

Tidalwaves



Swim Team

Parent and Swimmer Handbook
2023-2024

Welcome

Welcome to the Tidalwaves Swim Team and the great sport of competitive swimming. We feel our swim program is focused in the right direction offering both an enjoyable and rewarding challenge for your children. We are glad that you have chosen our team for your swimmer.

Through competitive swimming many qualities are developed such as; physical conditioning, self-confidence, goal setting, responsibility, sportsmanship, character building and self-discipline. Just as important as winning, is the opportunity to help in the building of your swimmer's character. We hope they will learn to accept both winning and losing and to become an individual with a real understanding of their teammates.

Hopefully, this handbook will answer all of your questions concerning the swim team. If not please feel free to contact the Head Coach or the Aquatic Director for further information.

Coaches Philosophy

The coaches of the Summerville Family YMCA swim team will focus on individual improvement. A swimmer's achievement is not necessarily measured by their place at meets. Improvements can be made in a number of areas:

- Times at meets
- Times at practice
- Attitude towards swimming
- Behavior
- Many More!

A swimmer is successful if he/she is improving some aspect of their swimming. In some cases, improvements may temporarily cause a set back in other areas, but eventually swimmers will be able to combine the skills they have learned and improve the whole stroke.

The great thing about swimming is that everyone improves. Most improvements do not usually come overnight. It takes time to develop the skills necessary to be a good swimmer. Be patient and encourage swimmers to do their best, and they will improve.

We hope all swimmers and parents will have a similar philosophy.

*Success is the sum of small efforts –
repeated day in and day out.*

~ Robert Collier



Coaches Duties

The Head Coaches duties are:

- Setting policies and regulations
- Establishing practice and meet schedules
- Running practice and promoting the team
- Writing line-ups for all meets
- Effective communication between each section of the swim team

Help us make a great season for your swimmer. Your support of the program is imperative. We are glad you are here. Have a great season!

Coach Susan

Swimmer of the week

After every YMCA swim meet, the coaches will select one swimmer from each age group as the "Swimmer of the week." This selection will be made by evaluating the swimmer's practice performance, meet results, time improvement, sportsmanship, attitude, and overall ability.

Special recognition will be given to the swimmer for that week. We expect every swimmer to try their best. Trying is the most important step towards improving!!

There is something that can happen to every athlete and every human being; the instinct to slack off, to give in to pain, to give less than your best; the instinct to hope you can win through luck or through your opponent not doing his best, instead of going to the limit and past your limit where victory is always found. Defeating those negative instincts that are out to defeat us is the difference between winning and losing – we ALL face that battle every day.

~ Jessie Owens

Our Mission Statement

Caring ~ Honesty ~ Respect ~ Responsibility

To serve the youth of Summerville, SC and surrounding areas, providing diversity of swimming instruction for children in a positive atmosphere. Our goals are to cultivate confidence and self-motivation, by instilling good sportsmanship, self-discipline, and respect for others. We will accomplish this by providing opportunities for every member to reach her/his potential at each stage of their development; giving youth of all ages the opportunity to improve swimming skills while building friendships and healthy habits that last a lifetime.

Our Vision & Philosophy

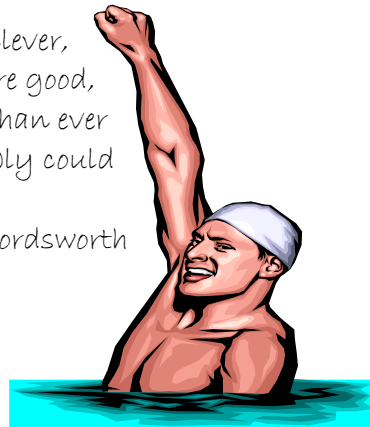
Our vision is to empower young people to become aware of their full potentials in all aspects of life and strive for excellence through the sport of swimming. To cultivate confidence and self-motivation in our youth members.

- To instill key lifelong skills, both in and out of the water.
- To set realistic goals and accomplish them through both teamwork and individual effort.
- To develop relationships that last a lifetime.

We are here to benefit all our swimmers. Therefore, the coaches and parents need to fulfill their responsibilities to ensure the most positive experience for all of our athletes.

