

Sharks Swim Club Handbook 2015-16



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Club Mission Statement & Philosophy

Welcome to the Sharks Swim Club! We are so pleased that your family has decided to join our organization. We are a competitive swim club with a history of excellence and we look forward to helping your child achieve his or her ultimate swimming potential through our program.

Mission Statement

To have the best competitive swim program in Bermuda, teaching and training all levels of competitive swimmers, emphasizing individual progress, team unity, respect for oneself and others, and family participation.

Central Theme

The Sharks Swim Club is a competitive club, emphasizing individual and team growth. The Club embraces all levels of competitive swimmers, providing every athlete with the best possible environment and resources that will allow each athlete to progress from novice to the highest levels of competition. The Club promotes excellence at all levels, fosters outstanding volunteer support, and aims to develop the character and self-discipline necessary to succeed not only in swimming, but also in life away from the pool.

Philosophy

The Sharks Swim Club is committed to guiding and directing athletes toward maximum development of their talents and abilities. The Sharks Coaching Staff endeavours to teach, train, and motivate young people to achieve their ultimate potential in swimming, in the belief that this experience will prove valuable to them as they grow and develop.

The Sharks program strives to instill in young swimmers an understanding of, and appreciation for, such concepts as self-esteem, personal accountability, self-discipline, goal setting, and goal achievement. It is our belief that the road to success is as important as success itself.

At each level of the Sharks program, swimmers are encouraged to strive for personal excellence, to work as hard as they can to become the best they are capable of becoming. This philosophy is consistent throughout our program, and every Shark, from novice to Olympian, is encouraged to be the best they can be.



History

The Sharks Swim Club originated from the Sonesta Sharks, which was the Southampton Glebe Primary School Swim Team, coached by Martin Allen. The group trained at Willowbank and Sonesta from 1979 to 1981. Interest in swimming increased due in part to successful inter-school swim meets organized by the Bermuda School Sports Federation. The Sharks soon grew to thirty in number, with most members coming from homes and schools in the Western parishes. By 1989 the Club had a long waiting list and grew to accommodate over seventy swimmers divided into senior, intermediate and junior training groups.

The Sharks Swim Club officially organized itself at the end of 1980, held its first AGM in January 1981, and became the third club to be affiliated with the Bermuda Amateur Swimming Association (BASA). With the opening of the Warwick Academy pool in 1981, Sharks adopted this facility as their home base, with Martin Allen as Head Coach.

Over the years many swimmers from Sharks have trained with the National Squad and gone on to represent Bermuda in international competition, including the Olympics. Martin Allen retired at the end of the 2000 swimming season, after 20 years as Head Coach. Ben Smith was appointed Head Coach at this time.



Structure & Governance

The Committee of Management is elected at the Annual General Meeting, which is held during the last two weeks of September. The elected committee meets regularly and communications are sent to all members.

New members who wish to volunteer and get involved are most welcome!

Please feel free to contact any of our existing Committee of Management members if you have any questions regarding the handbook:

Committee of Management (Officers):

- | | |
|------------------|----------------|
| • President | Janice Irby |
| • Vice President | Rebecca Pitman |
| • Treasurer | Mary Hazlewood |
| • Secretary | Nicki Horan |
| • Head Coach | Ben Smith |

There are a number of Subcommittees, as well as volunteer positions available. We welcome your participation so please contact us if you are interested. Please refer to the Sharks website for more information.



Bermuda Amateur Swimming Association

Sharks Swim Club is a member of the Bermuda Amateur Swimming Association (BASA) which was formed in the 1930's as the official FINA member, prior to its first major international competition, the 1936 Berlin Olympics. Since then, it has catered to all levels of swimming in Bermuda. Starting at the basics of learning to swim, BASA has founded a number of successful programs, such as Whites Island, Swim Bermuda and Get Wet, which have enjoyed considerable success. BASA's prime mission was to ensure that age group swimming for children would flourish, which led to the building of its 25-meter pool on land leased from Saltus Grammar School in 1981. BASA has maintained an excellent local competitive swimming program and has continued to send swim teams to The Caribbean Free Trade Association (CARIFTA) Games, the Caribbean Island Swimming Championships (CISC), the Central American and Caribbean Confederation (CCCAN) Swimming Championships at the age group level, as well as senior teams to the Island, Commonwealth, Pan Am and Olympic Games and the World Swimming Championships. In recent years the success of our athletes and size of the teams sent overseas has increased dramatically, of note are top swimmers Kiera Aitken and Roy Allan Burch, who both competed in the Olympic Games in 2008.

