

# S.W.A.T.

## Sweetwater Aquatics Team

### Member Handbook





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## 1. Mission Statement

### *SWAT Mission Statement*

To provide a highly competitive year-round swim program maximizing athletic and personal potential through technical, physical, and mental training and competition.

### *USA Swimming's Vision*

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

## 2. Coaching Staff Philosophy and Goals

The primary goal of the Sweetwater Aquatics Team coaching staff is to develop the maximum potential in each of our swimmers by providing swimmers with the fundamentals of swimming as well as the most current training techniques in a safe environment.

Our program views each season in three phases. In the first phase, we are committed to proper stroke development. At this point in the season, emphasis will be placed on the proper mechanics and stroke refinement. The second phase shifts towards endurance. While proper technique will always be promoted, more challenging training will occur during this phase when compared to the first. The final phase is about preparing each athlete for peak performance. This includes both mental and physical preparation with the goal of personal development and success.

We believe that personal development and success are achievable when swimmers are committed to the Sweetwater Aquatics Team philosophy. Part of this philosophy is that all Sweetwater Aquatics Team members are required to sustain practice attendance as well as competition requirements. The number of practices per week is correlated to the practice group of the swimmer. Finally, we believe a positive environment is a crucial aspect of our program. We highly encourage team spirit, pride, and support to all teammates. We strive to keep our program fun for all swimmers while they strive to achieve their athletic goals.

One thing that we want to focus our team is our **Big 4 to Success**. These are for more than just swimming.

- 1.) *Show Up* – The first thing you need to do come to practice and be ready to go.
- 2.) *Do Things Correctly* – Habits are formed from doing thing over and over
- 3.) *Honor your Teammates and Coaches with your effort*
- 4.) *Compete* – Both in practice and at meets



*SWAT West Board and Staff*

Our board is elected from the members once a year during our annual meeting. Any partner in good standing with the club is eligible to run.

SWAT West (Green River) Current Board of Directors

Board Position	First Name	Last Name	Telephone	Email
President				
Vice President				
Secretary				
Treasurer				
Coach Rep				
SafeSport Coord.				
Fundraiser Chair				
Board Member				
Volunteer Coord.				

SWAT West (Green River) Coaches

Coach Position	First Name	Last Name	Telephone	Email
Head Coach	Casey	Jensen		
Asst. Coach	Allen	Clark		
Asst. Coach	Ryan	Schimdt		

SWAT West (Green River) Staff

Position	First Name	Last Name	Email
Administrator	Allen	Clark	
Lesson Director	Chelsea	Chase	
Meet Director			

SWAT West Swim America Lesson

Position	First Name	Last Name	Email
Site Supervisor	Allen	Clark	
Site Supervisor	Chelsea	Chase	



### 3. Safe Sport

Safe Sport is USA Swimming's program to promote a safe environment for its members. It is a partnership with other national programs to create a sporting culture where all forms of misconduct are intolerable. Our coaches and non-athlete members will go through training, and we encourage all to do the same. Links to helpful practices and how to report a concern are on our website. Any questions regarding Safe Sport program can be directed to the Safe Sport Coordinator on the board.

#### *Minor Athlete Abuse Protection Policy*

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy (MAAPP) must be reviewed and agreed to in writing by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

The Minor Athlete Abuse Protection Policy will be reviewed during the general parent meeting to begin the club's year in September. The full program is on the Safe Sport page on our website.

#### *Code of Conduct*

All members of the club (Board, Coaches, Swimmers, Parents) are required to understand Sweetwater Aquatics Team Code of Conduct. When registering for the year, parents are agreeing that they and their swimmers understand the Code of Conduct, and they will abide by the requirements of the Code of Conduct.

