

Weaverville Waves

Parent Handbook – 2022 Season

Congratulations and welcome to the Weaverville Waves Swim Team family! We believe that parents play a crucial role to the success of the team. Parents serve as role models and their children emulate their behavior and attitude. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents, and the swimmers. **But above all.....the most important thing you can do as the parent of a swimmer is to love and support your child, both in and out of the pool. This support is a key factor in fostering a love of the sport as well as contributing to the child's individual success in the pool.**

Team Structure & Groups

Weaverville Swim Team (WST) is a competitive / recreational club. We recognize that swimming is an individual sport, but we choose to compete as a team. Our goal is to promote swimming as a lifelong sport for our children. We acknowledge that some children may only swim for recreation or fitness. Swimmers who choose to compete will be encouraged to compete in meets and events when they are ready. We will encourage swimmers to set goals and for the parents and coaches to work with our children to achieve these goals. WST should provide an environment to develop our children's body, mind, and spirit and to enjoy swimming as a sport.

Swimmers on the Weaverville Waves Swim Team will learn the four strokes (breast, back, butterfly, and free style) and use these strokes to swim in competitions with other swimmers. We offer swimmers of all levels and abilities the opportunity to train under highly qualified and experienced coaching staff.

The swimmers are placed into groups that best suit their training needs and are appropriate for their age and ability.

RIP TIDE (Novice Swimmer):

Many Breaks
Learning Strokes

TIDAL WAVE (Intermediate Swimmer): Regular Breaks
Knows most strokes (but often disqualified)

TSUNAMI (Advanced Swimmer):

Few Breaks, Consistent, Attends Most Meets.
Knows all strokes, rarely disqualified
Head Coach makes final decisions in team placement

PLEASE NOTE THAT LOWDEN PARK POOL FACILITY GOVERNS ACTIVITIES WITHIN THE FACILITY. THEY HAVE BEEN DEEMED COMPLIANT WITH LOCAL AND STATE HEALTH AUTHORITIES TO RUN THE FACILITY. ALL DECISIONS AND CHANGES NECESSARY MADE BY LOWDEN PARK POOL FACILITY STAFF ARE FINAL. THEY ARE GOVERNED BY THE CURRENT HEALTH REQUIREMENTS IN PLACE DUE TO COVID-19 PANDEMIC. THEY MAINTAIN THE HIGHEST SAFETY PROTOCOLS PRESCRIBED BY CDC, FEDERAL, STATE AND LOCAL AUTHORITIES.

Fundraising

As with any quality sports program, fundraising is a necessity. Your registration fees only cover a portion of the amount of the actual cost it takes to run the summer program. Therefore parents and swimmers are required to assist with fundraising efforts. We know our community supports the swim team. We want to support them back with limited requests for fundraising. Any fundraising or sponsorship opportunities will be shared during the season. **See Team Guide for fundraising requirements.** All swimmers are subject to fundraising requirement. Our Lap-a-Thon is currently the only fundraiser scheduled for the season. Swimmers are subject to fundraising requirements even if unable to swim in Lap-a-Thon regular schedule or make-up dates.

Team Practice

Team practice sessions are the most important aspect of competitive swimming. Consistent training and practice is a crucial in order to make progress and improvement. Practice is offered 5 days a week. We encourage our swimmers to attend as many practice sessions as possible in order to derive the full benefits of the program. If your swimmer will be missing practice, please let coaching staff know dates. This way we won't worry!

Practice and Attendance Polices:

- Swimmers should arrive at least 15 minutes early so that they have enough time to get themselves ready for the start of practice. Coach(es) will lead stretching and squad meetings during this time. By doing so you accomplish three important tasks:
 1. *1. Reduce stress level by allowing time to change clothing, gather necessary gear, adjust goggles, etc...*
 2. *2. Enable your child to have the best opportunity for a quality workout by being prepared.*
 3. *3. Allows for brief social contact with other swimmers for team bonding.*
- Swimmers must be **picked up within 15 minutes** of the conclusion of their practice time.
- Please don't stand on deck (the concrete area surrounding the swimming pool) during practice. It is distracting to both the coaches and the swimmers. Parents are welcome to watch the practice from the picnic tables or chairs on "grassy" areas.
- Please check the white board posted on deck for notices that affect your swimmer. Not all information is sent home via flyer/note.
- Please check with your swimmer each day for any notices or information sent home.
- Parents should be courteous to the coaching staff and to all of the swimmers and refrain from communicating with the swimmers or coaches during practice. However, if there is an emergency please let a member of the coaching staff know right away.
- Swimmers may bring goggles, towel, and sunscreen to practice. No glass may be brought into the pool area.

