this group. But, that doesn't tell you what you need to know. The process used by SCARLET to place athletes in training groups is obviously not the easiest "route", but it is one that is deemed to be most effective given that successful development of the person and athlete is the goal.

To ease the transition between Age Group or Senior Prep and the Senior training groups, the coaching staff has found it critical to include parents in the process. A general parent meeting for each group is scheduled at the beginning of each season to educate the parents about the transition and their role as a swim parent of a Senior level swimmer. This meeting with parents is to explain what they should expect as their child moves up. We explain things from developmental issues – we want to try to explain a little bit about what their bodies are doing – as well as differences in training and philosophy. We also explain our competition philosophy – the athletes are not going best times every meet so they might get frustrated if they don't understand the process. We also talk about a shift in responsibility where they [parents] need to start pushing it towards the kids more, making them more accountable and making it their ownership of how they swim . . . the kids need to make decisions and learn to speak to adults. As many details as possible are accounted for to ensure effective and smooth transitions as the athlete develops through the SCARLET program.

TEAM FEES & PAYMENT SCHEDULE

(A) Team members are responsible for the following **non-refundable** fees:

- **Tryout / New Member Team Registration Fee** (n/a for returning members).
- **Membership Fees**
- **United States Swimming (USS) Registration Fee**
- **Swim Meet Fees** (individual accounts maintained)
- **Family Fundraising Obligation** (can be offset by participating in fundraising activities).

(B) Fee Summary & Explanations:

1) **Tryout / New Member Team Registration Fee** - Assessed at Tryouts in September.

- \$10 per individual. This is a one-time fee for new members only.
- **This fee does not apply to Swim America Participants.**

2) **Membership Fees** - (covers September 2025– August 2026 for most groups).

******Applicable for All Members.**

- **Super Squad are School year fee only (9/25-6/26)**
- **PAYMENT POLICY / SCHEDULE:**

- **PAYMENT SCHEDULE:** Below is an explanation of this year's monthly payment system. New Members will pay a \$250 deposit payable by check at their very first practice or by registering online with their credit card; returning members will pay a \$250 Pre-Registration online or via check. The \$250 Pre-Registration will serve as September dues for all groups. Parents can then pay the balance of team dues in one of two ways:
 - a. Opt for the Payment Plan which consists of 10 monthly payments via credit card for year-round groups or 9 monthly payments via credit card for school year groups. This payment plan will be done online thru the team website / billing system. If you choose the payment plan, you can no longer pay by check. Your credit card will automatically be charged thru the automatic website billing system on the following dates: 10/1/25; 11/1/25; 12/1/25; 1/1/26; 2/1/26; 3/1/26; 4/1/26; 5/1/26; 6/1/26; 7/1/26 (No 7/1/26 payment for Super Squad unless swimming summer. All other groups will be billed).
 - b. We prefer families to use the credit card online system BUT if you must pay by check, you will have to pre-pay 3 months in advance at a time by check with the first payment due 10/1/25. The next payment 1/1/26, etc.
- **Please note that after October 1 of each year, if your swimmers are swimming at SCAR-WAVE, you are responsible for the entire amount of all fees: Membership fees, USA Swimming Registration fees, any Meets or Activities already signed up for, and the cost of any Volunteer Hours you have not worked.** Injury, illness or changing your mind does not mitigate your obligation to pay ALL fees. Our experience is that most families earn all their volunteer hours. We will work with you and help you to find ways to meet your commitments. Please communicate with a board member or the Head Coach if you need assistance. If your child is promoted to a higher-level group in the middle of the year, you will be billed for the additional fees, pro-rated by the month.

<u>Monthly Payment:</u>		
<ul style="list-style-type: none"> • Begins 10/1/25 and continues monthly. • Last payment on 7/1/26 for year-round groups (most groups). • Super Squad last payment will be 6/1/25 unless swimming in the summer program. 		
<u>Group Name:</u>	<u>Pre-Registration:</u>	<u>Monthly Payment:</u>
<u>National / Sectional</u>	\$250 <i>* This Fee will serve as September Dues.</i>	\$540
<u>Senior Performance</u>	\$250 <i>* This Fee will serve as September Dues.</i>	\$485
<u>Senior Elite</u>	\$250 <i>* This Fee will serve as September Dues.</i>	\$400
<u>Senior Prep</u>	\$250 <i>* This Fee will serve as September Dues.</i>	\$460
<u>Age Group</u>	\$250 <i>* This Fee will serve as September Dues.</i>	\$385
<u>Age Group II</u>	\$250 <i>* This Fee will serve as September Dues.</i>	\$335
<u>Super Squad</u>	\$250 <i>* This Fee will serve as September Dues.</i>	\$295