#### Code of Conduct (Sweetwater Aquatics Team West)

- Only coaches, swimmers, and board members are allowed on deck.
- Running, pushing, and horseplay are not allowed on deck or in the pool area.
- Each swimmer should have an up-to-date Medical Release on file.
- We will treat all members of the team (coaches, swimmers, and parents) and our opponents with dignity and respect.
- Physically or verbally abusive behavior is unacceptable and will not be tolerated.
- We will refrain from using drugs, alcohol, and tobacco.
- We will arrive at practice allowing enough time to begin on time.
- We will refrain from judging or criticizing others.
- We will be committed to our best effort every day. An honest effort does not include cutting laps, pulling on lane lines, or missing sets.



### *Vandalism Policy*

Sweetwater Aquatics Team will not tolerate any abuse of the facilities in which we use for practices or meets. It is a privilege to use these facilities and must be treated that way. We will not tolerate swimmers who cause any damage to the facilities, including, but not limited to, leaving any mess, breaking any equipment, or using equipment not for our intended use. Issues with this will be handled quickly and appropriately. Our team is fortunate to have access to a beautiful aquatic center.

If a swimmer is found to be disrespecting/damaging the pool or equipment in any way, the first offense will require the swimmer to perform pool manager duties at the pool in the form of sweeping, mopping or similar tasks determined by the coaches or board and write a letter of apology to the facility. Upon the second offense, the swimmer will be suspended for one week from practice and any meets and will write a letter of apology to the facility. If there is a third offense, the swimmer will no longer be allowed on the team. Any damages caused by the swimmer will be the responsibility of the swimmer.

### *Bullying & Stealing Policy*

Sweetwater Aquatics Team will not tolerate any bullying of other teammates or stealing from other team members or the facility. If a swimmer is found to be bullying or stealing, the first offense will result in the swimmer being suspended for one week from the team, and the swimmer will write a letter of apology. Upon the second offense, the swimmer will be suspended from the team for one month and write a letter of apology. If a swimmer is found to be disrespecting a teammate or stealing for a third time, that swimmer will be off the team permanently.

More of this is outlined in our Bullying Action Plan on our website.

### *Discipline of Athletes*

Discipline is at the discretion of our coaches. It is a four (4) strike policy:

1. Coach/coaches ask swimmers to leave pool deck because of attitude or behavior.
2. Swimmer is asked to leave practice and will miss the next 3 practices. Also, has to have a meeting with coach/coaches before returning to practice.
3. Swimmer is asked to leave practice and will miss one (1) week of practice and must meet with the Board with a parent/guardian.
4. Swimmer is asked to leave practice. They will be dismissed from the USA team for the remainder of the swim year.

Parents will be contacted after each offense by either a coach or board member.



### 3. Communication

You may contact the Sweetwater Aquatics Team West at the following address and phone number:

Physical Address	Mailing Address:
Green River High School Aquatic Center	Green River High School Aquatic Center
1615 Hitching Post Dr.	PO Box 1576
Green River, WY 82935	Green River, WY 82935
Phone: 307-871-2640 (Allen's Phone)	Please leave a message
Email: sweetwateraquaticsteam@gmail.com	greenriverswimteam@gmail.com

#### *Website*

The Sweetwater Aquatics Team utilizes the internet to conduct team communication. The team website, <http://www.swatswimming.com> is the main source of information between the coaching staff, parents and swimmers. Practice schedules, calendars, newsletters, swim meet information and important notices are posted on the website. Make sure you and your swimmer(s) check the website on a "Daily Basis" for new information. ***IT IS THE PARENT'S RESPONSIBILITY TO KNOW ALL CURRENT INFORMATION.***

#### *E-Mail Information / TeamFeed / FaceBook / SMS*

The club has several ways to communicate with its members. Practice cancelations and changed practice times will be announced via the TeamFeed on the website. A notification email and SMS will be sent when the TeamFeed is updated for practices to let you know to check the website. All notifications will be via TeamFeed. Parents are responsible for having a way to view the update when posted.

