



E A G L E
aquatics

TEAM HANDBOOK

www.eagleaquaticsfl.com

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OUR MISSION

Our goal at **Eagle Aquatics** is to create a safe, friendly and fun environment that nurtures the competitive spirit of club/team swimming, such that all swimmers can achieve their highest personal and athletic potentials.

In addition to great physical benefits of swimming we teach proper technique, racing strategy, personal discipline, mental toughness and team spirit. We provide a positive environment that encourages positive role modeling, self-motivation, personal accountability and pride in winning and losing.

OUR VISION

We strive to create an unrivaled culture centered on coaching athletes to reach their highest personal and athletic potential. We want to provide them with skills they can successfully utilize for the rest of their lives.

FINANCIAL OBLIGATIONS

Every member of Eagle Aquatics is required to pay an annual registration fee and the monthly fee on our team website at www.eagleaquaticsfl.com.

1. ANNUAL TEAM REGISTRATION FEE:

- It is \$200* and it is due at the time of registration or for existing members 1 year from the time of registration.

* Up to \$50 can be earned back through volunteering.

2. MONTHLY FEES:

- For the monthly fees auto payment is required.
- Payments go through on the 1st of each month.
- All payments are due by the 5th; after that a \$20 late fee will be added to the account.
- If you wish to cancel or suspend your account you HAVE TO EMAIL Coach Adam at adammarassy@yahoo.com BEFORE the 1st of the month. Please allow 24 hours for confirmation. If you do not receive a confirmation email within 24 hours we did not receive your email.
- No refunds but team credit is available if we get notified before the 6th.

* Family discount is available! 2nd child \$20, 3rd \$40, 4th \$60 off.

3. OTHER FEES & CHARGES

A. **Swim Meet Fees** - Every swim meet we attend has its financial obligations. The prices are set by the host teams so it varies.

- Entry Fee: Individual \$5-\$12/event, Relay \$10-\$20 divided by 4 (Championship meets are often double)
- Facility Surcharge: \$10-\$20
- Team Surcharge: \$25/swimmer if it is a local Timed Final meet, \$40/swimmer if it is a local Prelim/Final meet. If it is a travel meet the coaches' expenses will be divided between the participating families.

- Late Entry Fee: If you are able to sign up for a swim meet after the registration deadline a \$20 late fee will be charged to your account.

B. Equipment Charges

- Practice equipment can be purchased at the pool. The charges will be billed to your account and charged with the monthly fees.
- Team equipment can be purchased through our online team store at SwimOutlet.com. Click the "Team Store" link on our website's Home Page.

VOLUNTEERING

Parent volunteers are an important part of Eagle Aquatics and help support our swimmers, swim meets, and team events. We encourage every family to get involved when volunteer opportunities are available.

VOLUNTEER CREDIT

- Families can earn back up to \$50 of the \$200 Annual Team Registration Fee through volunteering.
- Two \$25 volunteer credits are available each registration year.
- Credits are earned by completing qualifying volunteer hours or opportunities announced by Eagle Aquatics.

TRAINING GROUPS

Eagle Aquatics offers training and practice groups for swimmers of all ages and ability levels. It is our goal to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities.

- **Eaglets** (Age 5-8)

This group is for swimmers who do not know all four competitive strokes yet. The main goal of this group is to make swimming fun and learn the fundamentals of all four competitive strokes focusing on correct body position, kicking, breathing, streamlining and basic drills. We also work on proper starts and turns. Minimum requirement to join this group is freestyle with rotational breathing. Swim meets are encouraged but not required.

Recommended 2-3 practices a week.

- **Eagles** (Age 9-12)

This group is for swimmers who do not know all four competitive strokes yet. The main goal of this group is to make swimming fun and learn the fundamentals of all four competitive strokes focusing on correct body position, kicking, breathing, streamlining and basic drills. We also work on proper starts and turns. Minimum requirement to join this group is freestyle with rotational breathing and backstroke. Swim meets are encouraged but not required.

Recommended 2-3 practices a week.

- **Age Group Development** (Age 9-13)

All swimmers must be able to swim all four competitive strokes legally to move into this group. The main focus is still on proper stroke mechanics, body position and technique with more advanced drills. Swimmers begin doing more yardage and we introduce interval training. Swim meets are required to move up into this group at least 3 times a year.

Recommended 3-4 practices a week.

- **Eagle Development** (Age 12-15)

This group is for swimmers who know all four competitive strokes and have been doing year round swimming. The main focus is still on proper stroke mechanics, body position and technique with more advanced drills while self-motivation and goal setting is introduced. Swimmers begin doing more yardage with increased interval training. Swim meets are required at least 4 times a year. 80% attendance is expected.

