



*Manta Rays*

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**FAIRBRAE SWIM TEAM**



# 2023 Team Handbook

February 2023

## **Welcome to the Fairbrae Manta Rays Swim Team!**

The objective of the swim team is to provide an opportunity for swimmers age 5 through age 18 to develop their swimming skills, sportsmanship and fellowship. This is accomplished by providing a supportive team environment combined with low-key competition and positive attitudes. Team members are expected to abide by the team's Code of Conduct agreements.

We ask for "**six commitments**" from all Manta Rays families.

1. **Join the team!**
2. **Volunteer!** at swim meets and social functions.
3. **Come to practice!** Practices are offered five days a week, Monday through Friday. We ask that swimmers try to attend at least three practices per week.
4. **Wear your colors!** Wearing the team cap and current team suit is strongly encouraged at swim meets.
5. **Show your spirit!** Attend swim meets, do your best for your team, cheer for your teammates, and join us for our many team social events.
6. **Have fun!** You're a Manta Ray and it's summertime!

Have a great season!

*Manta Rays Coaching Staff and Board of Directors*

## **Team Communications and Contact Information**

The primary means of communication for the Manta Rays is our TeamUnify website (<http://www.teamunify.com/Home.jsp?team=vvfmr>). Membership in this group is required. All team communications and event sign-ups are done through the TeamUnify website. Check for emails regularly during the season.

Each swim team member will also have an envelope that is kept at the pool. Ribbons and awards are kept in these envelopes. The coaches can provide access to the envelopes so swimmers can collect their ribbons after each swim meet.

## **Membership Information**

The Fairbrae Swim and Racquet Club sponsor the Manta Rays. The swim team is open to swimmers age 5 through 18 who are interested in participating on a team that stresses personal improvement, low-key competition, sportsmanship and team spirit. Swimmers must be a minimum of five years of age as of January 1<sup>st</sup> of the current year. Registration is done on-line using TeamUnify. The process includes submitting payment, swimmer and family information, a waiver, and code of conduct agreements. Contact the team Registrar ([mantarays.registrar@gmail.com](mailto:mantarays.registrar@gmail.com)) for additional information.

## **New Swimmer Evaluations**

In our continuing effort to ensure the safety of all team members, evaluations will be held by the coaching staff for all new swimmers prior to the beginning of the season. Swimmers must be completely water safe; able to swim one length of the pool (25 yards) independently without stopping; and able to swim freestyle a distance equal to the width of the pool. Team membership is based on a swimmer's evaluation and will be determined at the discretion of the Coaching Staff. You may also consider swim lessons for your younger child. Young swimmers experience greater success and confidence in their abilities on the swim team when lessons are taken concurrently.

## **Code of Conduct Agreements**

It is expected that all swimmers will behave respectfully towards coaches, teammates and bystanders. If problems arise, the coach will advise the parents and child regarding the inappropriate behavior. Repeated incidents may result in suspension from practice, swim meet(s), team social events or expulsion from the team. Each swimmer must sign the Swimmer Code of Conduct Agreement. Each parent must sign the Parent Code of Conduct agreement in order to complete the registration process.

## Swimmer's Code of Conduct Agreement

This code is established to promote a safe, friendly, and supportive team environment.

I, \_\_\_\_\_, Fairbrae Swim Team swimmer, will follow Manta Rays Swimming Code of Conduct policy.

1. I will behave respectfully towards my teammates, coaches, and other bystanders. I will practice good sportsmanship. This includes offering encouragement and support to other swimmers during practice and at swim meets. I understand that name-calling, foul language, and unwanted physical contact will not be tolerated.
2. I will respect my coaches. This includes listening to my coach when he/ she is talking and following the instructions at practice and at swim meets to the best of my ability.
3. I will respect the equipment and facilities. This includes no running or horseplay on the pool deck or in the showers, no hanging or sitting on the lane lines, and no swimming under the pool covers.
4. I understand that if my behavior does not meet my coach's expectations that I will be subjected to disciplinary action that can include verbal warnings, timeouts, removal from practice, competition, and/or social events. Repeated incidents or actions that are deemed as violent or unsafe may result in expulsion from the team.