The main email account for the west club is [sweetwateraquaticsteam@gmail.com](mailto:sweetwateraquaticsteam@gmail.com). Emails will be main form of notice if it requires parents to respond. We may also text via Team Unify. Parents need to be sure that their phone number and email are updated and verified as needed. Failure to provide and verify correct contact information will result in missing important team notifications. Parents may also list contact information for swimmers in their membership so the swimmer will receive messages as well. We would prefer only athletes 16 or older sign up to use this feature.

The club's Facebook page is **SWAT Swimming**. Most of the TeamFeed notices will be post here in addition to the main team website and TeamFeed. Be sure to like and follow to get notices. We recommend checking the website more as not all notices on the TeamFeed will post to Facebook. The site will also share good links and news about swimming in general. There is also a group page for SWAT west which is **SWAT ~ USA Swim team GR/RS/Bridger Valley**.





Parents and swimmer(s) will need to be invited to join the group. It is a great resource to check out news and posts about our swimmers. This is open for all members to post on about what our swimmers are doing. Coaches' and Board Members' e-mail addresses are available on the website.

### *Parents Meetings*

When scheduled, attendance at all parents' meetings is required. These meetings are a vehicle for communicating the plans of the season, the direction and goals of the swimmers, and the constant re- evaluation of the direction and needs of the program. A sign-in sheet will be posted for attendance. Parents will be expected to know what was discussed during the meeting. If not able to attend, please make arrangements with a current board member.

We are required to hold a full member meeting once a year. This meeting will review any changes to policy and votes for board members and any updates to our by-laws. This meeting is held around the end of August before we start our winter season.

### *Swimmers / Coaches Communication*

Swimmers and coaches need to have open communication in order to grow. Outside of practice, parents/guardians need to be a part of that communication. Emails and SMS need to have a parent on the trend. Same with any social media contacts. This is part of the club's MAAPP policy on our site.

### *Other Sources of Information*

USA Swimming, our National Governing Body (NGB), has a website at [www.usaswimming.org](http://www.usaswimming.org) for other information about USA Swimming. Our Local Swim Club (LSC) is Wyoming Swimming at [www.wyomingswimming.org](http://www.wyomingswimming.org). There are links to other resources on our main website. Do not be afraid to ask questions of our board or coaches.

Several apps are recommended for all parents and swimmers. On-Deck is the phone app for Team Unify and is linked with the website's TeamFeed. Other apps include Meet Mobile and USA Swimming. Both are good resources for live meet results and time searches.



## 5. Swim America Lessons

Sweetwater Aquatics Team lessons use the Swim America program to prepare your child for the exciting world of competitive swimming. Swimming Lessons are located in the Aquatic Center at the Green River High School. Our lessons are intended for children who are committed to learn to swim and have an interest in joining the team when they have completed the program. More details on how the lesson program works is available on our website.

### *Sessions*

Each session is three (3) weeks long, Monday, Tuesday, Wednesday (days are subject to shift based on availability of pool). Class times are subject to change between sessions. Each level will cover different stations within the Swim America lessons program. At the end of each session, parents will get a report of where their swim is with his/her level.

### *Level 1*

This is our beginner class, where the focus is for kids to learn to be comfortable in the water.

Skills they will learn:

Moving around in the water and submerging their head

Proper breathing and blowing bubbles

Controlled bobs

Float on back and stomach

Roll from front to back

Streamline (Push off wall in streamline on front and back)

(Stations 1-4)

### *Level 2*

The focus is for kids to apply the skills from level 1 to learn the Freestyle and Backstroke.

Skills they will learn:

Freestyle - Flutter kick Streamline kick front and back Arm strokes Breathing every three (3) strokes Freestyle 25 yards

Backstroke - Flutter kick Streamline Arm strokes Backstroke 25 yards.

(Station 5-6)

### *Level 3*

The focus is for kids to learn the Breaststroke and Butterfly.

