



## Sailfish USA General Information

### 1. Welcome to Sailfish USA Swimming

- a. The USA offering for Sailfish allows our swimmers to compete in more meets and with different groups of swimmers\*\* (although we have no control whether the same teams pick the same meets as we do.)
- b. USA meets must be entered into 6-8 weeks before the meet and entry fees are paid at the time of acceptance into the meet regardless of actual participation. Swimmers will not be added to meets after the initial entry has been sent in unless a meet director advertises that they still have room. Please do not wait until the last hour to enter your swimmer into a meet or expect to get in after the deadline.
- c. Swimmers that qualify for championship meets- regionals, age groups, silvers are expected to compete at the meets and will be entered automatically. If you cannot compete at the championship meets entered, then please change commitment to no and write the reason why in the comment section. Please check meet dates when making vacation and travel plans so that there aren't conflicts.
- d. As a part of USA 2 and USA Sr there is a dryland program either before or after swim practice that is optional but is a part of the program that you pay for. Dryland work is designed to help the swimmers stretch and strengthen for swimming.

### 2. Coaches' philosophy mission statement and goals

- a. Although we like to win it is more important to help our swimmer learn 'life lessons' and develop positive character traits while they are learning to compete to their fullest potential both in and out of the pool.
- b. Our goal is to help each swimmer achieve their greatest potential – a best time, qualifying for a certain meet, perfecting a stroke or turn, improving on something they have struggled with, etc.

### 3. Practice Expectations

- a. Every swimmer should come to practice prepared for swimming/drylands. If drylands are scheduled for before pool time, swimmers should wear their bathing suit under their shorts/t-shirt and have on **clean non-marking sneakers and socks**.
- b. If pool time is scheduled first, swimmers should arrive on deck 5-10 minutes before practice start to get on swim cap and to take a shower before practice begins, and should have a dry, clean outfit to change into after swimming with **clean non-marking sneakers and socks**. They CANNOT wear a wet suit to dryland!
- c. **Swim suits with tied backs can only be worn during practices and accompanied by or as a drag suit. All swimmers that have entered puberty are encouraged to wear a drag suit at all practices and for warm-ups at meets.**
- d. Every swimmer should come to every practice with a filled water-bottle (preferably with name written on it), 2 pairs of goggles, swim cap, and an equipment bag with short fins with their name on them, a pull buoy and a kick board. Senior USA should also have Finis Agility hand paddles (yellow paddles without adjustable straps). (Click on the Gear button on the website to get to our Swimoutlet store.)
- e. After school, swimmers should hydrate and have a good snack or early dinner to hold you through practice. Eat a minimum of 1 hour before practice whenever possible. Good choices include a healthy prepared lean protein, whole grains and vegetables and low-fat chocolate milk. McDs burgers and fries are not good choices before practice.

### 4. Safe Sport through USA swimming

- a. The safe sport program focuses on how to keep our swimmers safe in and out of the pool. Every month or so, we get scenarios from USA Swimming that we will share with the kids during drylands. Please talk to your kids about what they are learning.

### 5. Team Suit/Tech suits

- a. The team suit can be purchased through Good Sport on 3A in Cohasset or through Swimoutlet.com. USA swimmers do not need to have a tech suit. If they qualify for age groups or junior Olympics and you would like to purchase one you may but they are not required and never should be worn to practices. 10 & Under swimmers are not allowed to wear bonded tech suits at USA meets. There are a couple suits that they are allowed to wear but we feel that they are not necessary for 10 & Unders.



## 6. Website – what you can do with it (you must login to have access to these)

- Check meets we are going to and sign up for them (please declare for all meets especially if you are not going so we will take you off that meet)
- Check your events for that meet under EDIT COMMITMENT
- Review the meet info – times, dates, sessions, etc.
- Check your swimmer's times: Click on MY ACCOUNT on the left then click on MY MEET RESULTS
- Check your billing: Also under MY ACCOUNT click on \$ My Invoice/Payments

## 7. Review Sign-ups and how they work for USA meets (Julie)

All USA meets are listed on the home page.

Sign up (6-8wks in advance) through the website – YES or NO let us know either way!!

You can change your commitment until the deadline (even after you signed up)- just please write a note that you are changing the commitment.

If you commit to a meet you are responsible for the fees as we pay for whoever signed up by entry not participation.

## 8. Parent Role-

- **Be Enthusiastic and Supportive:**

Remember that your child is the swimmer. Children need to establish their own goals and make their own progress towards them. Be careful not to impose your own standards and goals. Do not over burden your child with winning or achieving best times. Learning about one-self while enjoying the sport is the most important part of the swimming experience. The swimming environment encourages learning and fun. It will help your child develop a positive self-image.

- **Let The Coach, Coach:**

The best way to help your child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes a mistake. If your child does make one, remember that this is a learning experience. Encourage your child's efforts and point out the positives. The coach is the one you have assigned to evaluate your child's performance and technique. Provide love and support regardless of the outcome. For your child's best interest, should he/she have any disabilities or challenges, you as a parent should speak to the coach or explain in writing on the Swimmers Registration Application form. This information is extremely important to the coach so that proper training can be taught.