PAYMENT SCHEDULE / CHART: (LISTED BELOW):

3) United States Swimming (USA) Registration Fees [\$100] - All SCARLET swimmers must be registered with U.S. Swimming (the national governing body for amateur swimming competition in the United States) for practice and meet participation. This fee includes liability and accident insurance. This fee is not included in your basic fee. New members this year will register themselves online at USA Swimming's Website. The team will register Returning members (at their cost).

4) Swim Meet Fee (Escrow) Accounts - Our swimmers compete in meets, which typically charge fees for each event entered. Each swim group has a meet secretary who submits and pays meet entry fees for all swimmers. A meet fee escrow account is established at the beginning of each year for each swimmer. This is done to avoid repeatedly billing for small amounts. The meet secretary for your group will contact you and tell you how much money needs to be held in account for your child. As the account approaches depletion, the meet secretary for your group will contact you and request additional funds as appropriate. Meet information will be posted on the bulletin boards. Your child's coach will advise you as to which meets and events your child should enter.

NOTES RE: ESCROW ACCOUNTS: There is a \$2 surcharge per child, per meet that the team uses for Relays for swim meets. This surcharge is every meet even if there are no relays because the meets

that have relays are costly. The team then pays for all the relays for meets with relays so we don't have to try to figure out who was on what relay later as this sometimes changes at meets.

There is a one-time per year \$10 concession fee charged per family (not per individual). This is in place of food donations for our team hosted meets. It is easier for everyone so we don't wind up with too many donations of one item and not enough of another item (things like bottled water, Gatorade, etc.).

5) Family Fundraising Obligation: The fees charged do not cover the total operating expenses for the club. Most of the rest of the income necessary to run the club comes from fundraising and profit from swim meets.

All families are encouraged to participate in fundraising to help defray the costs of running the club. Each family will be encouraged to participate in fund raising up to a minimum of \$100 profit to SCARLET/NJ Wave for the year. SCARLET will hold one or two major fund raising events. You may also have a corporate matching gift directed to SCARLET/ NJ Wave to help address your fundraising obligation.

NEW JERSEY WAVE ORGANIZATIONAL CHART

**Chartered as a New Jersey Non-Profit Corporation 501 c(3)
And Member Club of United States Swimming**

Corporation Officers: Ken O'Reilly, Todd Colombo, Monika O'Reilly

Coaching Staff

Parent's Organization & Chair People

New Jersey Wave Team

Meet Secretaries

Swim School

Working Committees

SCARLET Parents' Organization:

This is the parents' support organization of the New Jersey Wave. It is supported by a Leadership Board, selected by the Head Coach. This group's responsibility is to assist in the overall functioning of the club. All parents, however, are expected to volunteer for the various rolls, office positions, sponsorships and activities. A "Guidelines for Operations" for the SCARLET Parents Organization was approved by the membership in May 1998 and is available upon request. Parent's interested in participating should contact one of the existing board members or the Head Coach.

2025-2026 Board Members:

Anne Cervone: Communications

Nina Degnan: Team Secretary / Entry Chairperson.