Skills they will learn:

Breaststroke Whip kick Arms Breathing Head Position Breaststroke 25 yard

Butterfly Dolphin kick Breathing Arms Butterfly stroke 25 yards.

(Station 7-8)



#### *Level 4*

The focus is to transition swimmers from lessons to the Copper 1, which is the first group on the SWAT competitive team. Class is 45 min in the deep pool only, and will help swimmers to refine their stroke techniques, build endurance, and learn the basics of starts and turns. It is a big jump to one-hour practices in Copper 1, versus the 30 min lessons with shorter distances.

(Station 9)

#### *Copper 1*

To compete the program, a swimmer will need to swim with our copper group on the competitive side of the club. If the swimmer only wishes to finish the program, parents will need to let the program know. Members will be required to get their USA membership will be charged at the time they enter.(Station 10)

This will focus on lifetime swimmer skills and overall swimming endurance.



## 5. Competitive Practice Groups

Sweetwater Aquatics Team operates practice groups based on the different levels of developmental progress, ability, and age. While swimmer placement is always and mainly up to the discretion of our coaching staff, we have developed certain requirements and test sets to determine proper grouping of swimmers. Test sets are a basic fitness component and are a benchmark, which will measure the swimmer's ability to sustain probable success in the next practice group. Testing also provides helpful feedback for evaluating swimmers to coaches, swimmers, and parents.

As previously stated, the coach's discretion will play a major role in deciding which practice group is appropriate for the swimmer. We are committed to providing the right training environment for our swimmers. Therefore, just passing the test set is not the only aspect considered when deciding if the swimmer is ready for the next group. We will also reflect on the athletes' age, social level, technique, and overall ability. Attendance at practice and participation in meets are also considered. Swimmers will continually be assessed throughout the year. If a swimmer is unable to maintain the physical or mental requirements of a particular group, the swimmer may be asked to move to a lower group or may be asked to leave the program.

Swimmers that have not been swimming at their assigned level may also be moved to lower group until they are able to keep up with their assigned group. Swimmers who transfer within the club to a new location will be tested to insure they are in the correct practice group.

Promotion Testing will be conducted at scheduled practice time by the coaches at certain times in the season. The swimmers are required to complete the distance in the set amount of time as well as in the proper stroke and technique needed for the next group. If the requirements are not met, the swimmer will be stopped and will, therefore, not be eligible for the next group at that time. All testing is recorded and saved in the swimmer's profile on Team Unity and in the testing notebook.

**Regardless of group placement, all members of Sweetwater Aquatics Team are asked to participate in the following:**

- **Weekly Practices**
- **All Sweetwater Aquatics Team hosted meets appropriate to the swimmer practice group.**



## *Practice Groups*

All practice groups will focus on technique and endurance. Swimmers may use the same drill from Copper to Gold. Games may also be played in combined groups.

### Copper 1

The swimmer will be oriented in to competitive swimming for our competition team. Swimmers in Copper 1 must have basic knowledge of all four strokes. Swimmers are encouraged to attend practice two (2) times/week. Swimmers are also encouraged to attend all inter-squad meets and our own sponsored home meets. This is also the last level for our lesson program which focus on Lifetime Swimming

Requirements/Testing Criteria: (Swim America Station 9)

Coaches / Lessons Director will decide when swimmer is ready to test.

200 yds. Freestyle – 50 yds bilateral breathing  
25 yds Butterfly  
25 yds Backstroke  
50 yds Elementary Backstroke  
50 yds Sidestroke

### Copper 2

The swimmer will be competing for our competition team. Swimmers in Copper 2 must have all four strokes developed legally within USA Swimming standards. Practice yardage will run between 1,000-1,500 yards a day. Swimmers are encouraged to attend practice three (3) times/week and must swim one meet per month. Swimmers are also encouraged to attend all inter-squad meets and our own sponsored home meets.

Requirements/Testing Criteria: (Swim America Station 10)

Coaches decide when swimmer is ready to Test.