*If all the good people were clever,
And all the clever people were good,
The world would be nicer than ever
We thought it possibly could*

~ Elizabeth Wordsworth



Team Goals

Our most important goal is that all swimmers, parents, volunteers, and coaches *should have fun!!* Sometimes, we will all have things that we are not particularly fond of, but in order to achieve our goals, they need to be done. Everyone's hard work will pay off with improvements, and that is fun part of swimming!!

Every swimmer.....

- Will have fun!
- Will learn the correct technique of all four competitive strokes, starts and turns.
- Will improve meet performance.
- Will improve their knowledge of competitive swimming.
- Will learn goal setting.
- Will learn sportsmanship.

Every parent.....

- Will have fun!
- Will support the team through volunteering.
- Will support the team by participating in fund raisers.

It's All In The State Of Mind

If you think you're beaten, you are;
If you think you dare not, you don't
If you'd like to win, but think you can't
It's almost a cinch you won't.
For many a race is lost
Before ever a stroke is swum;
And many a coward fails,
Before his work has begun.
Think big, and your deeds will grow
Think small, you'll fall behind;
Think you can and you will -
It's all in the state of mind.
If you think you're outclassed, you are
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man,
But sooner or later the man who wins,
Is the fellow who thinks he can.



Practice

The main goal of practice is preparing swimmers for competition; teaching age appropriate skills and training the necessary distances and intensities for maximum improvement.

Swimmers will not benefit from practice unless they multiple practices a week. While we will never mandate that a swimmer MUST attend every practice, we do strongly encourage them to attend as many as possible. In order to benefit from instruction and endurance, it is vital that they attend.

Practices shall be held at times designated by the YMCA staff. Swimmers shall attend practices according to their age group.

Practice is cancelled only when the YMCA closes due to the weather. Use your judgment!

What to bring to practice:

1. Practice suit
2. Goggles/Swim Cap
3. Water Bottle!
4. Equipment: Kickboard, Pull Buoy, Fins, Hand Paddles, Snorkels
5. Ankle socks (for use with flippers)
6. Positive attitude

*"there is no glory in practice,
but without practice there is no glory."*



Dryland Practice

Dryland practice is an optional conditioning that we offer for our swimmers that are in the Sharks or Seniors group only. Swim strengthening does not end begin If you look at the top swimmers today, most, if not all, engage in some sort of strength training. We have developed a strength and conditioning program with a certified trainer, that will not only help enhance the swimmer's performance, but that can help prevent injuries as well.

Oakbrook dryland is held every Tuesday & Thursday from 5-6 pm



Weight Lifting

Available for our Senior group ONLY- swimmers must be 15 and older to participate. Low volume, high intensity weight training program will be held beginning **mid-September on Tuesday/Thursday mornings from 6:00-7:00 am.**

Weight lifting is an optional conditioning that will incorporate a lower rep count and progressively increase weight. Weight training, dryland conditioning and in water training have been shown to increase swimming performance, especially for short course swimming.

Swim Meets

In order to qualify for YMCA Small teams championships, **swimmers MUST have swam in 3 YMCA meets. All swimmers are expected to attend our home meets.**

The following items are suggestions of what to take with you to a swim meet:

1. Team suit
2. Several towels, sweatshirt, shoes, warm-up pants (used to keep warm between events)
Write your name on all of your belongings.
3. Do not keep valuables in a locker.
4. An extra suit
5. Swimmers are required to stay on the pool deck at all times unless excused by the coach.
6. No glass on the pool deck
7. Healthy snacks
8. Most meets have a concession stand, a small amount of money to buy food for AFTER THE MEET.
9. Full water bottle
10. Parents shall help to enforce the rules of the team.

"I wouldn't say anything is impossible. I think everything is possible, as long as you put your mind to it and put the work and time into it." ~ Michael Phelps



Meet Entries

The coaches are responsible for each swimmer's individual assignments at all meets.

- Swimmers are expected to swim all events in which they have been entered.
- Swimmers will not be assigned to events which they are not physically ready to do.
- Coaches are also responsible for assigning swimmers to relays.
- The coaches will make the final decisions on all meet entries.
- All dual meet entries will be posted the day of the meet.

