



**Junior and Senior Parent Meeting
8.28.23**

- I. Introduction
 - A. coachmatt@swimhsa.org
 - B. 205-482-2776
 - 1. No calls or texts after 9 pm
 - C. GroupMe also available
- II. Expectations
 - A. Equipment
 - 1. Everyone should already have water bottle, paddles, fins, pull buoy, snorkel, and mesh bags.
 - a. Please make sure names are on equipment
 - 2. HSA Team caps at practice
 - 3. HSA Team suits @ most meets
 - 4. Tech suits for H.S. State, Day After meet, and other December championship meets, TYR Pro Series, Southeasterns, NCSA Juniors, Sectionals, Best of South Meet, Central Regionals, Southeasterns, Futures, USAS Nationals and Junior Nationals
 - B. Meet Attendance
 - 1. These groups are expected to compete!
 - a. We expect swimmers to attend the highest meet that they have qualified for, as well as meets important to team
 - i. High School State/NAC/Ensworth/etc.
 - ii. USAS Winter Juniors (team travel offered)
 - iii. TYR Pro Series in January
 - i. Winter Junior cuts to go
 - iv. Southeasterns or Regionals
 - v. NCSA (team travel) or Senior Sectionals
 - i. NCSA's is the week after Spring Break this year
 - vi. Southeasterns
 - vii. Futures or Summer Juniors (team travel)
 - i. Futures is in Huntsville this summer
 - b. In-Season meet attendance is also important in their overall ability to experiment and learn from success and failure
 - i. Intrasquad Meet
 - ii. HSA Fran Norris
 - iii. Birmingham Meet
 - iv. HSA TYR Meet
 - v. In-season long course meets
 - 2. Going to meets is about more than just your individual swimming
 - a. We compete as a TEAM!

- b. It is an honor to be on Relays
- c. Cheering for teammates should be an essential part of what swimmers do

C. Practice attendance

1. We expect these groups to be at every scheduled practice
2. Practice time should be viewed as protected time
 - a. Do not schedule appointments during practice
 - b. We take time management seriously. Part of that is not letting swimmers get out early because they haven't managed their time appropriately with school.
 - c. We also ask that family dinners respect what your swimmer is trying to do.
 - d. Don't let your swimmer self-medicate. We want them tired. We want them to have to fight through some things, and face adversity. I also encourage them to talk to me, and we may agree that a practice off is beneficial. But the conversation should be had before making the decision.
 - e. If you plan vacations, you should give them time to practice on a daily basis, and help them find teams to practice with wherever you are going.
3. This is a year-round commitment
4. Still working on what another weekend practice would look like.
 - a. We will send a poll out to determine the most popular time

D. Goal Setting

1. We want them to have big goals
2. You can't be a part of their goal setting process at this point.
 - a. They have to own what they want to do.
 - b. We will push them to bigger things if we think they are thinking too small.
 - c. If the goals come from you, they aren't invested in it.
3. The goal sheets that everyone should have received are supposed to be due tomorrow. If you haven't passed that email along to them, please do so ASAP.
4. Two questions that are big this year.
 - a. What do you bring to the team?
 - b. What are you willing to sacrifice?
5. 100 day to-do list
 - a. 10 action items
 - b. Have 100 days to complete (right before State Meet/NAC)

E. Nutrition

1. USA Swimming provides a lot of good tips on what swimmers need.
2. Help with protein within 20 minutes of practice for proper recovery.
3. Monitor sleep patterns. Make sure they are managing time at home to get proper sleep.

4. As many colors as possible on their plate every meal is the goal.
5. Make sure they are eating enough. They aren't on a diet. They need to eat!!!!

F. Daily Logs

1. We have given them an example of a training log. Encourage them to use it. It includes recording sleep, nutrition, etc.

III. Leadership roles they are being asked to take on at some level

- A. In-pool
- B. Social organization
- C. New group/team member mentoring
- D. Community Relations

IV. USA Swimming Registration

- A. Bulk renewal for you all this year

V. Athlete Protection Training

- A. USA Swimming's 18th birthday present

VI. Code of Conduct