300 yds Freestyle – with flip turns  
100 yds Backstroke – with flip turns  
100 yds Individual Medley  
Starts off the side



## Bronze

The Bronze practice group will have more emphasis upon lap production/conditioning, and stresses individual development and improvement in four competitive strokes, as well as starts and turns. Bronze practices include 1,500 to 2,500 yards per session. Bronze swimmers are encouraged to attend a minimum of three (3) practices per week and must participate inter-squad meets, home meets, and championship meets if qualified.

Testing Criteria: A swimmer must be able to perform the following

4 X 100 Freestyle on 2:05

10 min Break

4 X 100 I.M. on 2:25

## Silver

The Silver group will have as a goal the ability to demonstrate mechanically efficient technique in each of the four competitive strokes. Positive interaction with peers and goal-oriented behavior will be stressed and eventually required before consideration to the silver practice group. Swimmers in this practice group must demonstrate the ability to train at a level averaging 2,000 to 3,500 yards per practice session and maintain an attendance of at least three (3) practices per week and one (1) meet per month, including inter-squad meets, home meets, three away swim meets, including Wyoming State meet, if swimmer has qualified times.

Testing Criteria: A swimmer must be able to perform the following

4 X 50 Kick Set

5 X 100 Freestyle on 1:50

10 min Break

5 X 100 IM on 2:05

## Gold

The Gold practice group will focus on further refinement of the four competitive strokes in an effort to reach a higher order of efficiency and effectiveness. Attendance at practice and commitment to swimming are on a higher plane of expectation (4 -5 practices per week, 1 meet per month, including inter-squad meets, home meets, five (5) away swim meets). Swimmers must also participate in ALL State meets qualified for, and attend all SWAT Club Team Meets. Establishment of time goals for meets and time and interval goals for practice is stressed. Typical workouts could include 2,500 to 4,000 yards per session.



Testing Criteria: Swimmers must be able to perform the following

- 1 X 25 Underwater Dolphin Kick
- 4 X 100 Kick set
- 6 X 100 Free on 1:30
- 6 X 100 IM on 1:40 with crossover turns

## Dryland

Bronze through Gold is highly encouraged to come to dryland practices. Dryland is generally scheduled for before practice. Copper can participate with coaches' discretion. Different team activities may also be a part of our dryland activities.



## 5. Registration / Fees / Status

Registering with Sweetwater Aquatics Team is a simple process and completed at the pool or at home. You will create an account on [swatswimming.com](http://swatswimming.com) and register your athlete. Follow the prompts and pay at the end. First time users will be logged out and an admin will approve your account before you will be able to log back in. You will need to register every year around November. After the first Saturday of December, a \$10.00 late fee will be added if you choose to swim the following year. All swimmers are required to have up-to-date USA cards to compete.

When you are registering your athlete, you will be prompted to check mark a series of boxes to release liability for: Medical Release, Photo Release, Code of Conduct and MAACP.

### *Fees*

There is a one-time USA Swimming registration fee (must be paid for each swimmer) of \$87.00 for the year. The first \$10.00 is a maintenance fee for Team Unity and \$77.00 is for USA Registration.

Practice groups have a monthly dues structure with payment due on the 1<sup>st</sup> of the month (must be paid for each swimmer). Payment is late after the 5<sup>th</sup> of each month. Failure to pay dues by the 5<sup>th</sup> of the month will result in a \$10.00 late fee, and your swimmer will not be allowed in the pool or be entered into meets until the dues and late fee are paid in full. Sweetwater Aquatics Team accepts credit cards. Cards that are expired or failed will be charges as late if not fixed by the next month. **You must pay via your account on [www.swatswimming.com](http://www.swatswimming.com)**

Group rates are as follows:

Group	Cost	Charged
Swim America Lesson 1	\$55.00	Session
Swim America Lesson 2	\$55.00	Session
Swim America Lesson 3	\$55.00	Session
Swim America Lesson 4	\$60.00	Session
Copper 1 / Copper 2	\$65.00	Monthly
Bronze	\$65.00	Monthly
Silver	\$75.00	Monthly
Gold	\$85.00	Monthly

### *Meet Fees*

All meet fees will be listed on the Meet information page. Most meets charge an athlete fee then charge per event. All meet fees will be charged at the time we received confirmation of entry to the meet.