*In order to be entered into a meet, make sure and sign your swimmer up in Team Unify, this is very important if you want to swim!

If not attending, make sure and choose decline!

Behavior at Meets

Whenever and wherever a Summerville YMCA athlete competes in an event or wears any item of the team uniform, the individual should remember that his/her actions and words reflect on the team that they represent and should behave accordingly. *Let your actions reflect the pride you have in the Summerville Family County YMCA organization and the swim team.*

Pride, Intense Pride,
That's what it all comes down to.

Philosophy of Competition

Swimmers will attend many different types of competition throughout their swimming career. Like our practice structure, the meets are intended to provide challenging, yet success oriented competitive structure. Swimmers are encouraged to make improvements in meet performance throughout the season, including stroke and technique, meet times, race strategy and achieving goal times. Making steady improvements is critical to long term competitive sports.

- We emphasize competition with oneself. Winning ribbons, medals and trophies is not our main goal. Even if the swimmer finishes first but swam poorly in comparison to his/her past performances, he/she is encouraged to do better. *The individual's improvement is our primary goal.*
- Sportsmanlike behavior is of equal importance to improved behavior. Respect for officials, congratulations to opponents, encouragement to teammates, determined effort, and mature attitudes are examples of behavior that will be praised by the coaches.
- A swimmer will be praised for improving their stroke or time. Swimmers are successful if they improve some part of their stroke. Improvements don't necessarily have to be in their meet performance.
- Swimmers should learn to set challenging, yet realistic goals for meets, and relate those goals to practice directing their habits and efforts at practice.
- Swimmers will be prepared to compete in all swimming events, distances and strokes. This promotes versatility and encourages swimmers to explore their potential in the wide range of events offered in competitive swimming.

Volunteer

We appreciate YOU! Volunteers are the heart of our team. We require a minimum of 25 volunteer positions to run a meet at our pool. We need far less for an away meet but the positions are still critical to give our swimmers a successful experience.

Please take a moment to read the detailed Volunteer Requirements, but in summary, parent requirements for Tidalwaves families are:

- Families are required to work 3 shifts throughout the season in some form or capacity. If these requirements are not met by the final meet, a \$75 charge will be billed to your account.
- Parents of swimmers ages 10 & Under will be required to volunteer as an age group coordinator at least one time during the Fall/Winter season. If parents do not sign up, those jobs will be assigned to parents who have not met the 1 age group coordinator position requirement.
- IF THE \$75 FINE IS NOT PAID BY THE CHAMPIONSHIP MEET, your swimmer will not be permitted to participate in championships up to and including zones and nationals.

ALL FAMILIES are required to during each swim season.

