



Trails Swim Team
2021 Parent Slides

Topics to Cover

Board Contacts/Coaches

Covid Changes

Swimathon

Code of Conduct

Practices

Meets

Web site

Activate Texts Alerts

Board Contacts

For all team questions, related to volunteering, schedules, Payments, social, apparel, logistics or issues, contact info is on Coaches page of www.TrailsSwimTeam.org

President

Sara Mason, president@trailsswimteam.org

You can also post questions to our private Facebook group:

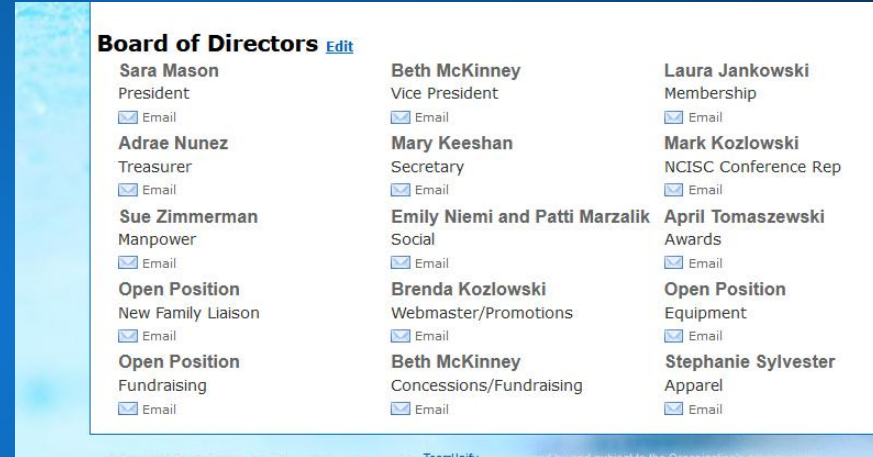
www.facebook.com/groups/116115941762757

and/or follow the community Page for Trails: www.facebook.com/TrailsSwimTeam

Follow us on Instagram @TrailsSwimTeam

Opportunities to get involved:

Fundraising, Treasurer and much more! Everyone is welcome to board meetings on the first Monday of each month.



The screenshot shows a webpage titled "Board of Directors" with an "Edit" link. It lists various roles and the names of the individuals holding them, along with email icons for each contact.

Board of Directors Edit		
Sara Mason President Email	Beth McKinney Vice President Email	Laura Jankowski Membership Email
Adrae Nunez Treasurer Email	Mary Keeshan Secretary Email	Mark Kozlowski NCISC Conference Rep Email
Sue Zimmerman Manpower Email	Emily Niemi and Patti Marzalik Social Email	April Tomaszewski Awards Email
Open Position New Family Liaison Email	Brenda Kozlowski Webmaster/Promotions Email	Open Position Equipment Email
Open Position Fundraising Email	Beth McKinney Concessions/Fundraising Email	Stephanie Sylvester Apparel Email

Trails Swim Team is not subject to the Open Access Act.

Coaches

Any coaching/practice questions or issues, missed practices or injuries: Contact Age Group Coach or Head Coach

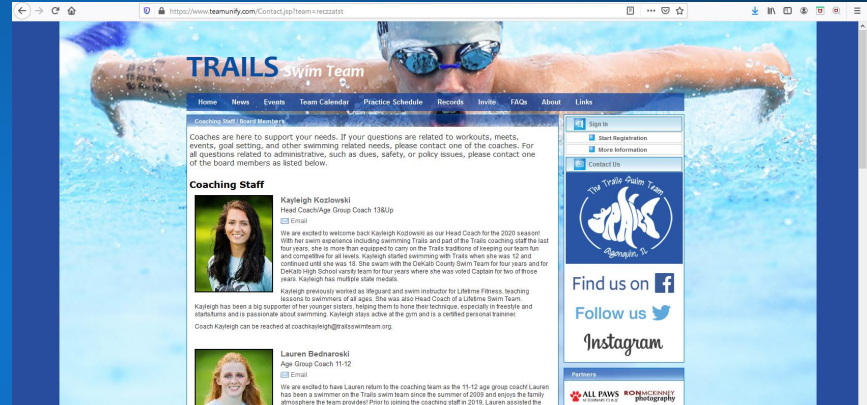
Head Coach/13&Up Head Coach: Kayleigh Kozlowski
coachkayleigh@trailsswimteam.org

11/12 Age Group: Elle McKinney
coachelle@trailsswimteam.org

9/10 Age Group: Alec Orndahl
coachalec@trailsswimteam.org

8&Under Age Group: Fiona Lukes
coachfiona@trailsswimteam.org

Jr Coaches: Maggie Hillyer, Grace Kozlowski,
Avery Mason, Elizabeth McAuliffe



The best way to contact the coaches is by email. If you need to meet with a coach before or after practice, email the coach first to set up a time, so as not to interrupt practice or take away time the coaches need to meet with swimmers or each other.

If you have a question or concern about jr coaches, reach out to your age group coach.

Covid Changes this Year

At this time there is no access to the locker rooms before or after practices. Come dressed and ready to swim!

Arrive and leave on time to allow everyone the opportunity to swim at their designated practice times.

No parents are allowed on deck at practices or meets.

All meets are away due to facility limitations.

Additional guidelines will be available as they are provided to us by the village and facility.

Not likely to allow any parents on deck though it's possible parents can be on site (pool lawn or gym).

Livestreaming may be available.

Some events, including relays, may be cut from certain meets to allow additional time to run the meet with restrictions.

Swimathon

- Saturday, June 26 will be the team's big fundraiser!
- This will be a fun event with music and raffle prizes!
- Goal is for each family to raise \$100. For every \$20 raised your family receives one raffle ticket. For every \$100 raised, you family receives one grand prize raffle ticket. Raffle prizes include gift cards to local restaurants and activities. Grand prizes are experience activities with the coaches!
- Collect donations and pledges to turn in the week of the Swimathon.
- Sign up for a 30 or 55 minute time slot. The day will be organized by age group with oldest groups first and ending with 8&under.
- No parents on deck unless an assigned volunteer. Coaches and lifeguards will ensure safety and help with lap counting.



Code of Conduct

- Teamwork
- Respect
- Attitude
- Integrity
- Leadership
- Swimming

Team Work: Parent Expectations

- Create a positive atmosphere for swimmers and families. Avoid criticism either verbally or by gesture.
- Get involved: be an official, volunteer at meets, work on a committee, help plan a fundraiser, help plan a group social. Find something you enjoy that serves our team and the swimmers!
- Be an active participant in all fundraising events and other team activities.
- Parental help at events is expected.



Team Work: Swimmer Expectations

- Represent Trails with excellence, respect, team spirit and politeness.
- Wear Trails or non-team caps at all practices and appropriate swim suits and Trails or non-team caps at all swim meets.
- Promote positive team spirit and morale.
- Cheer on and encourage your teammates, especially the younger swimmers and new team members.

Every Meet Needs ...

Even away meets you may need to help with the following jobs:

Stroke and Turn Judges: Responsible for ensuring that all swimmers obey all the rules for the stroke that they are swimming. Any violation is a Disqualification (DQ). Note: Stroke and Turn Judges must attend a training. No experience or cost involved in being an official and we are in need of officials for our team. This is a great year to get your feet wet and try it out. Contact Sara at president@trailsswimteam.org if interested.

Bullpen: A person who works in the bullpen has a list of events with heat and lane assignments and ensures swimmers are ready to go for their events.

Timers and Runners: Timers use stopwatches as a backup and a push-button connected to the automated timing system to record swimmers' times. A runner is a person who collects cards from the Timers, Place Judge, and Officials at the end of every race and turns them into the scorer's table.

Swimathon May Need

Some of the potential jobs for the Swimathon event:

Bullpen: A person who helps keep track of who goes into what lane and what time.

Lap counters. We may need help recording lap counts.

Announcer: This person will use the PA system to announce who is swimming and their lap counts and other fun facts throughout the morning.

Concessions/raffle table: The Swimathon may have items for sale as well as need supervision for the raffle table, to help distribute tickets for the prizes.



Respect: Parent Expectations

- Do not interrupt or confront the coaching staff on the pool deck during practice or meets. Coaches are available before or after training, meets and competitions for feedback or to discuss issues. Set up a time via email to meet. Violation of this rule may exclude your swimmer from an upcoming meet or relay.
- If you cannot attend a meet previously signed up for, the swimmer or parent must inform a swim coach as soon as possible or risk being removed from a future meet or relay. The coaches spend a lot of time preparing the line-ups which have limited entries for events, and changes can unfairly affect team members.
- If your swimmer has any limitations that last more than one day of practice (unable to run, rest a bad shoulder etc), submit a note in writing by email to the Age Group Coach.