Parent Responsibilities...Volunteer Program

**Get Involved! Enjoy new friendships!
Support your swimmer and your team**

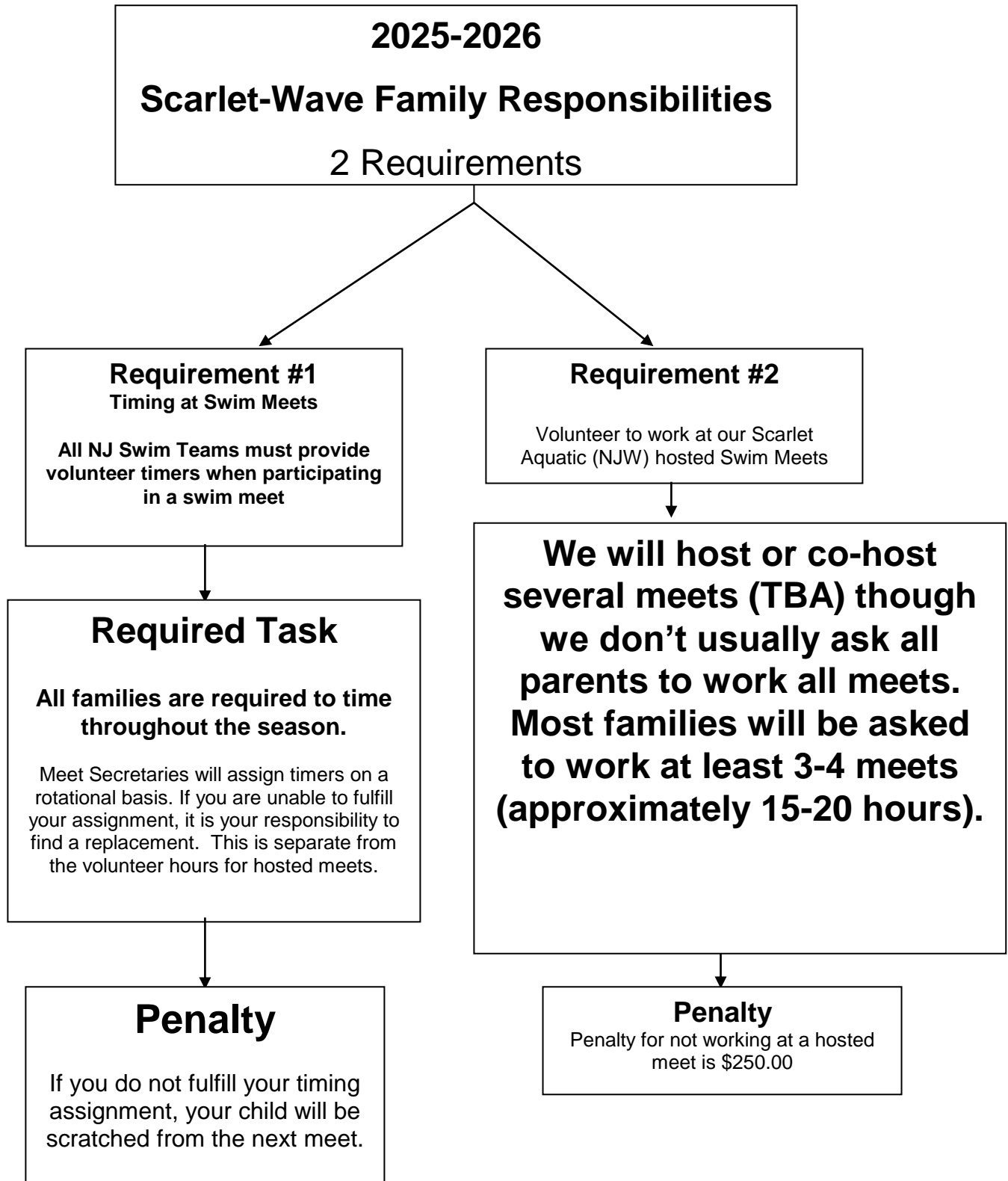
The parent organization is a vital component of Scarlet-Wave. Getting involved is both self-rewarding and beneficial to the team. There are many ways to get involved. Volunteer positions include: phone chain, meet secretaries, group liaisons, publicity, fundraising, yearbook and banquet organizers to name a few. These volunteer positions will be explained at the annual Parent's Meeting in October. Please sign up and get involved. In addition to these optional volunteer positions, Scarlet-Wave has two volunteer requirements-see below.

Volunteer Requirements (see attached flow chart)

All Scarlet-Wave parents (except swim school only parents) are required to volunteer in two capacities: (1) Timing at swim meets throughout the year (this is separate from working at our host meets; parents are asked to time on a rotational basis) and (2) the organizing and running of all swim meets sponsored and hosted by Scarlet-Wave throughout the 2025-2026 swim season.

Currently, Scarlet-Wave will host several meets this year at Rutgers University including co-hosting meets with other Scarlet divisions. Parent participation will be expected though we don't usually ask all members to work all meets (usually about 3-4 meets per family totaling approximately 15-20 hours). Non-compliance to these family requirements carry a substantial penalty (see attached flow chart).

Family Responsibility: Flow Chart:



Any questions regarding Family Responsibilities can be directed to Ken O'Reilly at coachkeno@aol.com

SCARLET CODE OF ETHICS RULES, POLICIES, COMMUNICATION FOR ATHLETES, COACHES, PARENTS & OFFICIALS

This "Code of Ethics" is offered as a guide to insure the promotion of good sportsmanship and conduct among the members of the entire New Jersey Wave community.