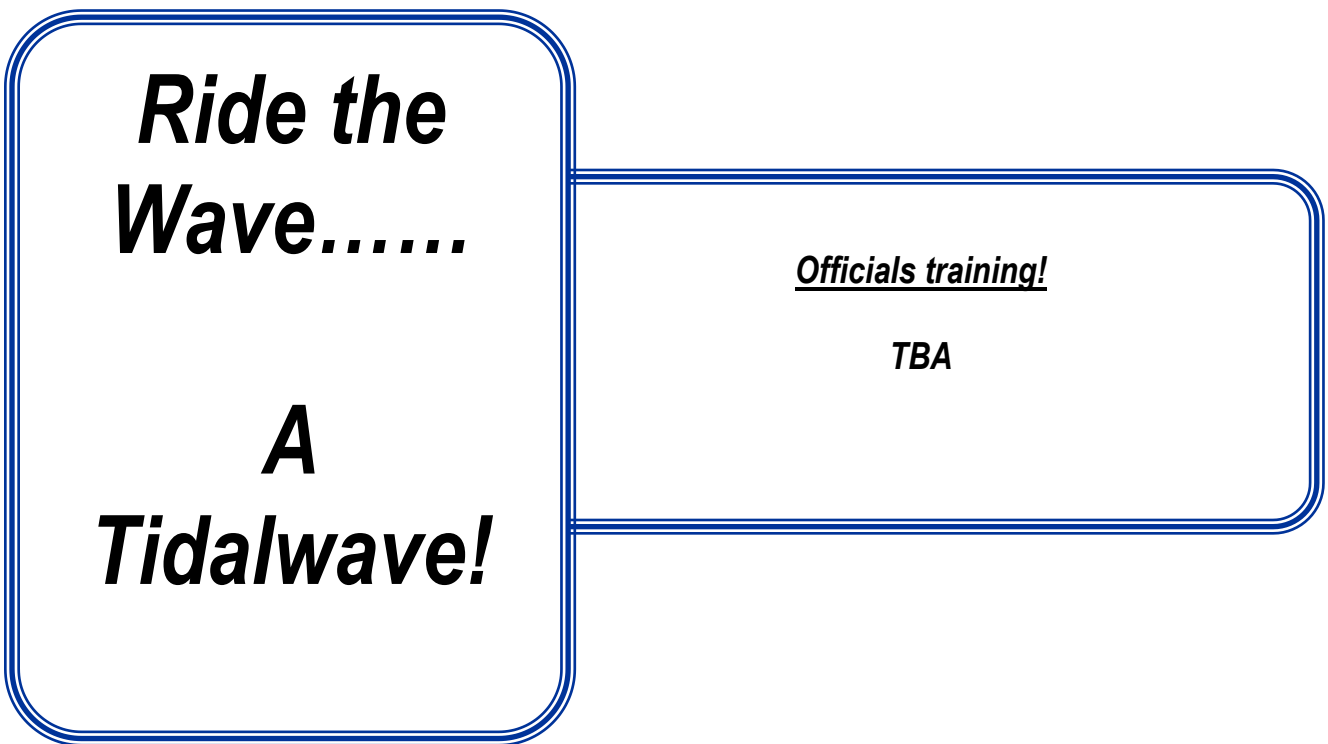
- If you are new and are concerned you won't know what to do, don't worry. We can quickly train you to be a timer, runner, concession worker or whatever you choose to volunteer for. Please contact our Volunteer Coordinator with any questions.
- While we appreciate all food donations to our concession stand, this does not count as a volunteer opportunity. We use our concession stand to raise funds to help keep your booster fees and our overhead low. You will have an opportunity to donate a food item while you are selecting your volunteer position.
- Volunteer spots are filled on a first come, first served basis; so, please sign up early. If you have an 8/under or 9/10 child, you will be required to volunteer as an age group coordinator at least 1 time each season.
- If something comes up and you can't come to a meet you've volunteered for (i.e. sick child the morning of the meet), you should try to find a replacement parent, have another family member come to the meet anyway, or as a last resort, contact the Volunteer Coordinator to assist you. You will still be responsible for the required number of meets and will need to find another spot at a later meet.
- ALL VOLUNTEERS MUST SIGN IN UPON ARRIVAL WITH THE VOLUNTEER COORDINATOR ON THE POOL DECK. This allows the volunteer coordinator to know everyone showed up and that all positions are covered. It also allows us to keep accurate records and credit you for the work you did. If you do not sign in, you may not receive credit for your work.

Home Meets

Parents run the home meets. We need 100% participation from all parents to make everything run smoothly. Please help when you can. For each home meet, we need volunteers to time, score, officiate, run the concession stand, and donations of healthy snacks and drinks.

It is critical that swimmers arrive to all meets on time. If coaches do not find swimmers on time, they will be forced to scratch them from events. Please arrive 15 minutes prior to warm-up time. This time will always be announced before the week of the meet. All swimmers are expected to stay until after the meet is over so that we as a team can clean-up our pool area after the meet is over. We will conclude with a team meeting. Swimmers must be excused by a coach if they are leaving early.

We encourage all swimmers to cheer and support other team members. Lets all try extra hard to raise team spirit.



The only meets that are mandatory, are our home meets & YMCA Small Team Championship.
All swimmers are expected to attend these meets.