- **Pre Senior** (Age 12-16)

This group is for swimmers who are committed to year-round swimming and have at least a BB Championships qualifying time. While still improving on technique refinement and increasing yardage, self-motivation and goal setting the athletes start taking on more responsibilities for their own swimming. Swim meets are required. 90% attendance is expected.

- **Senior** (Age 15-18)

Swimmers entering this group must display a strong desire to perform at a high level. Senior Champs qualifying times are required for this group. The main focus is interval training and working on trying to reach everyone's potential. Swimmers take on more responsibilities for their own swimming and leadership roles are introduced. Swim meets are required. 100% attendance is expected.

COMMUNICATION

Our team website www.eagleaquaticsfl.com contains all the information about the team including practice schedule, team fees, swim meet info, top times, team events, billing, etc. Our main communication line is email so please check that periodically for team information.

ATHLETE CODE OF CONDUCT

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my teammates.
- I will be respectful of my teammates' feelings and personal space.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, inappropriate or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.
- I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches (verbal warning, written warning, suspension).

TEAM DISCIPLINE POLICY

Coaches will not allow any disruptive behavior that keeps the program from running smoothly and efficiently or keeps the swimmers and coaches attention away from our mission which is teaching and learning. Such behavior will result in the following process:

1. A verbal correction to the swimmer concerning his/her behavior.
2. If the behavior repeated the swimmer gets a verbal warning that a 'time out' will be issued if he/she disrupts practice again.
3. If the disruptive behavior continues a 'time out' period will be issued while the swimmer is following the coach listening to all the feedback.
4. If a swimmer is put in a 'time out' more than twice a week the swimmer will get a 1-week suspension.
5. If the swimmer continues the disruptive behavior after the 1-week suspension the swimmer will be asked to leave the team.

Swimmers who arrive 15 minutes after practice started during the week may be subject to being banned from that practice. Swimmers who arrive late on holiday or weekend workouts will not be allowed to participate at that practice.

Please respect the coaches and other swimmers by arriving 5-10 minutes prior to the start of practice so the swimmer can be ready to jump in the water once practice begins.

LOCKER ROOM POLICY

- The use of the MSAC locker rooms is a privilege for all swimmers, parents, and coaches. It is a public facility so the locker rooms are shared with the general public. During practice hours the general public has limited access to the pool thus limiting the number of non-EA members in the facility during those times.
 - Use the facility, locker room and bathroom in a professional manner (like you would want your property to be treated). In case of accidentally making a mess please bring it to the facility or coaching staff's attention so it can be cleaned up in a proper manner.
 - The locker room privileges may be revoked at any time for individuals, groups, or the entire team if team or pool policies are not being followed.
 - The locker rooms are only for changing, showering, and using the bathrooms. No loitering is allowed.
 - No eating is allowed in the locker rooms.
 - **The use of cell phones or any other voice/video recording devices are prohibited.**
 - If kids do not return from locker room in a timely manner we will check on the swimmer to ensure their safety. Women only check the female locker room, men only check the male locker room. Only coaches or lifeguards will check on athletes or if needed an USA Swimming Background checked parent.
- * We discourage parents to enter locker rooms while athletes are using them unless it is necessary.

PHOTOGRAPHY POLICY

- All photographs must meet generally accepted standards of decency and not show anyone in a negative, embarrassing, or sexual form.
- Photographs should not be taken from behind the starting blocks at the start of a race or while swimmers climbing out of the pool.
- Photographs should not show any suit malfunctions or misplaced swim suits.
- Photographs should be a celebration of the activity and not a sexualized image.
- Photographs taken in locker rooms or restrooms are prohibited.

SUIT POLICY

- Practice suits - W: 1 or 2 piece swim suits, M: speedo or jammer (NO board-shorts)
- Drag suit recommended for Eagle Development, Pre Senior and Senior groups
- Competition suits - Team suit only! NO high tech suits except Championship or approved meets!

SWIM MEET ATTIRE

- You must have one of our Arena team shirts.
- You must wear an EA team swimming cap.
- Team hoodie/jacket is required when warmer clothing is needed.
- Team pants is required for Championship meets.