### *Service Hours*

Sweetwater Aquatics Team requires all families to put in 10 hrs of service to help with running the club meets and events. If you do not put in the required time by the end of the club year (August 31<sup>st</sup>), Your account will be charged \$10 per hr.

The best way to get your hours is to time at our meets or help with events on the sign up. Any parent that is on the board, coaching or officiating will have fulfilled their service hours.

### *Account Status*

A swimmer's membership will stay in the same status unless communicated. This communication needs to be to the treasurer or administrator before the monthly fee is charged on the first of the month. If your swimmer(s) come(s) to three (3) practices in the month, you will be charged for that month. This will be issued in the month when attendance and inactive report is checked before months end.

The preferred method of communication with the Treasurer or administrator is email. You may email via the website or the club email. Facebook posts will be forwarded but may not be checked as frequently as the email.

You can check your account status on the on-deck app or via the team unify website. If you have questions as to your account, you can email the club. The Membership status is for USA membership and the sub billing is for monthly charges.

<b>Status</b>	<b>Menu</b>	<b>Description</b>
Monthly	Sub-Billing	Charged for month
Inactive	Sub-Billing	Account is paused
Active	Membership Status	USA Card is in good standing
Suspended	Membership Status	USA Card is not in good standing

### *Refund Policy*

Once registration dues are paid, there are no holds or refunds. **Also, monthly dues will not be prorated. A credit will be issued if your swimmer when attendance and inactive report is checked.** Monthly practice credits will be issued the month charged after the 15<sup>th</sup> of the next month.



## 6. Practice Schedules and Expectations

A practice schedule will be posted on our website. A practice schedule and monthly calendar of events will also be posted at the pool. **Please refer to the calendar** for specific practice times for each group.

**\*\*Note** – *If there is nothing listed on a regular practice day (Monday through Friday), assume it is a “normal” day and will follow the practice times listed. Due to availability of the pool and strict pool hours, the coaches need to have swimmers out of the pool by the designated end time of each session. Therefore, swimmers need to be showered and out the door not more than twenty minutes after the session has ended. Swimmers must be picked up on time. If swimmers are left at the pool with no way to get home twenty minutes after swim session is over, there will be a \$20.00 late pick-up fee that will need to be paid that night or the next day at practice before the swimmer can enter the pool again to swim. This can be charged via member account.*

For many of the groups, we offer more practices each week than the swimmer is required to attend. We allow our swimmers and their families to decide which days they practice. Our coaches know how busy our swimmers are with school and other activities, so we hope this type of flexibility will allow swimmers to still make their required number of practices each week.

### *Cancellation notice*

In case of severe inclement weather, or changes due to pool availability, an update will be made by email, website and Facebook. If you have any concern about whether there will be practice, please check one of these announcements after 3 pm. Practice begins promptly at the appointed time.

### *Practice Expectations*

All swimmers should be ready to go and assembled in the designated meeting place at the pool. Swimmers should have the appropriate swim equipment and be ready to enter the pool. Coaches will inform their swimmers of their warm-up and all swimmers are expected to enter at that time. Arriving late and missing warm-up can be very detrimental to the safety of the swimmer! After warm-up, swimmers will begin the various drills and sets planned by the coaches.



## 7. Meet Schedules and Expectations

Our coaching staff decides on our team meet schedule each fall and spring. Our schedule is designed to benefit the team as a whole by providing good options for the different ages and abilities. We strive to make sure that our membership has the right opportunities to achieve their goals.