Other Meet Information

- Arrive at the meet **15 minutes** prior to the warm-up time, so that proper stretching exercise can be done BEFORE entering the pool.
- Swimmers should check in with their coach when they arrive, write down your event numbers.
- Each swimmer is responsible for knowing which event is “in the water”, what event he/she is swimming and for being present on time behind the block for that event.
- All questions that swimmers or parents have concerning meet results, an officiating call or the conduct of the meet should be referred to a coach. Coaches will then pursue the matter through the proper channels.
- Transportation to and from meets **is the responsibility of the swimmer and his/her family.**
- In between races, swimmers are asked to rest and stay warm. All energy is to be stored up and used in competition.
- It is very important that parents check with the coaching staff prior to leaving the swim meets. Making certain that their child has not been placed in a relay. *All swimmers are expected to stay for the entire meet unless cleared by the Head Coach to leave.*



Eligibility

In order to participate in a YMCA meet, you must be a member of the YMCA that you represent for 30 days prior to swimming these meets and have paid your full registration fee in full. To compete in Nationals, you must be a member of the YMCA that you represent for 90 days and participate in three intra-league meets and, in a league, or zone championship meet.

How does the Coach determine a swimmer's age for competition? For all meets, swimmers are compete in the age group for their current age. If a swimmer ages up during the season, once they turn that age, they will begin competing in that age group.

What age group should I register my swimmer in?

If a swimmer ages ups before March 1, register your swimmer in the next age group.

Example: Your swimmer turns 11 on Feb 27, register for our Dolphin group, not Minnows.

To participate in a sanctioned USA swim meet, swimmers MUST be registered as a USA swimmer. Please see the USA information packet for more information on how to register.

Swimmers Code of Behavior

This Code of Behavior is to be in effect at all practices, meets, and any other organized team function while in the pool, on the pool deck, in the locker rooms or in the vicinity of the swimming facility.

1. All swimmers must take a shower before entering the pool.
2. Be on time for practice. This means be on the pool deck and ready to swim at the beginning of practice.
3. No hanging on the lane markers.
4. No back-flips from the blocks. No diving from the blocks unless instructed to do so by a coach. The only time you are permitted on the block is when you hear the command "step up" from a coach or an official.
5. No jewelry (watches, rings, earrings) during practice or meets. Leave them at home. This is for your safety and the safety of others.
6. No junk food, gum or candy during practice or meets.
7. Good behavior at all times. Always remember – Caring, Honesty, Respect and Responsibility.
8. Follow all YMCA rules, remembering that swimming at our facility or another is a privilege.
9. Alcoholic beverages, tobacco products, illegal drugs and hazardous objects are prohibited.
10. Please let me know 2 weeks in advance if you can not swim in a scheduled meet. All swimmers are required to swim at Divisional Championships if they have qualified.

Violations of this code may jeopardize the swimmers team status and consequent participation in the meet.

Me

Author unknown



*"Me" is a someone
that I can't define;
And yet I can't deny he or she exists.
For I find little evidence...
Some every day...
So that the problem
can't be dismissed.
I continue*

*To try on masks
Many of which do not even fit
To find which personality
Really seems "me"
And what kind of person I want to be.*

Parents Role and Responsibilities

Parent-Swimmer-Coach Relationship

To have a successful program, there must be complete understanding and cooperation among parents, swimmers, and coaches. The progress each swimmer makes depends on this relationship. Consider this and read this section carefully, so that your swimmer can get the most out of their experience with our team.

The following guidelines will help you keep your child's development in the proper perspective.

1. Every individual learns at a different rate and responds differently to various methods of presenting skills.
2. Ten and under swimmers are the most inconsistent swimmers which can be frustrating for swimmers, parents, and coaches. Times at meets will often go up and down as they try to put together all of the elements of each stroke.
3. The coach's job is to offer constructive criticism of a swimmer's performance. It is the parent's job to supply love, recognition, and encouragement necessary to help young athletes to feel good about themselves. Make sure your swimmers know that you will love them just as much if they are disqualified, as you do when they get first place.
4. Criticizing the coach in front of the swimmer undermines the coach's authority and breaks the swimmer-coach relationship that is necessary for maximum success.
5. No parent should behave in such a way as to bring discredit to the child, the team, or competitive swimming. Any disagreement with a meet official should be brought to the attention of a coach and handled by the coach.
6. Be sure that your child is swimming because they want to. People tend to resist anything that "they have to do." Self-motivation is the stimulus of all successful swimmers.
7. Avoid playing your child against their nearest competitors, thereby creating vendettas within the team and the swimming community.
8. The communication between the coach and the swimmer is especially important. A two-way relationship must exist daily at practice and at meets. It is imperative that the coach have the swimmer's full attention at practices. For this reason parents are asked to remain off the pool deck and not interrupt practice.