- **Resist Parent Coaching:**

Please refrain from teaching your child stroke technique when swimming outside of practice time. Although you may know the individual strokes you may not understand specific technicalities of competitive swimming. Changing a stroke, even in the slightest infraction, may cause your child to take a step backward in their training. When parents take on the role and responsibility of the coach it takes away from the fun in swimming. Critiquing races, offering suggestions on what went wrong or how to improve, and placing expectation on performances are examples of things parents do that tend to decrease their child's enjoyment.

- **Provide Stable Loving and Supportive Environment:**

The Sailfish Swimming competitive swimming program provides many benefits to young athletes including self-discipline, good sportsmanship and time management skills. Competition allows the swimmer to experience success and to learn how to treat success and failure as two sides of the same coin, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable loving and supportive environment. Being positive will



encourage your child to want to continue, help with the growth of the team, as well as put a smile on your coach.

- **Thou shall only have positive things to say at swimming competitions:**

If you are attending a swimming meet, you should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Please remember that “yelling at” is not the same as “cheering for.” The bond between coach and swimmer is a special one, and one that contributes to your child’s success, as well as fun. Note: The seed time printed in the Psyche Sheet or Meet Program is not always the swimmer’s best time. The coach may enter a motivational time which could be faster or slower than his/her personal best.

- **Provide Support:**

Parent support regardless of their child’s performance will increase their fun in swimming. For the most part, it seems that a physical presence at meets and an interest in what your child is doing goes a long way towards enhancing swimming enjoyment. Remember not every swimmer becomes a record holder, but everyone gains from his or her swimming experience. Supporting your child in any of their activities can be one of the most rewarding experiences of your life.

- **Parent Code of Conduct:**

*As a Parent of the Sailfish Swim Team, I will abide by the following code of conduct:*

- a. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
- b. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff will occur either prior to the start of a coach’s shift or after the conclusion of his/her coaching day.
- c. Maintain self-control at all times and know my role. Swimmers – Swim; Coaches – Coach; Officials – Officiate; Parents –Parent
- d. Enjoy involvement with the Sailfish Swim Team by supporting the swimmers, coaches and other parents with positive communications & actions.
- e. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
- f. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.

9. **Meet Volunteering-** *The best view of a meet is from the deck, get involved.* All families are required to volunteer a minimum of one USA session and one EMCSL meet session during the season. Volunteer hours will be logged on the website. Please sign up for jobs. **This year we will be tracking who works meets and if you do not cover a volunteer session during the season you will be charged \$100 for the season.**

10. **USA basic meet rules-**

- No parents are allowed on deck at anytime during USA meets unless tapped to officiate or time. Please do not try to accompany your swimmer into locker rooms or on to the deck at any USA meet.
- Photography during meets- please do not stand in no camera zones at meets and take pictures or videos. Look for the posted signs which are there for the safety of all the swimmers. It is a no camera zone behind or next to the blocks. When taking photos, please turn off the automatic flash especially on starts.



- No phones are ever allowed in locker rooms. Athletes will be asked to put phones away (or even better to be given to parents) during USA competitions unless being used to listen to music before a race but must always only have one headphone in so that they can hear a coach calling if need be. Athletes are not to be playing games on phones. We want them to engage with each other and cheer for each other at meets.
- 10& Unders are not allowed to wear sealed sealed technical suits. Please check the allowed list posted on our website or see Coach Julie or Coach Barb if buying a new suit for your swimmers.
- Glass containers are never allowed on pool decks and as we have many swimmers with allergies that peanuts and nuts are not to be brought into or consumed near our team at meets and at practices. SRF has policy of no food on deck.

## 11. Review Officials for USA Swimming and timers/volunteers for all meets

We thank our parents who are officials certified through USA swimming! Having USA officials certified and able to work USA meets will help us get into more meets (host teams are more likely to include teams with officials who will officiate their meet) and they know which teams typically provide officials! Scott Margolis can help anyone with getting certified. He is a USA official as well as a referee. We need all parents to help with timing especially at USA meets! **If officials email that they are available in advance it potentially could help us get into the meet. Be sure to say you are available IF our team gets accepted (you don't want to go to one meet and have your swimmer at a different meet!)**

## 12. SWIMMER CODE OF CONDUCT

Sailfish Swim Team supports a swimmer code of conduct that expects swimmers to conduct themselves with dignity and respect for others and for the property of others.

Prohibited Behavior includes the following:

- a. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
- b. Destructive behavior.
- c. Inappropriate or unruly behavior, including fighting or striking another athlete.
- d. Inappropriate language (swearing or derogatory comments) or lying.
- e. **No use of phones in locker rooms. Going on social media and camera functions in locker rooms is prohibited at all times even if the locker room is empty.**
- f. Stealing and vandalism.
- g. Bullying or isolating another swimmer.
- h. Interference with the progress of another swimmer during practice or at any other time.
- i. **Safety and Behavior** Sailfish Swim Team reserves the right to terminate the membership of any individual whose behavior places the team in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All swimmers are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the team. Every swimmer should always act as a role model for other swimmers at all times!

## 13. Fundraising- Ideas are welcome and encouraged—we need to step up fundraising to help out with new flippers, more mirrors and other equipment desired as well as a starting a travel bank to help offset travel costs for coaches.