

Parent 101

I. Practices

A. Arrive before the start time for practice whenever possible, that is the “start” time.

B. Why do they start with dry land...we paid for swimming?

- i. Motor skill that will transfer to athleticism in the water
- ii. A chance for some to get into their group before the group “splashes”

C. What equipment do they need?

- i. AAC has limited supplies on the deck which are primarily for the pre-comp and comp groups.
- ii. We ask that beginning with the WHITE group, swimmers get the following:
 - a. **Mesh bag**



b. Fins (like this)



(NOT this)



c. Pull buoy



d. “Stroke maker” paddles



e. **Water bottle** (they sweat for the whole practice and need WATER.)

iii. Where can I get this stuff?

a. www.swimoutlet.com

a. (online only)

b. www.djsports.com

a. **D&J Sports, 3060 N Stemmons Freeway, Dallas, Texas
(214)631-0057**

D. When should I talk to my swimmer’s coach?

- i. Coaches are prepared to talk to you before, and after practices
- ii. During practice is not a good time...their focus is on the group

II. Swim Meets

A. **Meet cap?** AAC cap that can be ordered through the D&J store when the team has it added to the shop (usually added quarterly since we must meet a min requirement for the order to be placed)

- i. We have Silicon Meet Caps for \$15 – see a coach.

B. **Meet Suit?** Speedo Solid Navy suit (see the “team Store” link on our website to order)

C. Where do I get it?

- i. Same locations as the equipment, click on the team store box on our website

D. What is a “Fast Skin” Suit?

- i. Fast Skin suits are made of a different type of material that is light, water repellant, and may compress muscles in a way to help preserve energy during a race.
- ii. These are the fancy suits you see in the Olympics, World Games, NCAA Champs, etc.
- iii. They range in price from \$80 for a clearance suit, to \$500.
- iv. Team Policy:
 - a. 10&U = no tech suit unless going to TAGS in March, or July. 10&U do not have to shave down.
 - b. 11-12 = may wear the “12&Under” approved suit that is less expensive, but only for a championship meet. Shaving is optional.
 - c. 13-14 = May wear a tech suit in championship meets, it is required at TAGS, or Sectionals. Shaving is optional.
 - d. 15&Over = Shaving and wearing a tech suit is required for championship meets

E. We will have about one meet per month on a Saturday and Sunday. Most meets of split between “A/BB swimmers,” or “B/C Swimmers.” These are based on motivational times that can be found on our website under the parent info tab.

F. We try to sit together

G. Each month’s regular meet is optional, but most groups require a minimum of 50% meet participation

H. USA swim meets are different than summer league meets.

- i. Each USA Swim meet is individually based (no team score)
- ii. You pick their races, or leave it blank for the coaches to fill in.
- iii. Younger kids are usually in the morning (8-12) & older kids in afternoon (12-4pm)

I. Focus is on the individual’s improvement in time and technique. NOT WHAT PLACE YOU WERE!

J. Information & sign up will be on the website under Events

K. You will register for meets, pay and choose your child’s events on the website

- i. What events? Ask your coach. Your coach may even email the group what events they want to see swimmers compete in, or what the focus may be for that month.

L. Timers...we need one or two at each meet, if we host a meet, we will need lots of parent volunteers for timing.

M. Motivational Times

- i. With the focus being on individual improvement, a set of “motivational times” have been developed by USA Swimming: all swimmers start as “C” swimmers in all their events. As you progress, you can achieve a “B” time in any of your events. These times progress from C-B-BB-A-AA-AAA-AAAA times.
- ii. A copy of these motivational time standards is found at www.usaswimming.org This website is a great resource to understand more about the sport.

- iii. What is a “DQ?” it’s when a mistake was made in the swimmer’s race and they have been disqualified. It’s not the end of the world. It’s an indication that something needs to be fixed. In some cases, it was just a mistake that the swimmer wouldn’t normally make...you may hear them tell you “I forgot,” or “oh yeah.” A DQ is a problem when it recurs again and again. At that point a conversation with the coach is in order. You may be able to help the coach explaining something to your child in a way they understand better.

III. **The Parent’s Role?**

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your youngster makes depends to a great extent on this triangular relationship.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/hers children's athletics. The following information will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

The coach is the Coach: We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach.

Best kind of parent: The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Ten and Unders: Ten and unders are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins a swim team, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

IV. **Other Questions?**

A. Email Arlington Aquatic Club (aacswiminfo@aisd.net)