Remember, especially with young swimmers, that the attitude and behavior of the parents regarding their outlook on the sport has an important effect on the child.

In swimming, as in life, nobody can win or succeed all the time. There will always be some disappointments. Every child can gain something from every experience whether he/she ever wins a single race. The important thing is to keep on striving to do better next time.

Swimming Psychology 101 for Parents

Always be positive with swimmers
use positive language

Allow BIG Dreams
Always support their dreams and goals, even if they seem unrealistic

Speak positively about the team
Swimmers will perform better knowing that they are in a positive environment

High Pressure=Low Performance
Let them have fun!!! Being relaxed will result in the best performance.

Focus on Improvement
A goal for each swimmer should be to get a best time. We can't control what other swimmers do, or who your child swims against.

Be supportive no matter what
Show love and support for your swimmer whether they get first place, best time, last place or disqualification.

Support the coaching staff
Keep your comments about the coaching staff positive. The coach/swimmer relationship is important key to the success of the swimmer. If you have any concerns, please speak to the Head Coach or the Aquatic Director.

YMCA values
The values of Caring, Honesty, Respect and Responsibility are an important part of our team philosophy, which is essential to the performance of the swimmers.

The secret is not only to produce great swimmers, but rather to produce great young people who swim



Faith can move mountains, Doubt can create them.

Parent Responsibilities

Your responsibilities as the parent are as just an essential role in the team as the coaches and the swimmers. Remember, the most important goal is to have fun! Other important key points that we need for you as the parent to do are:

- Support the team through volunteer time.
- Participate in fund-raisers.
- Let the coaches' coach. Your job is demanding enough as a parent without taking on additional responsibilities.
- Encourage swimmers to attend all practices and meets.
- Provide transportation to all team events.
- Be supportive and always loving towards your swimmer. Remembering to always encourage them to do their best and have fun!
- Keep communication with the coaches open and frequent.
- Read all information carefully.

Communication

Communication is the key to a successful relationship between the parents and the coach. Please, do not hesitate to share any concerns with us before or after practice.

We will communicate with you in several different ways:

- Bulletin Board
- Newsletter
- Monthly Calendar
- Email
- Announcements at Practice
- Team Handbook
- Parent Meetings

Expenses

All swim team members are required to pay a program fee to be on the swim team. All swim team program fees must be paid by the 1st of the month or they will not be permitted to participate until the program fees are brought current.

In addition to this fee, if your swimmer chooses to participate in USA Swimming, there is a **USA Registration fee** due by Sept 7th. You may register your swimmer as a full member or choose a flex membership. Full membership is valid for 1 full year. Flex membership allows a swimmer to compete in two sanctioned meets, but they can not qualify to swim in a championship meet.

Meet Entry Fees for USA and YMCA Invitationals

Typically, swimmers can expect to pay between \$40-50 for a YMCA meet fee and \$50-75 for a USA meet fee. Fees will be added into our registration system and must be paid by the meet date for a swimmer to attend. If a swimmer chooses to not attend after signing up, the parents are still responsible for meet fees. **Under NO circumstances is a family allowed to mail Meet Entry Forms or contact by phone the Hosting Club.** The Tidalwaves will write one check to the host club for all the entry fees collected for the swimmers on our team.

Other Expenses

A team suit must be purchased at the beginning of the season. Team Suits are available 3 different ways, order through Augusta Swim, order through our team store on SwimOutlet or you may purchase directly from Speedo.

ALL TEAM SUIT ORDERS ARE DUE BY OCTOBER 1.

Equipment may be purchased through our team store on Swim Outlet.

Tidalwaves will provide a team cap for all swimmers.

Swimmers equipment needs is: kickboard, pull buoy, long fins, equipment bag. 11/12 & up require hand paddles. 13 & older snorkels.