\_\_\_\_\_  
Swimmer signature

I have reviewed this code of conduct agreement with my swimmer.

\_\_\_\_\_  
Parent/Guardian signature

## Parent/Guardian Code of Conduct Agreement

This code is established to promote a safe, friendly, and supportive team and family environment.

I, \_\_\_\_\_, parent/guardian of a Fairbrae Swim Team swimmer or swimmers, will follow Manta Rays Parent/Guardian Code of Conduct policy.

1. I will model good sportsmanship for my children and the other children on the team. I will encourage and support all swimmers' efforts through my actions and remarks.
2. I will support the coaching staff. This includes supporting the discipline policy with my swimmers(s). I will schedule meetings with the coaches for times when they are not busy running practice. I will be available on the pool deck if my child requires assistance during practice.
3. It is my responsibility to supervise my children at all times unless they are under the direct supervision of the coaching staff during their scheduled practice time. I understand that children under the age of 12 cannot be left unattended at Fairbrae Swim and Racquet Club at any time including during their supervised swim practice time.
4. I will provide transportation for my swimmer(s) to/from practices, swim meets and social events.
5. I will volunteer at swim meets. I am required to work at least one shift for every swimmer competing in a swim meet and I understand that I will be assigned a shift if I have not signed up by the Thursday before the meet.
6. I will volunteer at a minimum of one social event that my family attends.
7. I understand and agree that swimmers are assigned to their practice groups based on their age on May 31st of the year. Swimmers must both practice and compete in their assigned group without exception.

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Parent/Guardian signature

## **Volunteer Commitment**

We believe in fostering leadership from within our team so we actively encourage Manta Rays swimmers to join our Coaching Staff. Coaching is the only paid position on the team.

We rely on **volunteers** to support all other swim team activities including hosting swim meets, hosting social functions and serving on the Board of Directors. If you are interested in serving on the board, contact the team president ([mantarays.president@gmail.com](mailto:mantarays.president@gmail.com)) for information on open positions.

Plan to volunteer for at least one job shift (about half the meet) at every swim meet your swimmer(s) enter. Most meet jobs are straightforward, and we will train you. Depending on the meet, we need 50 to 80 positions filled to effectively run the event. If you have not signed up for a shift by the Thursday before a swim meet and your child(ren) is competing, you will be assigned an open shift.

Plan to volunteer for at least one social function. Volunteer sign-ups are organized by the team's Volunteer Coordinator ([mantarays.volunteers@gmail.com](mailto:mantarays.volunteers@gmail.com)) and are done on-line via the TeamUnify website. **We need and greatly appreciate your support!**

## **Team Equipment and Apparel**

Team swimsuits and goggles are highly recommended for all swimmers, and caps are a must for anyone with long hair. In order to learn and execute proper stroke technique, it is highly recommended that all swimmers wear competition style swimsuits to practice.

Team apparel and team suits can be purchased at the beginning of the season. It's easy just click on the Manta Ray store logo on TeamUnify (<https://stores.inlinepromotions.com/fairbrae/shop/>). Make sure you order early though the team store will only be open at the beginning of the season!

## **Social Events**

Manta Ray's social events are a cornerstone of the team. There are two team dinners: the Welcome Dinner at the beginning of the practice season and the Awards Dinner after the Championship meet. In addition, there are regular Friday evening gatherings called "Fun Friday". The swim team provides hot coals for the BBQs and team members are encouraged to bring their own main dish and share appetizers while socializing around the pool. There is

also a team outing usually to a trampoline park, mini-golf or something similar. Parents are asked to volunteer to help at a minimum of one team social event.

### **Swim Practice**

Swimmers will be divided into practice groups based on their competitive age group (ie age as of May 31<sup>st</sup> of the current season). Groups 2 through 5 begin practice with 15 minutes of dry land exercise. Practice is held Monday through Friday, and the schedule is as follows.