Respect

- Parents: Do not interrupt or confront the coaching staff on the pool deck during practice or meets. Coaches are available before or after training, meets and competitions for feedback or to discuss issues. Set up a time via email to meet. Violation of this rule may exclude your swimmer from an upcoming meet or relay.
- If you cannot attend a meet previously signed up for, the swimmer or parent must inform a swim coach as soon as possible or risk being removed from a future meet or relay. The coaches spend a lot of time preparing the line-ups which have limited entries for events, and changes can unfairly affect team members.
- If your swimmer has any limitations that last more than one day of practice (unable to run, rest a bad shoulder etc), submit a note in writing by email to the Age Group Coach.
- Respect teammates, coaches and officials.
- Respect all facilities and property used during practice or competition, as well as follow the rules of each facility.



Respect the Coaches and the Facility

We are in support of you wanting to see your swimmer perform the skills they are learning and how hard they are working.

We also need to respect our swimmers and coaches. In order to facilitate a healthy team environment and to follow the facility guidelines due to coronavirus Restrictions, no parents are allowed on deck during practice or meets.



Positive Attitude

- Parents: Support swimmers with unconditional love and support before and after races.
- Value our swimmers for who they are, not what they do in the pool. Swimmers' times are one measurement of progress but it's not the measuring stick for the value of each role and ultimately of the swimmers themselves.
- Swim for the fun of it.
- Make every team practice, an opportunity to learn.
- Be an active participant in all team practices, competitions, fundraising events and other team activities.
- Be committed to putting forth your best effort every day.
- Be punctual.



Integrity

- Address any concerns with the appropriate person. Reach out to coaches via email or address with a Trails board member in private.
- Maintain open and honest communication among all members of the Trails family. We reach our common goals by working together. If you have an issue with another parent, it is your responsibility to first address it directly with them privately.
- If you have an issue with another parent's child, please contact a coach or board member.
- Swimmers who have a conflict with another swimmer should bring it to the attention of their coach for resolution.
- Pay attention and follow all of the coach's instructions
- Use appropriate language.
- Dishonestly, theft and/or vandalism will not be tolerated.

Leadership

- Know your role: Swimmers swim, Coaches coach, Officials officiate and Parents parent.
- Practice every day, help your swimmer arrive on time (aka 10 minutes before start of practice).
- Set a good example for your swimmer: declare for meets before the deadline, we cannot add swimmers at the meet! And let a coach know if you leave early.
- Be proactive: everything you need to know is on the web site, sent via emails and posted to Facebook. If you are not receiving texts or emails, let us know.
- One of the real values of youth sports is teaching your kids the value of hard work and how to be a good member of a team. These are skills they'll need into their adult lives.
- Swimmers, set an example for all teammates by following the code of conduct and encouraging others to do so as well.
- All swimmers can be leaders that help maintain a productive practice environment for all.

Potential Consequences

VIOLATION OF THE CODE of CONDUCT – SWIMMERS

The following penalties for violating the Trails Swim Team's Code of Conduct include, but are not limited to, the following penalties:

- The swimmer will be given a verbal warning
- The swimmer may be pulled out of practice in addition to a verbal warning and the coach will contact the parent.
- The swimmer may be excluded from an upcoming meet or relay.

If the swimmer continues his/her bad behavior, he/she may be suspended for one (1) week. There will be NO prorated fee.

If the swimmer's disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.

VIOLATION OF THE CODE of CONDUCT – PARENTS

Violation by parents who fail to abide by the code of conduct, will be discussed and voted by the Board and may include, but not limited to, the following penalties:

- The Board will give the parent a written warning.
- The Board may inform parent that swimmer will not be allowed to practice in up to four practices or the next upcoming meet or participate in a relay.
- The Board will remove the parent and swimmer from the roster. Parent/swimmer may be banned from joining Trails in the future.

Swimming: Practices

- Met the coaches/team dryland and games is June 2-4 at the pool. No locker rooms access.
- In water practice starts June 7.
- Practices are every day in the morning from 6:30-11:45 am. Check the web site for your age group. Dryland for 11&up only following in water practice.
- **At this time, we do not have permission to use the locker rooms to change clothes before and after practice so come dressed to swim. However, swimmers will have access to toilets during practice.**
- Evening practices will be Monday and Wednesdays from 7-9 pm. Each age group will have one hour each week, schedule tbd.
- Evening practices will alternate focusing on starts & turns and stroke work.
- Saturday practices will be for 13up with 11-12 if space available. Sign up required.
- It's summer! We know you have vacations and other activities. Come when you can but let coach know when you can't be there. Look to the web site and emails for updates to schedule.