As meets approach, information about the meet will be posted on our website. All of the information needed will be available; dates, site, relevant rules, fees, entry deadline and meet event schedule. It is important that you check the Sweetwater Aquatics Team website regularly for additional meets.

Our coaches will assume each swim member will be swimming at our team meets, therefore, you will need to let the club know the meets your swimmer(s) are not going to be able to attend.

### *Meet Registration*

Registration will need to be done via signup on the website before the entry deadline. We collect entries as a team and process them in one file and one payment for the host team. The host team has an entry deadline and we try and get our entries in early so that there is space for us to swim. The Sweetwater Aquatics Team entry deadline may be as much as one month prior to the start of the meet. Once a deadline has passed, there will be no late entries.

You will need to refer to the meet information to decide which events to choose (NOTE: the coaches typically allow the swimmers and their families to choose the events they would like to swim.) Please ask your coach if you are unable to decide on events. Coaches may ask swimmers to try certain events at certain meets. Please keep in mind the swimmer's age the day the meet starts will dictate which age group and events they are able to swim. If there are relays at the meet, DO NOT sign your swimmer up for them. The coaches will handle and pay for all relay swims. Swimmers will be notified if they are on a relay.

Swimmers are required to be in good standing with his/her USA membership. If membership has lapse, then the account status will be changed and members can't sign up till membership is updated and account is put in good standing.

### *Home Meets*

Throughout the year, Sweetwater Aquatics Team has the opportunity to host a few meets. One objective for Sweetwater Aquatics Team in hosting a meet is for the team to meet its financial goals. Another goal is to provide excellent competition for our team in our home pool. We request that Sweetwater Aquatics Team have full participation by its team members.



At meets we host, at least one or more family members must volunteer at each session their swimmer is participating. You may help in the form of timing, hospitality, officiating, awards, setting up, or cleaning up after the meet. (It really isn't that bad—kids love it when their parents or family members participate. It also gives you the best seat in the “house” as well as an opportunity to meet other swim parents. Also, you do not need extensive knowledge of swimming as we will give you all the training you will need.)

We highly encourage Sweetwater Aquatics Team swimmers and parents to wear Sweetwater Aquatics Team gear at meets!

### *General Meet Information*

At most meets, events are timed using electronic systems with one or more backup timers who use stop watches. Should a swimmer miss hitting the timing pad with either their feet or hands having a backup timer will help to ensure an accurate time for that swimmer. Official race results are posted somewhere within the pool area—it varies from pool to pool on location. Just look for a large number of people standing around looking at a wall and chances are you found the race postings. Additionally, the coaches will receive meet results within two weeks following the competition. Meet results are usually posted in our website and at [www.usaswimming.org](http://www.usaswimming.org) within a few days. If awards were earned from swim meets, coaches will typically hand them out at practice in the weeks following the meet.

Our policy is that swimmers *are encouraged to* attend at least one meet per month to maintain membership with the Sweetwater Aquatics Team, which includes inner squad meets. The coaches have come to a decision that we can better serve the needs of our swimmers and team by recommending a meet attendance policy. If you have attended less than one meet per month in the past, let us help make this a priority for you and your swimmers.

Your swimmer is highly encouraged to swim at the two Wyoming state and Western district championships. These events are scored as a team meet, and the more swimmers that go, the better chance we have at scoring points.



## 8. Sweetwater Aquatics Team Suits, Apparel and Swimming Equipment

The type of equipment that your swimmer may need will vary from group to group, so you will need to check with your swimmer's particular coach on the equipment needed.

### *Required Practice Equipment*

**Swimming suit** – Some boys prefer a suit called a jammer (knee length) while others prefer a racer, either is acceptable. For practice, wear an older suit, many swimmers wear two suits if they become too baggy or thin. Many boys will wear a baggy, racer type suit called a drag suit. Recreational, board shorts, or “Bermuda” type swimming trunks are strongly discouraged. Girls are encouraged to wear training or racing suits and are discouraged from wearing more of a recreational or “play” suit.