<b>Group</b>	<b>Swimmer Age</b>	<b>Practice Start</b>	<b>Practice End</b>
1	5 - 6	5:15 PM	5:45 PM
2	7 - 8	5:00 PM	6:00 PM
3	9 - 10	5:45 PM	7:00 PM
4	11 - 12	6:45 PM	8:15 PM
5	13 - 18	7:15 PM	8:45 PM

### **Swim Meets**

All Manta Rays swimmers are encouraged to participate in all six of the team's swim meets. Swim meets are fun! They are a great opportunity to show your team spirit, race for your team, cheer for your teammates and enjoy the snack shack.

The Manta Rays compete in three types of meets: the Blue & White (or "practice") meet, dual meets and the championship meet. The Blue & White is an intrasquad meet is held at Fairbrae. At dual meets, the Manta Rays race against one other team. Two dual meets are hosted at Fairbrae, and our opponents host the other dual meets. The championship meet includes all of the teams in our league and is held at Fremont High School. A swimmer must swim in two dual meets to be eligible to swim in the championship meet although exceptions are made in certain circumstances. Check with your coach if you have questions.

Our team belongs to the *Silicon Valley Swim League (SVSL)*. SVSL is made up of local swim teams who compete in a low-key manner. We encourage swimmers of all levels to develop their swimming skills and sportsmanship, and to enjoy a positive team atmosphere. Meet scoring is divided evenly between placement points and improvement points. Placement points are earned by swimmers who place first, second, third etc. in events. Improvement points are earned whenever a swimmer improves their time so every swimmer has an opportunity to contribute to their team's success by

focusing on self-improvement. In addition to Fairbrae, the league includes Forest Park Cabana Club, SUNN-Summer and Rancho Rinconada.

A swimmer's age as of May 31st determines the age group in which they compete during the season. The age groups are: 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18.

Swimmer sign-ups for the swim meets are done on-line using TeamUnify. Each family is responsible for entering their own swimmers. If you are unsure about which events your child should swim, check with your coach.

The sign-up and format of the Blue & White meet is different from the other meets. At the Blue & White meet, each swimmer is encouraged to enter every event offered in their age group. This allows the swimmers to set times for all events. Improvement points are awarded using these times as the baseline. At the conclusion of the individual events, all swimmers are encouraged to participate in the Blue versus White Super Relay with the coaches.

At the dual meets and championship meet, each swimmer can swim up to three individual events and one relay. The coaching staff forms the relay teams. Swimmers should check for their relay assignments as soon as they arrive at each meet.

The Blue & White meet and all dual meets begin at 9:00 am. Swimmers should arrive at 8:00 am for warm-ups. The championship meet begins at 8:30 am with warm-ups starting at 7:30 am. Upon arrival at every meet, swimmers must check in. Information about which events your child is swimming will be posted. Please have your child put initials by his/her name on the check-in sheet. It is also helpful to write your swimmer's event numbers on their hand.

It is VERY IMPORTANT to also check the postings for the relay events. Assume that your child will be part of a relay team and check these lists. Relays are held at both the beginning AND end of the dual meets and championship meet. Please do not leave the meet without checking in with a coach. The kids love swimming on relay teams and are often disappointed to the point of tears if their team is forced to scratch. Please support all of our swimmers by being informed about the relays.

Swim meets typically run for three to four hours. The championship meet may run a bit longer. Please prepare your swimmer to spend several hours at the meet. Swimmers need the following gear: team suit, goggles, cap, towels, sweats, shoes and sunscreen. Umbrellas and canopies are also useful. Keep your swimmer fed and hydrated. Most venues have a



concession stand. Your patronage helps support the host swim team. The Manta Rays have a fantastic snack shack that is open at all of our home meets and at the championship meet.

Swimmers have the opportunity to earn awards for placement, improved times and participation. At dual meets and the Blue & White meet, ribbons are awarded for 1<sup>st</sup> thru 3<sup>rd</sup> place and personally improved times. At the championships meet, medals are awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in individual events and relays.