In this endeavor, all members of the Scarlet-Wave Community should:

1. Conduct themselves in a manner that will protect and respect the rights and welfare of the athletes, parents, officials, and coaches.
2. Be a goodwill ambassador for the Club and promote the many benefits of swimming at all levels in an ethical manner.
3. Offer congratulations to opponents- win or lose -within the team and with opposing teams.
4. Cultivate such virtues as patience, courage, justice, dedication, commitment, and good sportsmanship.
5. Proceed with care and sensitivity on such issues as group changes, disciplinary situation, etc.
6. Encourage each other and yourself to strive to be the best.
7. Strive to keep swimming in the proper perspective, remembering to have fun and to enjoy and be proud of your commitment, your friendships and your own and others' achievements.
8. Comply fully with all SCARLET and USS rules and regulations.
9. Be proud to be a member of SCARLET-WAVE.

SCARLET Rules and Regulations:

1. Members of Scarlet-Wave are expected to comply fully with payment schedules and to participate in required club functions as a condition of membership in good standing.
2. All members of Scarlet-Wave must conduct themselves in a manner that is consistent with and supportive of the Scarlet-Wave "Code of Ethics".
3. All Swimmers will comply with rules and regulations designed by their individual coaches.
4. All members of Scarlet-Wave must comply fully with all rules and regulations of our host facilities.

Rules at Bergen Community College:

1. The College demands we have parents policing the lobby and downstairs hallway at all times. Parents are to adhere to the hall duty schedule compiled at the beginning of each season. Families will be scheduled for Locker Room supervision by their group(s) Meet Secretary.
2. Swimmers should not create any disturbance or litter in the locker rooms or adjacent areas. Eating food is not permitted in the locker and pool areas. Make sure showers are turned off.
3. Cars are to be parked in white lined spaces only in parking lots B, C, or D. Parking is not permitted in staff, handicapped, or fire lane areas. Waiting for your children in the fire lanes is not permitted. Please find a legal white lined space or continue to drive around.
4. Cars are **NOT** to be driven on the path up to the pool area.
5. All 12 and under parents must escort their children to the locker room for purposes of supervision and safety both before and after practice even though there will be a parent supervising the hallways as part of parent responsibilities.
6. There is absolutely no horseplay or roughhousing permitted in the pool, locker, or facility areas.
7. Walking barefoot in the lobby areas and use of the lobby restrooms as changing rooms is not permitted.
8. Absolutely no ball playing is permitted unless this is part of a supervised practice.
9. It is the swimmers' & parents' responsibility to check the bulletin board for information and notices.

Notice & Responsibility:

The actions of the members of Scarlet-Wave impact on our ability to continue using our host facilities. Non-Compliance with the rules and regulations may jeopardize membership in Scarlet Aquatics.

Policies Re: Swim Practices:

- Swimmers are expected to be on deck in suits with proper equipment at least 5 minutes before practice is scheduled to begin.
- Swimmers are also expected to stay for the entire practice session. The tentative schedule is distributed during the Open House period in September. Changes will be announced at practice. If you are not at practice it is your responsibility to check for practice changes.
- Parents will be allowed to view weekend practices (stopwatches or filming prohibited) but are asked to stay in the lobby areas of each pool during weekday practices.
- Inclement weather generally will not cause cancellation of workouts. If practice is canceled, you will be notified by phone chain or another appropriate method.

Policies Re: Swim Meets:

Entry into meets will be determined by the swimmer's best times. If you have a Gold time in an event, you will swim that event in Gold meets; Silver time events will be swum in Silver meets, etc. Senior meets also have qualifying times. The qualifying times will be posted with the meet information on the bullet board. Eligibility questions should be directed toward the swimmers primary coach. Coaches will make all decisions regarding which meets to attend. Parents and swimmers **must** accept these decisions.

- Entry fees are paid in advance and cannot be refunded if the swimmer fails to attend the meet.
- Swimmers are expected to notify the coach if they cannot attend the meet because of illness or emergency.
- All swimmers must attend warm-up before a meet, generally 1 hour before the meet is scheduled to begin.
- Swimmers are to be on deck in suits stretching 10 minutes before the scheduled warm-up time.
- Parents are NOT to enter the competition or team area to interact with either your swimmer or coach during the competition.