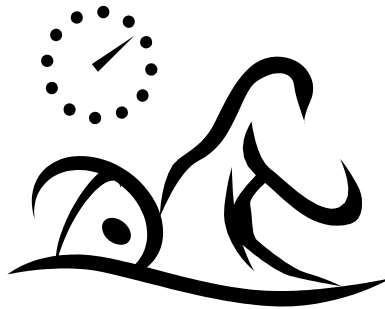
Rest & Nutrition

All swimmers should get at least eight hours of sleep every night. A lack of sleep may cause difficulties at school and in the water. Please help to make sure they get enough sleep.

. Swimmers should be fully hydrated before practice. Hydration before, during and after practice is the key. Swimmers should drink 2 quarts of water per day. Avoid drinks with caffeine, like pop, tea and coffee.

Make sure swimmers replace carbohydrates within 30 minutes of practice. The night before a meet, make sure all swimmers have a meal with protein and carbohydrates. The morning of a meet have a healthy breakfast, like bananas, toast and juice. Avoid high sugar foods! Remember, eat junk, and swim like junk!

All swimmers are required to have water at every practice.



Eat junk, swim like junk!

Swimming Lingo

Anchor – the swimmer who strokes the last leg in a relay

Back – the backstroke

Breast – the breaststroke

Crawl - the freestyle

Drill - broken stroke to work on a specific aspect of the stroke; SWIM SLOWLY

DQ - disqualification

False start- jumping the gun

Flip turn – somersault in the water about a yard from the end of the pool, used to turn around

Fly - the butterfly; a flier is someone who does this stroke

Free or freestyle – the front crawl or crawl

Lap- one length of the pool

Medley- a race in which all four strokes are performed

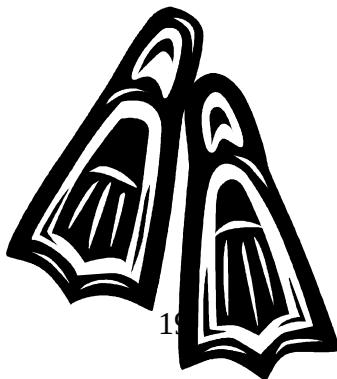
Relay – a race with teams consisting of four swimmers, each of whom swims a different leg

Split- intermediate time in a race

Starting Block- platform 30 inches off the ground where swimmers “take their mark”

Tapered- being prepared to compete

Touchpad – an electronically stimulated pad that hangs on the end of the pool





A Word about Winning

In the world of competitive swimming, what is winning? It is important that all the competitors know the answer, for real winning can happen to everyone.

Is winning a gold medal real winning? Yes, if the medal is won at the Olympic Games that is winning. But, that cannot happen to everyone. Winning any other kind of gold medals means that at that time, and in that place, you were the best there, which is nice, but not necessarily “winning.”

Is beating another swimmer real winning? Maybe, maybe not. Perhaps, he/she is not as well trained as you, or as strong as you, or as good as you....so this cannot be winning.

Well, then what is winning? Real winning is clear to me. Winning is IMPROVING, LEARNING AND TRYING! Winning is the first time you can do a good flip turn in competition. It is finishing the race strong and well. *Performing better than you have ever performed at all before.*

Winning is working hard, listening and paying attention, applying what you hear from your coach. It's doing better every time and striving with all your might.

Winning is never giving in to a feeling of being tired – and winning can happen to everybody!!!

Please make sure to complete and sign the agreement form as soon as possible!
Additionally, please fill out all Emergency information in your Team Unify account.

Swimmingly Yours,

Coaches,
Susan, Tony, Kara, Teresa,
Luke, Tiffany, Izzy, Michael & Wendy



Tidalwaves Agreement

Swimmers Agreement

I, _____ have read the Swimmers Code of Conduct and agree to abide by the code. I understand that violations of this code may jeopardize my team status and/or my participation in the meet. Furthermore, I agree that I have read the entire Parent/Swimmer handbook.

Signed: _____ Date: _____

Parent Agreement

I, _____ have read the Swimmers Code of Conduct and agree to make sure my swimmer abides by the code. I understand that violations of this code may jeopardize their team status and/or their participation in the meet. Furthermore, I agree that I have read the entire Parent/Swimmer handbook and the Parents Code of Conduct and Responsibilities.

Signed: _____ Date: _____