Swimming: Meets

- Intrasquad meet is Thursday June 10. This will be an opportunity for swimmers and parents to learn how a meet is run.
- NCISC Dual meet schedule is on Tuesdays as follows:
 - June 15 at Woodstock
 - June 22 at DeKalb YMCA
 - June 29 at McGuire (Rockford)
 - July 13 at OswegoAll of our meets are away this year due to facility restrictions.
- Details of each meet is TBD, at this time we expect no parents to be on deck unless you are an assigned volunteer.
- Sign up for meets by the deadline! We cannot add swimmers last minute.
- NO Trails Invitational this year due to facility restrictions.
- Conference Championship is July 24 and 25 in Dekalb. There is no dual meet requirement this year.
- Schedule subject to change. We hope to add at least one more dual.



What does your swimmer need?

- Swim Suit (jammers for boys and one piece for girls, any color or style for practice and one team suit or navy suit for meets.)
- Goggles (whatever your swimmer likes! Speedo Vanquisher is popular but not required.)
- Cap (Trails or no logo, not other teams)
- Fins for practice (optional)
- Towel, sunscreen, water bottle
- 11up swimmers will need running shoes and change of clothes for dryland; warm clothes to cover up after events at meets



Deadline for team apparel is May 14: <https://www.europeansports.com/#/clubs/trails>

Everything You Need to Know

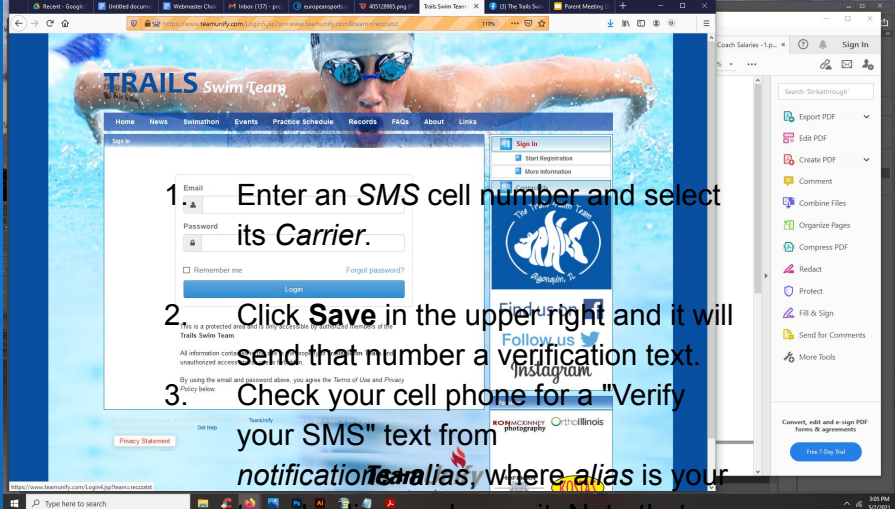
Everything you need to know is on the team web site.

If you don't see the answer to your question, ask!

You should be able to log in to
www.TrailsSwimTeam.org
With your email and password

This is how you will register for meets and Swimathon,
Sign up to volunteer and see your swimmers
Results!

Be sure to activate your



The screenshot shows the Trails Swim Team website's login page. The page has a header with the team name and a navigation menu. A login form is centered, with fields for Email and Password, and a 'Login' button. To the right of the form is a 'Sign In' button. A vertical blue bar is overlaid on the right side of the page. Three numbered instructions are overlaid on the page:

1. Enter an SMS cell number and select its Carrier.
2. Click Save in the upper right and it will send that number a verification text.
3. Check your cell phone for a "Verify your SMS" text from notificationcentral, where alias is your team's alias, and open it. Note that some cell carriers can take awhile to deliver the message.

SMS:	Unverified	Carrier:
541-555-1212		Verizon

Activate SMS Texting

To be alerted by text of practice changes or cancellations or other alerts:

Log in to your account>My Account

Enter a cell number in the SMS box.