SWIM MEET POLICY

- BE ON TIME!!! Swimmers must follow the meeting times previously announced by the coach.
- Find a coach and say hi upon arrival.
- Swimmers must check with a coach before leaving the meet.
- Athletes must follow the team uniform and swim suit policies. All the swimmers personal appearance must be neat and professional.
- No deck changing is allowed at any of the USA Swimming meets.
- Swimmers must sit with the team and participate in all team meetings and cheers.
- Swimmers are expected to talk to their coach before and after each event.
- Swimmers must do their warm down after each event - distance determined by the coach.
- All EA swimmers and parents must behave in a professional manner and represent the team in a positive aspect.
- Swimmers must be respectful to all swimmers, coaches, officials, and volunteers.
- Swimmers must support their teammates and cheer them on.
- As a matter of team pride and basic courtesy of the meet host swimmers are expected to leave the team area clean and in a neat condition.
- All questions or concerns from parents or swimmers regarding meet results or officiating calls must be directed to the coaching staff and not the officials or volunteers of the meet.
- HAVE FUN!!!

CELL PHONE POLICY

- No cell phone usage is allowed inside the gates without Coach's approval.

PRACTICE EQUIPMENT

- All Groups - Cap (with long hair), Goggles, Water bottle, Fins, Kickboard, Gym shorts (for dryland), Athletic shoes (for dryland), Yoga mat (for dryland)
- AGD/ED/PS/S - Snorkel, Pull buoy
- AGE/PS/S - Paddles
- No watches, large jewelry, or other electronics with a screen are allowed

NUTRITION

Nutrition plays a huge role in swimmers' moods, energy levels, and athletic performance. We highly **discourage the use of caffeinated soft drinks** which lead to bloated bellies, false energy, and a greater dependence on processed sugars and caffeine in order to feel normal. **WATER** makes up 70% of our body and is the **BEST ATHLETIC DRINK** available. Well-rounded meals of proteins, carbohydrates, fruits, vegetables, and grains are best. The stomach should not be full during competition however plenty of water and fruit should be available throughout a meet.

WEATHER POLICY

- **If it is only raining** - all groups will train at their normal times.
- **If there is thunder or lightning in the area** - the Miami Shores Aquatics Center has a lightning detection system. When the alarm goes off, we must exit the pool and get off the pool deck as soon as possible.
 1. We will wait up to 30 minutes into a practice before deciding to cancel a group.
 2. If the alarm goes off while we are in the pool and there is 30 minutes of practice or less, children will be dismissed from practice.

PARENT ETIQUETTE

- As coaches we want to give our full attention to the kids during practice times and we want their full attention as well so please do not converse with the coaches or your child during practice sessions (unless it is an emergency). The coaches are available before and after practices (not during them). You can set up a meeting or give us a call or send us a text or an email.
- Parents are allowed on deck but please keep the perimeter of the pool clear so the coaches can walk freely.
- No parent coaching allowed on deck!

PARENT CODE OF CONDUCT

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. When attending an EA event (practice, meet, other team event) I agree with the following statements:

- I will be a positive role model for our child(ren) by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, volunteers, parents, and all facilities.
- I will not engage in any unsportsmanlike conduct with any official, volunteer, coach, swimmer or parent.
- I will demand that my child(ren) will treat other swimmers, coaches, officials, volunteers and spectators with respect regardless of race, sex, or ability.
- I will teach my child(ren) to resolve issues in a professional manner without being hostile or violent.
- I will get involved by volunteering, cheering at meets, and talking with my child(ren) and their coach about their progress.
- I will refrain from coaching my or other child(ren) during practices or meets.
- I will never yell or ridicule my child(ren) or other participants for making a mistake, losing a competition or not performing the way I want it.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, parents or any participating swimmer will not be tolerated.
- I will respect the integrity and authority of the officials and will never question or confront them during swim meets.
- I understand that failing to abide the team rules and guidelines will result in disciplinary actions (verbal warning, written warning, suspension).

10 Commandments for Swimming Parents

I. Thou shalt not impose thy ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what. There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child. You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/ coach bond.

IV. Thou shalt only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears. A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials. If you do not care to devote the time or do not have the desire to volunteer as an official, don't criticize

those who are doing the best they can.

VII. Honor thy child's coach. The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the

presence of your child; it will only serve to hurt your child's swimming.

VIII. Thou shalt be loyal and supportive of thy team it is not wise for parents to take their swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind and are slowly received by new team mates. Often time's swimmers who do switch teams never do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning. Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian. There are 250,000 athletes in USA Swimming and we keep a record of the Top 100 all- time swimming performance by age group. Only 2% of the swimmers listed in the all-time Top 100 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child's odd of becoming an Olympian is about 0.0002%.