**Watertight goggles**—you may want to purchase two pairs, as goggles are often lost. Additionally, having an extra pair for swim meets is a good idea in the event they should break or be lost.

**Water Bottle** – A water bottle is required for practice. Swimmers do sweat and need to hydrate throughout practice. This helps prevent cramps.

**Swim Cap**- Either a latex or silicone swim cap for girls. Some boys choose not to wear a cap or may only wear caps at meets.

### *Optional Practice Equipment*

**Training Fins**- Please include a pair of socks in your swimmer's swim bag that can be worn with the fins until they have been broken in.

**Training snorkel**--strongly recommended (the adult version). This is not a side mounted mask & snorkel, but one specifically designed for training. Any swimmer in Silver and Gold should really look into get a snorkel.

**Hand Paddles**- recommended for all level of swimmers.

**Kickboards and pull-buoys**- recommended for all level of swimmers.

Equipment may be purchased through: Poco Loco ([www.swimpocoloco.com](http://www.swimpocoloco.com) or 1-800-279-3233) , Swim Outlet ([www.swimoutlet.com](http://www.swimoutlet.com)) or any other swim vendor. If you not sure of what to get, feel free to ask our coaches.



## *Meet Equipment*

Swim meets require different equipment than practice. This gear should be brought in a bag so it is together and available to the swimmer. It is recommended to pack extra suits, goggles and caps. Things happen, and it helps to be prepared.

**Swim Bag** – This bag will hold everything your swimmer needs on deck. Most of our swimmers use backpacks, but any bag will do.

**Suits** – Team suit is highly encouraged with swimming at meets. These suits are available when team apparel is ordered, and the style will stay the same for a few years to help with cost to parents. If you want a tech suit, be sure to follow the USA swimming guidelines below. Before purchasing, please be sure to talk with the coaches as this is a huge investment.

*The tech suit restrictions, proposed by the Age Group Development Committee, will go into effect for 12-and-under swimmers beginning September 1, 2020. USA swimming website has a link of the restricted and allowed suits. There is also a link to see restricted and approved suits.*

**Caps** – Team cap is preferred, but any practice cap will work. (State and larger championships will get a cap for meet by the team).

**Goggles** – at least two pairs in case one breaks.

**Healthy Snacks** – Swimmers will need to snack throughout the meet as they use up energy though the day. There are several online resources that list great snack ideas.

**Water Bottle / Electrolytes Drinks** – Swimmers need to keep hydrated. Water is preferred, but some electrolytes drinks (Gatorade) are also helpful. Please be sure the swimmer is drinking more water than electrolytes drinks.

**Warm Clothing** – Swimmers will be on deck, sometimes for hours, between their swims. It is important they wear warm clothing to keep from losing heat. Hoodie and sweats, swim parka, or just shorts will work. Also, be sure the swimmer has some foot coverings. We don't always have a place to warmup after the meet starts.

## *Team Appeal*

Apparel will be available at different times of the year. This will be posted / emailed and will be for short time. State team apparel will be ordered based on the sizes in team unify. Parent's shirts will be open to order when state apparel is designed.

**Team suits:** Available to buy when we do the apparel order. Check the style of your current suit as we will try to keep the same style for a few years.

## SWEETWATER AQUATICS TEAM Handbook Receipt

I acknowledge that I have received a copy of the SWEETWATER AQUATICS TEAM 2021-2022 Handbook. I understand that this handbook replaces any and all prior verbal and written communications regarding SWEETWATER AQUATICS TEAM working conditions, policies, procedures, and appeal processes.

I understand that if I have questions or concerns at any time about the handbook or the Standards of Conduct, I will consult the SWAT West Board for clarification.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Swimmer \_\_\_\_\_