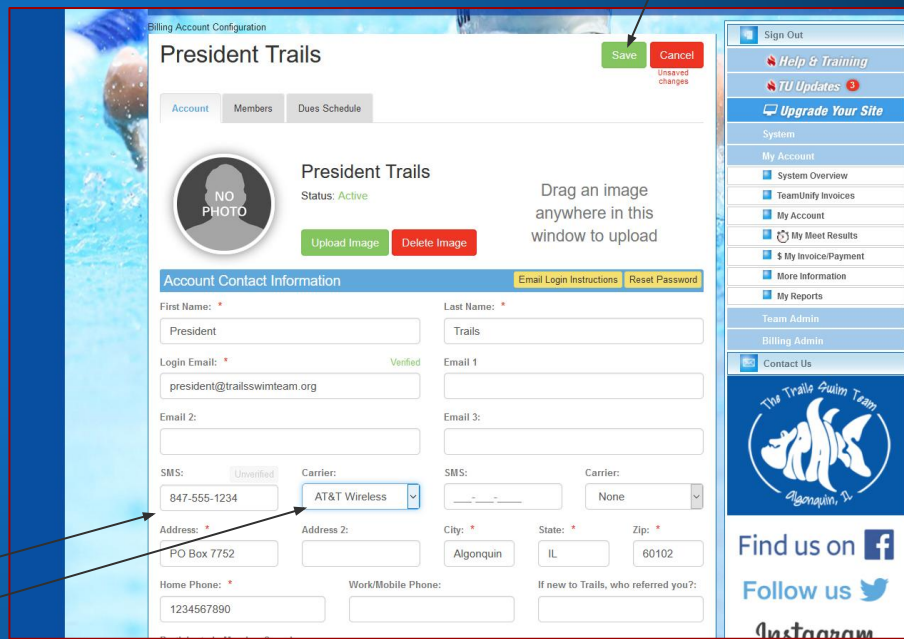
Select your cell carrier.

Click Save and it will send that number a verification.

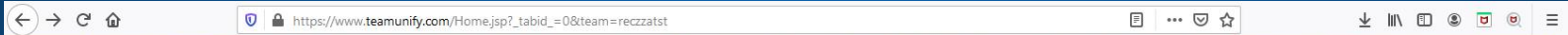
Check your cell phone for a “verify your SMS” text

You can also add text numbers for members/swimmers.

If you are not successful, contact Brenda
webmaster@trailsswimteam.org



TrailsSwimTeam.org



TRAILS Swim Team

- Home
- News
- Events
- Team Calendar
- Practice Schedule
- Records
- Invite
- FAQs
- About
- Links

- Online Registration
- Our Coaches
- Team Events
- Apparel

Sign In

- Start Registration
- More Information

Contact Us

Find us on

Follow us

Instagram

Trails is a recreational summer team. Our goal is to stimulate an interest in competitive swimming and provide a fun social environment for year-round swimmers to maintain fitness without the demands and intensity of a more aggressive winter league. Trails is about: Teamwork, Respect, Attitude, Integrity, Leadership and of course Swimming. It's a short 8-week season so while we do practice technique and competition, it's not the focus of our team. We hope that each swimmer will develop a lifetime love for swimming, basic skills in all four competitive strokes, and new friendships with great memories.

Trails is part of the NCISC, along with Cary, DeKalb, Geneva, Huntley, McGuire, Oswego, Rock River Valley and Woodstock.

Please email membership@trailsswimteam.org for inquires or questions.

Mail communication and registration checks to:
Trails Swim Team
Membership Coordinator
PO Box 7752
Algonquin, IL 60102

The Trails Swim Team practices week day mornings and has home meets at the Lions Armstrong Memorial Pool in Algonquin. Our team welcomes swimmers of all abilities aged 5 to 18 to join in the fun. Although swimming is considered an individual sport, our community is structured with an emphasis on the team and support for one another. Trails provides a positive atmosphere for physical and emotional development for its members within a competitive swim program.

Meets often feel like picnics, with tents and food and summer fun for the entire family. Other highlights include Fun Fridays with a Build Your Own Sundae Day or Poolside Breakfast, the awards banquet and a Magic Waters celebration at the end of the season.

The Trails Swim Team is a tax-exempt, not-for-profit organization run by a volunteer Board of Directors. All members are welcome and encouraged to be involved in team activities.

[Follow @TrailsSwimTeam](#)

Partners

- ALL PAWS VETERINARY CLINIC
- RON MCKINNEY photography
- ED'S RENTAL & SALES