



2021 Ashley Plantation Handbook

Welcome to all our swim team families and thank you for your support of the AP Stingrays. We are proud to be a part of RVAA (Roanoke Valley Aquatics Association). There is a great mix of all ages, and we are very proud of each of you for making the commitment to the team and the sport of swimming.

Please read the following guidelines with each of your swimmers.

Swim Team Practices:

- Practices are offered mornings, Monday through Saturday, and evenings, Tuesday through Friday. Please be 5-10 minutes early for practice. The equipment (lane lines, starting blocks, kickboards, and buoys) needs to be put in place before the start of each session, and this takes time. All swimmers and parents on deck will need to help to get practice started on time. This responsibility does not fall on the coaches. The coaches need to prepare for the practice and communicate with each other.
- Coaches are responsible for the swimmers in the water. All other swimmers and/or siblings (not swimming in the current session) need to be supervised by a parent.
NON-SWIM TEAM MEMBERS ARE NOT ALLOWED IN THE POOLS (including wade and baby pools). Our coaches are the only lifeguards on deck, and they **WILL NOT** be watching non-swim team children. Swim team children are only allowed in the pool if it is their session and/or it has been cleared by a coach.
- Swimmers and parents need to gather the equipment at the end of practice (lane lines, starting blocks, kickboards, and buoys). This responsibility does not fall on the coaches. They need to prepare for the next practice and communicate with each other.
- We are **ALL** responsible for making sure the deck of the pool, chairs, and tables are left neat and clean after each practice and swim meet. All chair backs should be in the upright position and the stools placed on the chairs. No trash, goggles, towels, or clothes should be left on the pool deck.
- Please come prepared with an appropriate suit, goggles, swim cap, and towels. While the weather is still cool, you may want to bring a warm-up suit or sweatshirt and pants for after practice. Some swimmers even use wetsuits for early season. If the swimmers are too cold, they may be less interested in coming to practice. There are showers with warm water that can be used **after practice**, but it needs to be **quick**, and the restrooms need to be left clean. Please bring water or a sport drink for your child so they can stay hydrated. The snack bar is not open during practices.

- Please be on time to pick up your children. The coaches have had a long day too so let us be courteous to them and be there before your child's practice ends.
- Ribbon Ceremony will be on Tuesday Mornings with practice or games afterward. Please come and be a part of this special time for our swimmers.

Swim Meets:

- Please try to arrive BEFORE 5:00pm so your child can have warm-up time and get settled before the events begin.
- The AP Stingray team will have an area setup for all our members to place their items. This will also be the area where the children should stay together so they will know when it is their time to swim. The Clerk of Course will be announcing each race and it is sometimes hard to hear. This area needs to be supervised by parents that are not working the meet that evening.
- **Please encourage our swimmers!!!** There are areas behind the ropes that you can go to cheer. Please **DO NOT** go past the ropes to the poolside. This area is where Judges and Timers need to stand. Please always use good sportsmanship. Derogatory words or actions should **NEVER** be displayed. This is to be **FUN and EXCITING!!!**
- **VERY, VERY IMPORTANT** – Feed your swimmer a meal at least 2 hours before the meet and make sure it is low in fat & protein and **HIGH** in carbohydrates.
- There will be concessions at the Swim Meet. We are requesting families to individually pre-packaged snacks and drinks for us to sell. We are using concessions this year as a fundraiser, so we need everyone's help. Below are suggestions:
 - Drinks – Water & Sport Drinks. Please do not bring sodas for the swimmers. Soda contains too much sugar.
 - Foods – fruits, bread (Hawaiian bread is great), pasta salads, peanuts, energy bars, popcorn.

Additional “What to Bring Items”

- You may want to bring camp chairs. The pool will have some chairs available, but there are at least 1 to 2 other teams at the meet. Also, some of the pool chairs are cleared away to make room.
- Extra towels and dry clothing for your swimmer. They may finish before other swimmers and become cold or uncomfortable in their suits.
- Extra goggles are good to have on hand in case there is an issue with the ones the swimmer is wearing. Swimmers are disqualified if they break stroke due to a suit or goggle adjustment.
- Please make sure your swimmer has rubber sole shoes while on deck, especially if a storm should arise.
- Technology like i-pods and hand-held video games will keep the children entertained between events. If you choose to bring the above items, it is your and your child's responsibility to keep them secure.

Things to Expect During a Swim Meet:

- Our team will be assigned a time to warm-up in the pool before the meet begins. We do not know what time that will be in advance, so please be on time.
- Once the meet begins, help your child listen for their age group being called. The Clerk of Course will make the announcement twice and then move on. Your swimmer needs to report immediately upon announcement to the staging area to receive their card and lane assignment. Once they are to be in the blocks, they will give their card to a timer or a runner for their lane. The breakdown for age groups is listed below:
 - 7-8 age group swims first / Boys Swim First and then Girls,
 - 6 and Under / Boys Swim First and then Girls,
 - 9-10 Group / Boys Swim First and then Girls,
 - 11-12 Group / Boys Swim First and then Girls,
 - 13-14 Group / Boys Swim First and then Girls,
 - 15-16 Group / Boys Swim First and then Girls,
 - And so on with the 17 & Up / Boys Swim First and then Girls,
 - Boys Swim First and then Girls / Boys Swim First and then Girls.
- As soon as your child comes out of the pool, they are to **IMMEDIATELY** report to the closest coach. Please remind them to see a coach before the next heat is done.
- Approximately 30 minutes after your swimmer's event has concluded, you will find their results posted in the designated area so that you and your swimmer can view. The posting of results may take longer if there are technological issues. Please do not approach the computer table with questions about times or disqualifications.

Parents Dos & Don'ts:

- Be supportive with your child and their results! Encourage all the swimmers by cheering and applauding their efforts.
 - Do not impose your ambitions on your child. Giving an honest effort regardless of the outcome is more important than winning.
- Your child is learning self-discipline, becoming more physically fit, and is gaining self-esteem.
 - Never force your child to participate.
- Let the coaches work with your children during practices and swim meets.
 - Parental coaching often does more harm than good. Please refrain from coaching on the sidelines.
- The volunteers at the meets have taken the time to be trained in the job they are working and are making judgment calls as they see them.
 - Do not criticize the officials during the swim meet. If you have a concern, please bring it to our coaches' attention. They, and only they, can ask for a ruling.

- There may be times when your child will get **DISQUALIFIED**. This just lets the coaches know they need to work with your child on a technique regarding that stroke.
 - Disqualified is not a **bad word!** Please do not treat it as such in front of your child. If you have a question regarding the call, please take that question to an AP Stingray's coach, not to the judge.
- If you are assigned a working position during a meet, please be on time. The organizers hold a brief meeting with each group so they can get a head count and give out final instructions. If your child or adult swimmer is swimming in an event and you would like to watch, please notify a co-worker that you would like to watch and then be sure to return to your station promptly after the event ends.
 - Failure to be present for chosen volunteer positions creates confusion. Please be courteous to your co-workers by being on time and help AP Stingrays to always look professional.

Parents are required to "work" two meets and be an "extra or sub" for two meets. Parents are also required to help with at least one "event". If you cannot work on your designated night, it is **YOUR** responsibility to find someone to take your place. We are **all** here for the children and everyone is expected to lend a helping hand! We cannot make the season successful without our wonderful team families and friends stepping into these volunteer positions.

Thank you for all you do to support OUR Ashley Plantation Stingrays swim team. NOW LET'S HAVE SOME FUN! GO STINGRAYS!!