Suggested Equipment and General Care

2 Practice Suits - Polyester suits generally last longer but other suits work as well. Rinse suits with cold water and let drip dry. Do not put suits in washer or dryer as this will shorten the lifespan of your suits.

1 Competition Suit - This may or may not be a team suit but should only be worn at competitions. This will keep it from wearing out. It should fit a little more snug than regular practice suits. You can order your team suit from link on our website. You may also choose to compete in your own suit, we ask that the color be Royal Blue, Black or a combination of these team colors. USA Swimming regulations will apply to all suits.

2 Pairs of Goggles - Always have two pairs of goggles ready! Broken straps can be replaced with "bungee" straps that can be purchased at any swim store or from a vendor at the meets. During summer swimming, you may want to purchase a reflective pair to reduce glare from the sun.

2 Caps - You should have 2 caps available as one usually rips at the most inconvenient time! General care for caps is to rinse, dry and lightly powder the inside. Swimmers should wet hair before putting caps on.

You can find any of the items above at most sanctioned swim meets, local retailers (Big 5 and Sports Ltd. in Chico), and on-line stores (Swim Outlet is a good one). Check with other parents to see what works for them and then decide what will work best for you and your family.

Swimming 101- THE FOUR STROKES

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

In **freestyle** events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The **breaststroke** requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the **butterfly** to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

The **individual medley**, commonly referred to as the I.M., features all four strokes. In the I.M. the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Swimming 101- COMPETITIONS

Weekend Invitational Swim Meets- See Team Guide for a list of scheduled team competition meets. The Weaverville Waves are working on planning a three day meet. Medal and ribbons are awarded at these meets and swimmers receive official times for their events. Swimmers are not required to participate in every day of a meet. They may choose a day, several days or all meet days. Remember, that individual swims help add to team points! The more events your swimmer competes in will give them individual award opportunities AND help the team as a whole towards Team Awards.

North Valley Aquatic League Championships (NVALs) – The culmination of our swimming season happens at NVAL Championships which is typically scheduled at the last weekend of July/first weekend of August. Teams throughout the North Valley meet for this championship

Meets and sign up for meets can be found at www.swimconnection.com We will send out the link via email for each specific meet we will be attending. We will also be sending out a link to register for timing. Each team is required to provide timers for meets. It is a great way to watch the meet and get free snacks/beverages!

RULES: The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules that is observed by an official, a disqualification (DQ) will result. This means that the swimmer will not receive an official time and will not be eligible for an award in that event. A disqualification may result from actions such as not getting to the starting blocks on time, false starting, performing strokes in an illegal manner, or unsportsmanlike conduct.

DQs are also a result of technical rules violations. They include but are not limited to:

- **Freestyle:** Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.
- **Backstroke:** Pulling or kicking into the wall once a swimmer has turned passed the vertical onto the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.
- **Breaststroke:** An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.
- **Butterfly:** Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

For specific language on any technical rules consult the USA Swimming Rules and Regulations book. Violations of the rules are reported to the Referee. The rules require that every reasonable effort be made to notify the swimmer or his coach of the reason for the disqualification. If your child is disqualified in an event, be supportive rather than critical. For beginning swimmers, a disqualification should be treated as a learning experience, not as a punishment. A disqualification alerts the swimmer and coach to what portions of the swimmer's stroke need to be corrected. They should be considered in the same light as an incorrect answer in schoolwork-they point out areas that need further practice. Disqualifications are necessary to keep the competition fair and equitable for all competitors. A supportive attitude on the part of the official, coach, and parent can make a positive situation out of the disqualification.

COURSE: Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools. USA Swimming maintains records for 25 yard, 25 meter and 50 meter pools.

COMPETITION: Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, 15-16, 17-18. Many local meets feature 8 and under, single age groups, or senior events. Team practice groups are usually determined by age and/or ability.

OFFICIALS: Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encouraged to get involved with some form of officiating.

What do I need to bring to a swim meet for me and my swimmer?

Suit - team or other as approved by coach

Extra goggles and an extra cap

2 towels per day

Clothing for between swims

Blanket or a large towel to sit on - Parents may want to bring a chair. Check in advance to see what spectator seating is available.

Extra fluids & snacks - Check with Coach to see what they suggest.

Fun things to do in between swims - Books, cards, and games help to keep kids occupied while they are waiting to swim. Keep in mind that this is a moist humid area.

Highlighter/Sharpie/ Pens

Small amount of cash for heat sheets, snacks, or other items.

For weekend meets, you may want to include the following:

Chairs

Shade or shelter

Cooler

Sunscreen

Blankets - Again, it is cold in the mornings and in the early evenings, even in the summer.

My signature acknowledges receipt and acceptance of Parent Handbook:
