

Madison Aquatic Club Program Information

1. Swimmer Expectations

a. Practice

- i. Be on time. Try to be at practice 15 minutes ahead of time.
- ii. If your group has dryland offered, participation is expected.
- iii. Swimmers are encouraged to attend every practice.
 1. While it is understood that swimmers have outside activities such as other sports, school and family functions, work, etc., the more consistently a swimmer attends practice, the better the results.
 2. Some groups may have attendance requirements.
- iv. Attendance will be taken.
- v. Late arrival and early dismissal must be noted from a parent.
 1. If someone comes in late or leaves early without prior notice, the parent may be contacted.
 2. A separate email is not needed every day if the parent communicates their child's schedule with the coach.
- vi. Practice Behavior. Swimmers will/are:
 1. Follow the team Code of Conduct.
 2. Expected to come and be ready to train and learn.
 3. Be attentive and not talk when instructions are given.
 4. Should keep hands to themselves.
 5. Should maintain proper locker room behavior being respectful of the facilities we utilize.

b. Meets

- i. Be on time. Be on-deck ready to get in water 15 minutes before warmups.
- ii. Warm-ups
 1. Everyone is expected to warm-up as a team during the general warm-ups.
 2. The only exception is if a swimmer is only competing in a later finals or prelims. An email must be sent to the coach prior to inform of your intention.
- iii. Positive Check-in
 1. Coaches will check everyone in. If you are not able to compete in an event an email must be sent the night before the event or at the latest 30 minutes before warm-ups. There are usually penalties if you check in and do not participate especially if a coach does not catch it and declares a false start.
 2. In most cases, if a swimmer does not participate in a prelim event at a quality or championship meet, you are considered a no show for an event and you are disqualified from your next event including relays. Please do not put your coaches in this position.
- iv. Relays

1. The fastest four swimmers will compete in the A-relay, the next fastest 4 in the B-relay, etc.
 2. Coaches will have the authority to change relays and have the final say.
 - v. Prelim-Final Meets
 1. Everyone is expected to compete in finals if they qualify.
 2. It is your responsibility to check Meet Mobile or the scratch sheets to make sure you qualified. We will try to send an email or text if we are made aware that you were scratched in.
 - vi. If a timer or counter is needed for an event, we expect parents to help out. We will do our best to assist a swimmer find a teammate to help. Coaches will assist if needed.
 - vii. Awards
 1. Swimmer are expected to pick up their own awards at a meet if the host team is distributing them.
 2. If awards are bagged, we will bring them back to practice. We ask for parents to volunteer to help sort and distribute awards to our swimmers.
 3. Awards will not be kept by coaches for more than one season.
2. Parent, Swimmer and Coach Concerns
 - a. Communication
 - i. Practice Coaches are your first line of communication.
 1. Please email them with any questions or concerns. We will follow up within 48 hours.
 2. If we do not, please email us again. We receive many emails and it might have been overlooked.
 - ii. Incidents between swimmers:
 1. Swimmer will be given a maximum of three warnings during a practice for behavior that is unacceptable or disruptive. The first will be a basic warning, second will be pulled out of the water, and third asked to leave. If this happens, it will be discussed with the swimmer after practice. If a swimmer is asked to leave their parents will be called.
 - iii. Incidents between coach and swimmer:
 1. Parents will receive an email for the first time minor concern.
 2. Second incident and the parents will receive a phone call.
 3. Third time and email will be sent requesting a meeting.
 - b. Parents and Coaches. Parents parent, and coaches coach. Support your coaches as authority figures. If you have any questions or concerns, please ask and email your coaches so we can discuss.
 - c. Injuries

- i. If a swimmer has an injury or is ill at practice that does not require emergency medical attention, we will try to assist them. We will alter practiced for them and may send them home early.
- ii. Keep your Team Unify account updated with current contact information if the situation would occur that you would need to be notified about.
- iii. If a swimmer goes to the doctor or has a reoccurring injury, parents need to communicate this to us via email.

3. Code of Conduct

- a. MAC is committed to the philosophy of being able to provide an experience for each athlete, regardless of ability or level of commitment. The program strives to promote:
 - i. Maximum safety for all swimmers at all times.
 - ii. Opportunities for all team members to learn and participate.
 - iii. Opportunities for fair and open competition.
 - iv. An environment in which the swimmer can feel success but also not be afraid to fail.
 - v. Individual responsibility on the part of each team member.
 - vi. Support for all swimmers, including support of the members of the team for one another throughout all activities, age groups and levels of ability.
 - vii. An atmosphere which encourages friendships and social activities among the participants.
 - viii. Enhancements of physical and mental conditioning.
- b. In keeping with the philosophy described above, the conduct expected of each athlete and parent and pertains to practices, meet sessions, meetings and social activities where the athlete/parent represents MAC.
- c. Athlete Code of Conduct
 - i. Athletes should exhibit good sportsmanship in and out of the pool.
 - ii. Athletes shall follow rules and instructions as deemed appropriate by coaches, officials and administrators.
 - iii. Physical and verbal abuse, including the use of profane language, will not be tolerated on the part of an athlete.
 - iv. Athletes shall show respect for all property.
 - v. Athletes shall behave in a responsible manner, and are prohibited from the possession or use of alcohol, tobacco, illegal drugs and banned substances.
 - vi. Athletes shall demonstrate safe behavior at all times.
- d. Parent Code of Conduct
 - i. Parents should display good sportsmanship and respect toward coaches, officials, swimmers, swimmer's family members, and opposing team members at all times.
 - ii. Physical and verbal abuse, including the use of profane language, will not be his
 - iii. Parents should show respect for all property.

1. This includes monitoring siblings in and around the pool deck, locker rooms, parking lots, etc. at all times.
 2. Parking in school handicap, no parking zones, or authorized spaces is strictly prohibited.
 - iv. Parents shall behave in a responsible manner.
 1. Theft, lost items, misconduct, or any problems that occur at a MAC function should not be concerns of the facility administrators.
 2. Please do not call the school or district offices for any of the above situations. Please call the MAC office first and we will assist you.
 - v. Do not leave swimmers unsupervised by dropping off or picking up more than 15 minutes prior to or after practice time.
 - vi. Parents shall demonstrate safe behavior at all times. USA Swimming prohibits anyone on pool decks other than registered swimmers and coaches. All parents, non-coaches, non-registered non-athlete members, and non-athletes need to remain in the bleachers or assigned viewing areas and this pertains to both meets and practices.
 - e. Failure to comply with this code will result in disciplinary actions. MAC management reserves the right to remove a swimmer/member family from the organization upon its discretion, at any time, without refund.
 - f. MAC coaches are responsible for its implementation. Any questions about the policy or actions that result from it should be addressed to the Program Director.
4. Safe Sport Initiative
- a. Concussion forms need to be read, completed, updated if necessary and on file with the MAC office.
 - b. All Safe Sport policies are to be read by each member including the Concussion Policy, Anti Bullying Policy, Electronic Communications Policy and Team Travel Policy.
5. Practice Equipment – Swimmers should have their own practice equipment or “gear bag” and bring it to practice daily. You can purchase all of your equipment at A3 Performance (All American Aquatics). Stop by their store at 300 Chaffee Rd, Oconomowoc, WI 53066, online at www.a3performance.com or call them at 1-888-369-7946. We also have a link to our online team store on our website with equipment specific to each group. If you have any practice gear questions, please contact your coach or Program Director, Shane Ryan at coachshaneryan@gmail.com

Team Training Cycle Information Explained

Every season our team goes through a "training cycle" and our coaches try to balance technique and yardage. The season is divided into thirds, the beginning, middle and end of the season. The coaches wanted to share an explanation of how this training cycle works.

At the beginning of the season we focus on improving technique and developing new habits. As we increase our yardage in the middle of the season we tend to focus less on technique, but do touch base on them while we at our peak training phase. Towards the end of the season we will decrease yardage and again start focusing on more technical details and sharpen our skills. Both yardage and technique are important to our success and we balance them the best we can.

Each team trains and focuses on things differently and focuses on different things at different times during the season. Because of this, it really isn't fair to compare another team's performance at a meet to MAC because we do not know where they are in their season or what their focus is. Some teams swim well during the season and do not drop as much as others in the end and others swim tired during the season and will drop more at the end of the season.

Through your child's swimming career we will progress swimmers from focusing on technique to focusing on training. As an 8&U and 9-10, coaches will focus more on technique and this is for a few reasons; one we want to make sure that swimmers are developing the proper skills necessary to swim strokes legally and because their bodies aren't able to train at an intense level yet. Once your swimmer becomes an 11-12, coaches will begin to focus more on training and developing an endurance base. They will also work on progressing technique and learn more advanced technical skills. Developing an endurance base is a process just like developing technique and it takes many years of practice. Once a swimmer becomes a 13&O or senior level swimmer, the focus is primarily on endurance training and developing strength in addition to trying to perfect their technique. Often times the difference between elite swimmers and their success is their endurance base and level of training.

Our coaches are working hard and care about all of our swimmers success. We also believe that everyone is an important part of the team and that are only as strong as our weakest swimmer. If you have any questions or concerns please talk to your coach directly and they will be happy to explain why we are doing what we are doing. If in doubt, always ask! We are here to not only teach our swimmers, but also our parents. Please understand though, that there is a difference between questioning and asking questions. Please have faith and believe in your coaches like your coaches do in your swimmers. It is best to leave the coaching to the coaches and parenting to the parents. It makes for a much happier swimmer, family and team. We are here to help and care otherwise we wouldn't be doing what we are doing and work so hard at it!