The 2025-2026 Meet Schedule will be located on our website (www.newjerseywave.org) Other information will be sent home with your swimmer as soon as available. There may be some meets that are not included in this schedule. Please keep in close communication with the respective coach and meet secretaries.

Scarlet-Wave Communication with Membership:

The coaches and parent volunteers work hard to communicate practice changes and important information to the membership. It is important that parents be proactive in the communication process by checking sources of communication on a regular (weekly) basis. The staff and parent volunteers communicate with the membership in four ways. Whenever possible, we will activate all five forms of communication for each message; however, at times when there is insufficient lead time, the phone tree (and most likely e-mail) will be the only source of communication. The four forms of communication utilized are as follows:

- Phone / Text Chain: Please provide your respective coach, group liaison and meet secretary with day (work) and evening (home) phone numbers as well as a cell phone number if necessary.
- E-Mail Chain: Please provide us with an e-mail (or multiple emails).
- Website News: We will post important notices under the News section at our website: www.newjerseywave.org
- Group Chat Apps: Each practice group will use either the Remind, GroupMe or similar phone app to communicate practice changes, important announcements, etc.
- Coach Announcements at Practice: Coaches will make announcements to swimmers at the pool about important information. This is a secondary source of communication as swimmers are sometimes unreliable in providing information to their parents. Messages communicated at the pool by the coaches will be followed up with other sources of communication (phone, e-mail, posting, etc.).

YOUR ROLE AS A PARENT WITHIN THE SCARLET PROGRAM

Parents are an integral part of the SCARLET program. As a non-profit organization, SCARLET relies heavily on our parents as the mainstay of the volunteers at meets and on various tasks for the club as well as fundraising ventures. Without the support and help of parents our organization could not exist. Research tells us that parents can be a great social support system for young developing athletes – support that is influential in the athletes' success. And, anecdotal evidence (i.e., "Champions are made not born: How my parents made me a success" by Summer Sanders) also supports the influential role parents can play in an athlete's development.

We consider the parents to be partners with the coaches in developing a positive athletic experience for young people. In fact, the staff insists, that *the lines of communication between the parents and the coaches stay open. We encourage the parents to comment on what they feel is going right and what is not going right (outside of the presence of their children). In this way the parents can be very trustworthy. It has to be this way if we are to be an effective team – it's a partnership between the coaches, the kids and the parents.*

In order to optimize the role of parents within the SCARLET program, the SCARLET Parents Organization developed the "Point System" to assure that all families take a fair and active role in assisting the club. More details of the "Point System" are outlined in this handbook.

Just as there are clear expectations of swimmers, there are also clear expectations for the parents. These expectations are boiled down to three roles – **Support your Child, Support your Child's Coach and Support the Program.** Let's look at specific expectations, educational efforts and communication that fall under each of these three categories.

Support Your Child:

It would seem that to provide effective support as a "swim parent", parents must have an understanding of:

- The philosophy that guides the program and how the athlete will develop/ progress through the SCARLET competitive swim program.
- What it means to be a swimmer within the SCARLET program – in terms of expectations, responsibilities, criteria for group placement, etc.
- How, specifically, to provide support to their child.

Like many clubs, SCARLET makes a concerted effort to educate parents. This effort is on-going as opposed to being a "one-shot deal". It begins with our biannual parent meetings in which the SCARLET program and expectations of athlete and parents are discussed. Additionally, this Team Handbook contains informational/ educational material that is provided to each family. SCARLET coaches also publish a monthly team newsletter that goes out to each athlete/ family on the team by way of the family folders. Also, bulletin boards in the facility are updated regularly with logistical and educational materials and each coach holds group parent meeting at the start of the season and otherwise when necessary. Parents are also welcome to set up an individual meeting or appointment when needed to discuss concerns about the progress of their child or the structure/communication within the club.

One of the biggest challenges the coaches encounter is that many "parents do not allow their children to fail." This is one of the biggest obstacles that the coaches face. Granted, parents want to protect their children and provide what is best for them. However, swimming is a place where young people have an opportunity to experience the thrills and difficulties associated with sport, and to some degree life. Athletes have to be allowed to experience failure as well as success. These may range from not making a challenging interval in practice to false starting on a relay. However, these "failures" are actually learning experiences, from which the athletes can become stronger and move on to even greater successes; successes they may not have been able to reach without having faced challenges and set backs. In this way, the athletes are taught to "view failure as a temporary

setback” which can be used toward achieving future success. This includes the athletes making disciplinary mistakes, which require the coaches to assign logical consequences to aid in the learning process.

The transition from Age group or the Senior Prep group to the Senior level is a critical time for both parent and athlete education. Expectations of the athlete, training and competition philosophy all shift when the athlete moves to the Senior level. On top of this, it is around this time that the athlete is going through developmental changes that impact movement in the water. It is imperative that parents understand these changes to enable them to optimally support their child through this experience.

Major discussions when meeting with parents of children transitioning to the senior level include: basic information about training at the senior level, developmental considerations, competition philosophy, expectations of the athletes and the new role of parents of senior swimmers such as:

- Allowing athletes to take ownership of their swimming;
- Allowing athletes to fail and to experience success;
- Managing their expectations of their child’s swimming.

The athletes at the Senior level are much more responsible and held accountable for their decisions and what they choose to do.

Support Your Child’s Coach:

It is important that parents support their child’s direct coach. The coaches ask that parents be careful not to interfere with the coaching. This includes any of the coach’s instructions. The coaches are experts on technique, race strategy and all other aspects of the sport. This even includes, for example, which suit to wear or racing strategies to use. Many times the coaches give instructions, which a parent may not fully understand. Make sure you support the coaches fully and ask questions of anything you don’t understand. We encourage parents to keep an open line of communication (outside of the ears of your child). We know all parents just want what is best for their child, but the minute a parent goes against what the coach says they are doing the worst possible thing for their child, because it undermines the child’s confidence in the coach.

For example, the coaches are asking the swimmers to wear their team suits at most of the swim meets (the lycra Speedo suit). The coaches ask the swimmers to save their special suits for certain big meets. We all know that the Speedo suit is probably not as “slick” in the water as an Aquablade or other suits. So why would the coach ask the swimmer to wear a suit that may have slightly more resistance than an Aquablade or other suit? The answer is actually simple and if you understand the reasoning I think you could appreciate it. For one, the coaches all want the kids to look, and feel part of a group and team. They want other teams, coaches, and parents of our own team to be able to identify our swimmers. Second, the coaches are preparing the swimmers for a limited number of big meets during the season, knowing that most of the swimmers are preparing for 1 or 2 meets the whole season. Wearing the “Special suit” at the big meet is a good psychological effect when partnered with rest, enthusiasm, and preparation for the big meet. When swimmers wear their “Special suits” all season long, the psychological effect the coach is looking for is lost. How do you know what suit your child should wear? Simple, as with everything else, follow the coaches instructions. Remember, the coaches have worked with hundreds of swimmers and families; you have to trust them.

Support the Program:

With the expense of pools and a professional staff as well as all the other costs involved in running both a competitive swim team and a non-profit program, the membership dues are not able to generate enough funds to support the total operating budget of the program. Dollars need to come from other sources. So, the role of parents in supporting the SCARLET program relates to volunteering time to raise money helping with swim meets and providing administrative support to save on expenses.

SCARLET, like most clubs, realizes it is dependent on parent volunteers. Parents not only help out financially or by volunteering at organized events, but they also play an active role in running the club. When important jobs need to be done that the staff is unable to do, SCARLET does not go out and hire a professional group.

Instead they enlist the "parent corps" to help out. When parents take an active role in the swim team it communicates a valuable message to the athletes as well. When mom and dad get involved, even in helping to run a meet, officiate, or time, etc., the kids get the impression that SCARLET is something important, and their attitude shifts to reflect that as well.

Parents also form a structural component of the Scarlet-Wave program. The structure of SCARLET is likened to a pyramid, with the three sides being made up of the coaches, the athletes and the parents. Interestingly, within this structure, each side contacts each of the other two. With all three sides working effectively the pyramid remains structurally strong. If any one side is missing or is weak, then the pyramid becomes unstable. Without parent education and parent involvement one side of the triangle is lost and the coach only has a direct relationship with the swimmer and the relationship with the parents is absent. Things really should start with the parents. If the parent believes (in what you are doing) then the athletes will believe. The best parents are those who can honestly tell their children "Listen to your coach. Your coach is right. Trust them. Believe them."

The coach-parent relationship does not just happen. There has to be interaction between the two groups. By open communication with the coach parents are reassured that the coach has a plan, and is not approaching training as a "fly by the seat of your pants" venture. As a result most parents have confidence that the staff has a plan with the best interest of their children in mind. Of course there are always going to be the exceptions; some parents disagree with what the coach is doing no matter what it is. In those instances, SCARLET coaches are open to communication and will listen to those parents and consider what they are saying. At times our staff has learned from the parents, and at other times we have had to be strong with our beliefs and stick to our guns and say, "This is what we are doing and why."

