

# Sailfish USA Swim Team Orientation

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The Sailfish Swim Team is a member of USA Swimming, the national governing body for competitive swimming in the United States. From the USA Swimming website: [Home](#) / [Member Resources](#) / Governance & LSCs

## Governing our Sport

As the **National** Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

USA Swimming is lead by a National Board of Directors who work together with the headquarters staff, located in Colorado Springs, Colo.

• [Swimming Governance](#)

## What is an LSC?

LSC's, or *Local Swimming Committees*, are the 59 local governing bodies, responsible for organizing, supporting and governing USA Swimming's 2,800-plus swim clubs in their individual regions. USA Swimming offers many opportunities for LSC leadership improvement, education and support.

On Feb. 5<sup>th</sup>, 2010 the Sailfish USA swimming team, (my 3<sup>rd</sup> program to start from scratch) was made official.

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Sent 2/5/2010

Hi Chris,

Your team is now official. I will input your team into SWIMS once I receive the approved application back from USA Swimming.

Congratulations!

Angella Woodard

Executive Secretary

South Texas Swimming, Inc.

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**The Sailfish are one of 43 teams in the South Texas (ST) LSC.** 23 of the 43 teams are coach owned.

It is important to understand that 60-70% of the work involved with running a USA swimming team is done outside of time spent on the deck at practice. Meet entries, travel, practice and meet attendance recording, phone calls, emails, newsletters, team registrations, work out planning, strategic planning, parent meetings, accounting, and continuing education, just to name a few of the behind the scenes work activities for the coaches.

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ST is the South Texas Code

**FISH** is the Sailfish team abbreviation that you will see in heat sheets.

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Parents, please get the **On Deck** app. This gives you access to your online account, all swim meet results and much more right at your fingertips. You use the same log in that you use for looking at your account online USA swimming offers **Deck Pass** which is a fun program for receiving virtual patches for accomplishments. This account is created through USA swimming website.

## Two Step Annual USA Registration

Each year, during the months of July and August, the team accepts new registrations until reaching capacity for the following January through December year.

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## Sailfish USA Swim Team Orientation

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In September USA Swimming account creation and registration is done in bulk for returning swimmers and individually for new swimmers. This helps both USA Swimming and local teams with planning for meet venues, team size and pool usage. The fee includes the annual USA Swimming registration, the annual team registration and one swim team cap. Individuals can register at any point in the year but the registration period remains from January through December.

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### Swim Meets

Swim Meets are not mandatory but a vital part of the development process. (See the document 7 Life Lessons from Swim Meets). There is usually one meet per month that the team attends. A team goal is to swim every event at least once each season. The more events swam earlier in the season the better as meets become more difficult to get into as the season progresses. Anyone who qualifies for a championship meet has earned the right as an individual and is expected to attend that meet to represent the team. Relays are created when there are at least 4 individuals that have qualified in that age group.

Meet hosts determine the entry fee (ranging from \$10-\$25 per event) and there is a daily coaching fee of \$10 per day for timed finals and \$20 per day for prelims and finals meets. All meet entries are entered online by the swimmer and then reviewed by the coaches. Once entered, reviewed and finally accepted by the meet host, entry fees are then no longer refundable.

We have a good start with parents serving as meet officials, but there is room for more. Parent volunteers are also needed for timing on occasion at away meets. All parents are needed for our once-a-year October Pumpkin home meet.

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### Monthly Practice Dues

The practice dues are determined by the number of times per week and length of practice each week. For example, 2x a week for an hour would be \$100.60. 3x a week for one hour and 30 minutes would be \$116.60. (See the Price Chart under documents for a full listing). The number of practices per week can be changed by notifying Coach Chris in the month prior. If notification is received after the first of a month that change will go into effect the following month.

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### Billing

Billing for the monthly practice fee and account balance is done automatically the first of each month via the credit card on file. If they payment is not made, there is a 10-day grace period to update a declined card and pay the balance to avoid the \$10 late fee. Billing for swim meets and other events is processed around the time of the meet entry or activity deadline date.

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### Goal Setting

Coach Chris quotes. "Attitude effects altitude" of thought and work. "Altitude effects practice performance." "Practice performance effects meet performance." Are your practice goals in line with your meet goals? "You get good at what you practice." Is your attitude to reach an altitude of 80% effort or 100 % effort in practice?

The documents page has a goal setting worksheet that the coaches encourage every swimmer to fill out and discuss with the coach at least once each season.

### Swimmer /Coach /Parent Team-Work

Together Everyone Accomplishes More.

Parents parent, coaches coach and swimmers. Swim When swimmers focus on swimming and feedback from coaches, the coaches know the swimmer goals and help them pursue those goals and the parents love, feed, drive and direct any swimming questions to the coach is when we see the most progress.

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## General Guidelines - Sailfish Participation/ Progress Chart for ages 10 and up

The number of practices per week is determined by your goals. For each week taken off from practice expect about 1 month of training to recover.

1X – slows down the loss of conditioning and skill from summer league

2X+ maintains skills and some conditioning

3X+ builds skill, endurance, strength and muscle memory- usually when B qualifying times are made. This is also when we suggest dryland training for 11 and older.

4X + BB qualifying times

5X + A qualifying times

7X – Combined HS and Club + dry land – TAGS, Sectional qualifying times

8-9X – Combined HS and Club + dry land during the school year. During the summer practice continues with summer league and Sailfish practices. This is prep for Region, State high school or high-level club and college swimming.

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## Practice Time After School (645-815pm HS+, 515-645pm, 545-645pm, 5-545pm, 4:30pm SPEED)

General practice groups have been developed to help the coaches organize workouts. Practice groups are assigned by the coaches. However, what days a swimmer shows up is up to the swimmer. For example, they sign up for 2x a week but only make one practice. The following week they may attend a third practice to make it up. The only rule is to match the number of times per week by the end of the month.

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## Check List - Action Items

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\_\_\_ All returning Sailfish complete annual team registration in June or July.

\_\_\_ USA Registration due for all returning and new Sailfish September 1.

\_\_\_ New to USA Swimming folks create an account with USA Swimming after September 1.

\_\_\_ Notify Coach Chris by email in the month prior to a number of times per week (2-6) practice change request.

\_\_\_ Any swimmer achieving a B or better qualifying time may request to purchase swim caps with their last name printed under the team logo. They come in packs of 2 and cost \$30.

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The first step for every swimmer is an evaluation.

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**Ancient History-** In the first 10 years, we passed up 1,609 teams in the nation

## **Virtual Club Championship Short Course**

690 National Ranking Sept. 2018- Aug. 2019  
692 National Ranking Sept. 2017- Aug. 2018  
807 National Ranking Sept. 2016- Aug. 2017  
1051 National Ranking Sept. 2015- Aug. 2016  
1,117 National Ranking Sept. 2014- Aug. 2015  
1,131 National Ranking Sept. 2013- Aug. 2014  
1,241 National Ranking Sept. 2012- Aug. 2013  
1,671 National Ranking Sept. 2011- Aug. 2012  
1,707 National Ranking Sept. 2010- Aug. 2011  
2,302 National Ranking Sept. 2009- Aug. 2010

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Swim Programming History.

1975 Asst coach

1979 Head coach- took team that had not won a meet in two years to an undefeated season and its first Championship win. Starting in Div. 6 moved up a division each year for 5 years. Retired with a dual meet record of 23-2 and 5 consecutive championship wins. Graduated from the University of Houston with a Business degree specializing in Organizational Behavior and Personnel Management.

1985 moved to Austin. While going back to school for a second degree in Communications, was the head swim instructor for Crenshaw's athletic club. Tripled the size of the program teaching 13 classes a day. During this time also coached the UT men's and Women's Water Polo Team taking them to Nationals in 1987.

1990 started Swim Masters S corp. with partner Melody Medley Craig. Rented dead pool space from Health clubs and had day cares bus in students. At its peak we had 7 locations and had created an adult learn-to-swim program for adults for the UT informal classes which had a waiting list for each of the 5 years it was offered.

1992 Swam at Masters Nationals placing 6<sup>th</sup> in the 30-35 yr old 100 meters breast stroke.

1998 retired again, after having taught swimming to over 2,000 people personally and having reached the 20-year mark as an American Red Cross Water Safety Instructor.

2002 My 6-year-old son, who could barely dog paddle, joined the Marlins. I endured watching the morning practices and taught him how to swim the 4 competitive strokes in our backyard pool in the afternoons. He set the 6&u team record for butterfly.

2002-5 was a parent volunteer swim coach, stroke judge and circuit rep. with Brushy Creek. Introduced the red, white and blue time improvement ribbon to the NWSC.

In 2005 several parents wanted their kids to keep swimming past the Marlin season and I created a program for them renting pool space at Creekside.

In 2006, I had a very optimistic and persistent parent ask me to take over as head coach for the Marlins. That same year, I invested time and money and consulted on pool design for what would later become known as Nitro. There is a picture somewhere of me holding a golden shovel and digging the first bit of dirt at the groundbreaking ceremony.

In 2009 I added the Stroke Clinic to meet the needs of parents that wanted a lighter version of the Marlins. In the fall of 2009, I had other parents ask me if I would start a USA swimming team.

20 Summer league championship wins later, well the rest is history.