The current structure consists of a volunteer Board of Directors comprised of individuals from its member club organizations as well as staff, including a National Coach.



BASA Calendar 2015-16

Please note that meets will be added/dropped as season evolves.

BASA Standard Meets
BASA Development Meets
BASA Novice Meets
BSSF Swim Meets
Open Water Events
Fundraising events
Regional Meets
Senior International Meets
Junior International Meets
Training Camp
Masters Meets
Officials clinic
Club Meets

SEPTEMBER 2015		Location	Organizer	Dates	
Sun. 6	Trunk Island		BASA		
Sat. 12	Festival of Youth Sports	NSC	NSC		
Sun. 20	Open Water Nationals		BASA		
Sat. 26	Intro to meets	BASA	LTC		
Tues. 29	Officials Clinic - Strokes & Turns	NSC	LTC		
OCTOBER 2015					
Thurs. 8	Senior /Middle School Meet		BSSC		
Fri. 9	Primary School Meet		BSSC		
Sun. 11	Round the Sound Swimathon		BASA		
Sat. 17	Sharks Sprint Meet				
Sat. 17	Developmental Meet #1		TBD		
Fri 23- Sat. 31	Overseas Training Camp (DC-5)	(Florida)	BASA	Elite Training	
NOVEMBER 2015					
Sat.7	Harbour Winter Meet				
Sat. 7	Developmental Meet #2		TBD		
Thurs. 12- Sat. 14	Minneapolis Arena Pro series LCM	(Minnesota)		TBD	See overseas meet package for qualification deadline/ standards and restrictions
Sat. 28	BASA Swimathon				
DECEMBER 2015					
Sun. 6	BASA 1st Annual Prizegiving and Hall of Fame Dinner				
Fri. 4- Sun. 6	Mailboxes WAG Championships	BASA			
Sat. 12	Sharks LC Winter Champs	NSC	Sharks	Closed Meet	
Sun. 13	Harbour Winter Champs	NSC	HASC	Closed Meet	
19-23	5 Day Christmas Camp		BASA		
27-30	4 Day Christmas Camp		BASA		
JANUARY 2016					
Sat. 2	Christmas Camp Time trial	TBD	BASA		
Fri. 15- Sun. 17	Austin Arena Pro series LCM	(Florida)		TBD	See overseas meet package for qualification deadline/ standards and restrictions
Sat. 23	Intro to meets	BASA	LTC		
Sat. 23	Officials Clinic	BASA	LTC		
Sat. 30	Best of Best #1	BASA	BASA		Last Qualifier for Carifta
Sat. 30	Best Development meet #1		TBD		
FEBRUARY 2016					
Sat. 20	Best of Best #2	BASA	BASA		
Sat. 20	Best Development meet #2		TBD		
Fri. 26	Tag Day and Raffle draw				
MARCH 2016					
Thurs. 3- Sat. 5	Orlando Arena Grand Prix LCM	(Florida)		TBD	See overseas meet package for qualification deadline/ standards and restrictions
Thur. 10 - Sun. 13	Schroder's Short Course Age Group Championships	BASA	TBD		
Tues. 22- Sat 26	CARIFTA Swimming Championships LCM	(Martinique)	Martinique Swimming	Travel dates TBC meet specific qualifying times	See overseas meet package for qualification deadline/ standards and restrictions
APRIL 2016					
Fri. 1-Sun 3	WAC Spring Invitational (A standard meet)	(Ontario)	Swim Can	Travel dates TBC meet specific qualifying times	See overseas meet package for qualification deadline/ standards and restrictions
Thurs. 14- Sat. 16	Mesa Arena Grand Prix LCM	(Arizona)		TBD	See overseas meet package for qualification deadline/ standards and restrictions
Sat. 23	Best of Best Combined #3	BASA	BASA		
Sat. 23	Best Development meet #3		TBD		
MAY 2016					
Thurs. 12- Sun. 15	TBD Arena Grand Prix LCM	(TBD)		TBD	See overseas meet package for qualification deadline/ standards and restrictions
Thur. 19 - Sun. 22	BASA National LC Championships	NSC	BASA		Last Qualifier for CISC and RIO
JUNE 2016					
Thurs. 2- Sun. 5	Santa Clara Arena Grand Prix LCM	(California)		TBD	See overseas meet package for qualification deadline/ standards and restrictions
Sat. 4	Developmental Meet #2		TBD		
Sat. 4	Novice Meet		TBD		
Wed 29- Mon 4	CISC LCM	Bahamas	OCCAN	Travel dates TBC meet specific qualifying times	See overseas meet package for qualification deadline/ standards and restrictions
JULY 2016					
Thurs 1-Fri 2	Harbour Long Course Open	NSC	HASC		
Sat 9	Barry Hanson Meet	BASA	TBD		
Wed 25-Sun 31 (TBC)	Canadian Age Group Champs	Calgary	Swim Can	TBC	
AUGUST 2016					
Sat 6- Sat 13	Olympic Games	Rio, Brazil	FINA		