At SCARLET we work hard to educate parents by:

- Being open with parents and willing to answer their questions, no matter how simple they may seem.
- Each coach having a plan to back up their training and coaching philosophy with the best interests of the children in mind.
- Taking the time to help parents understand the philosophy of the club.

At times, parents will not always agree with the decisions of their child's coach or of the Head Coach. When providing Leadership it is impossible to please all. Coaches make decisions based on what they feel are in the best interests of the child and the program. ***At times of disagreement, your loyalty is of the utmost importance.***

Loyalty is an appreciation for the support and help one has received. It means that you may not always agree with the leader; you express your thoughts and feelings but in the end you support the leader's decisions as though it is your own whether you agree with it or not. A fair leader will always weigh the opinions of their troops. If you feel you cannot accept a decision, state so, and weigh your options as to whether SCARLET is the right program for you. In this way you have avoided any hidden agendas or undermining of the coach and program and have taught your child to be honorable in the process.

TEAM Atmosphere - Helping each other:

It is often said that the word T.E.A.M. means “Together Everyone Achieves More.” At SCARLET we hold the Team aspect of our sport in the highest regard. Although swimming often seems like an individual sport, we believe our athletes will have greater accomplishments under a strong cohesive group or Team effort. Could you imagine one of the swimmers having to practice on their own without teammates? Swimming is indeed a Team sport.

Two important aspects of developing a strong team atmosphere include:

1. Developing a Strong Self-Image and Self-Esteem in the athletes (and avoiding Comparisons).
2. Focusing on the “True meaning of Competition.”

Athletes, parents, and sometimes even coaches need to understand the true meaning of “Competition”. **Competition, as we define it, means to “Strive with” one’s competitors, not “against”.** This means that athletes strive with one another in a race (in meets and practice) to bring out the best in everyone. If athletes and parents view competition from this perspective, then the athletes will be able to let go of their inhibitions, insecurities, jealousies, and fears. It is like a weight being lifted off the athlete’s shoulders and allows them to swim to their potential. This is why so many athletes are able to have great performances in non-stressful situations. They are relaxed and their muscles work better because there is no pressure of comparison. Far too many people misinterpret the meaning of competition and walk away from athletics with a negative experience, sometimes leading to parents wishing to fulfill their athletic dreams through their children.

The key to greatness and victory for all is to focus on personal improvement (avoid all comparisons), and to teach the athletes to support and help each other. Once the athletes are able to let go of their inhibitions, insecurities, etc. then supporting each other will raise the level of performance for all. Competition then becomes an enormous positive both in practices and meets. Competition will then contribute positively to an athlete’s self-image and self-esteem and bring out the best in all. By helping each other the athletes will all swim faster in both practice and meets. We often say to the athletes, “You can only get back what you give to others.” One of our goals at SCARLET is to help athletes and parents understand this perspective. Athletes who can work on this level will positively support each other and achieve higher levels of performance both individually and as a group. T.E.A.M. – “Together Everyone Achieves More.”

ATHLETE TEAM-BUSTING BEHAVIORS

- ☐ Talking behind others' backs
- ☐ Blaming others - Refusing to accept responsibility
- ☐ Scape-goating or picking on certain teammates
- ☐ Jealousy
- ☐ Complaining about events entered
- ☐ Having a negative attitude
- ☐ Bad mouthing teammates or coach
- ☐ Dishonesty in relationships with coach & teammates
- ☐ "I'm the greatest and you're pond scum" attitude

ATHLETE TEAM-BUILDING BEHAVIORS

- ☐ Being supportive
- ☐ Dealing with conflicts directly and openly
- ☐ Being understanding
- ☐ Demonstrating respect for coach/teammates
- ☐ Being encouraging to teammates when they mess up
- ☐ Accepting your assigned role on the team
- ☐ Having a positive attitude
- ☐ Listening
- ☐ Having an open mind

- | | |
|---|--|
| <input type="checkbox"/> Yelling at teammates when they make mistakes | <input type="checkbox"/> Knowing everyone on the team is important for success |
| <input type="checkbox"/> Not communicating directly/openly | <input type="checkbox"/> Not allowing team-busting behaviors to occur |
| <input type="checkbox"/> Being defensive | <input type="checkbox"/> Taking responsibility for your actions |
| <input type="checkbox"/> Dogging it or giving a half-hearted effort | <input type="checkbox"/> Going full out/trying as hard as you can |
| <input type="checkbox"/> Being a poor sport | <input type="checkbox"/> Being a good sport |

COACHING STAFF

***** All Current Coaching Bios are posted online at our website: www.newjerseywave.org**

- **KEN O'REILLY, HEAD COACH / CEO (NATIONAL-SECTIONAL GROUP)**
- **ERIN MILLER, SENIOR PREP COACH AND ASSOCIATE HEAD COACH**
- **GREG KISS, ASSISTANT TO NATIONAL-SECTIONAL GROUP**
- **BRIAN HOFFMAN, SENIOR PERFORMANCE CO-COACH & ASSISTANT TO NATIONAL-SECTIONAL GROUP**
- **BRIAN FRAZER, SENIOR PERFORMANCE CO-COACH**
- **ARI LUDZKI, SENIOR DEVELOPMENT COACH.**
- **DAVE LESHOWER, AGE GROUP COACH AND SUPER SQUAD COACH.**
- **MICHELLE LIMBACHER, AGE GROUP 2 COACH.**
- **TBA, ASSISTANT SUPER SQUAD COACH.**
- **MADISON VERHAGE, ASSISTANT SUPER SQUAD COACH (junior coach).**
- **JOHN OM, ASSISTANT AGE GROUP 2 COACH (1-2x per week).**

GLOSSARY OF COMMON SWIMMING TERMS

Block:	The starting block.
Cap:	A latex or lycra swim cap used during a race or workout to protect a swimmer's hair from the effects of chlorine in the water as well as help cut down water resistance from the swimmer's hair.
False start:	Occurs when a swimmer leaves the starting block, or is moving on the block, before the starter officially starts the race. In U.S. Swimming, one false start will result in an automatic disqualification from the race.
Final:	The championship final of an event in which the fastest eight swimmers from the morning preliminaries compete.
Goggles:	Eyewear worn by swimmers in the pool to protect the swimmers' eyes from the effects of chlorine in the water.
Gutter:	The area at the edges of the pool in which water overflows during a race and is recirculated into the pool. Deep gutters catch surface wave and don't allow them to wash back into the pool and affect the race.
Official:	A judge on the deck of the pool. Various judges watch the swimmer's strokes, turns and finishes or are timers.
IM:	Slang for individual medley, an event in which all four competitive strokes are used in this order: butterfly, backstroke, breaststroke and freestyle.
Lanelines:	The dividers used to delineate the individual lanes. These are made of individual finned disks strung on a cable, which rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a pool.
Long Course:	A pool configured for swimming with a 50 meter long racing course. World records may be set in long course and short course competition. The main U.S. Swimming long course season is during the summer months. The Olympic Games as well as all major international competitions are conducted long course.
Negative split:	A race strategy in the distance freestyle events in which a swimmer covers the second half of the race faster than the first half.
Prelims:	Short for preliminary heats or those races in which swimmers qualify for the championship and consolation finals in the events.
Shave:	Prior to a major competition, a swimmer will shave his or her entire body. The removal of the hair provides less resistance between skin and water and heightens a swimmer's sensations in the water.
Short Course:	A pool configured in 25-yard or 25-meter lengths. U.S. Swimming conducts most of its winter competition in 25-yard lengths including the Sectional Championships in March. NCAA swimming competition uses the 25-yard format. Most of the world swims short course meters in the winter (25-meter pool). The fastest times swum in a 25-yard pool may only gain U.S. Open or American record status.
Split:	A swimmer's intermediate time in a race. Splits are registered every 50 meters (or 25 yards depending on the pool and the equipment on hand) and are used to determine if a swimmer is on record pace.
Taper:	The resting process for 13 & over swimmers in training for swimming competition. As major competition draws near, the swimmer will "taper" off the distances swum each day. A perfectly designed taper will enable the swimmer to compete at their peak capability and is one of the most difficult aspects of swim coaching.
Touchpad:	The area at the end of each lane in the pool where a swimmer's time is registered and sent electronically to the timing system then the scoreboard.
USS:	United States Swimming; National governing body for amateur competitive swimming in America.
Warm down:	Used by the swimmer to rid the body of excess lactic acid generated during a race.
Warm-up:	Used by the swimmer before the race to get their muscles loose and ready to race.