Code of Conduct

As noted above, the Sharks Swim Club is a member of the Bermuda Amateur Swimming Association. As such, all rules and regulations of the Bermuda Amateur Swimming Association must be adhered to by members of the Sharks Swim Club.

The Sharks Swim Club exists to provide a structured, team-oriented environment for young swimmers to have fun, maximize their potential, and learn the valuable skills of working with others toward a common goal. With this mission in mind, behavioural expectations for swimmers, parents, and coaches must exist in order to make swimming a positive and beneficial experience for all. The following Sharks Code of Conduct was implemented on September 1, 2009, and is in addition to the Bermuda Amateur Swimming Association rules and regulations.

SWIMMERS' CODE OF CONDUCT:

All Sharks swimmers are to:

General

- Be aware of and adhere to all standards and rules.
- Be respectful when speaking to coaches or about coaches.
- Be positive role models.
- Respect the rights, dignity and worth of coaches and fellow athletes
- Be fair, considerate and honest in all dealings with others
- Be professional in, and accept responsibility for, your actions
- Refrain from any abuse, harassment or discrimination toward others
- Refrain from any form of profanity
- Refrain from any physical altercation with anyone regardless of circumstance

Practice

- Arrive early and be ready to train, upon the request of the Coach.
- Adhere to all pool rules and respect pool property.
- Recognize that dry land training is part of practice and is not optional.
- Bring ALL necessary equipment to every practice. Coaches will advise on an ongoing basis what equipment is required.
- Notify Coaches if you are unable to make practice.
- Be attentive to Coaches at all times.
- Follow instructions from the Coach without arguing or debating

Swim Meets

- Recognize that Coaches give serious consideration when choosing events for each athlete, and events must not be changed by athletes or parents.
- Always show up for every meet and event entered in, unless unable to do so due to illness, injury, or personal emergency.
- Notify the coach at least one hour prior to a meet if unable to compete.



- Always arrive in good time for every meet, wearing team colors.
- Check in with coaches when you arrive
- Be on deck for warm up at the appropriate time
- Wear Sharks team suits during swim meets (though special racing suits may be worn instead).
- Recognize that only coaches can grant permission to scratch an event.
- Check in with the coach before and after each event.
- Stay until the end of the meet and cheer for their team members.
- Clean up after themselves, and leave the area clean and tidy at the end of the meet.
- Stay to help to “break down” the meet (senior swimmers only).

Consequences for Inappropriate Behavior

Coaches will handle most disciplinary matters involving swimmers, and at his/her discretion may seek the Committee of Management’s guidance. The Committee of Management will handle severe disciplinary matters in which the coaches seek help and/or guidance. Parents will be notified of any significant issues.

Consequences of inappropriate behavior may include but are not limited to the following:

- Removal from practice for a specified amount of time or days
- Staying after practice for additional training.
- Exclusion from swim meets or other club events.
- Dismissal from the Club (Committee of Management approval required)

COACHES’ CODE OF CONDUCT

Children take their lead from adults who have been entrusted to educate and act as role models. No person, other than a parent, has more influence and impact on the behavior of a child than a coach or teacher. It is critical that coaches display proper behavior and lead by example at all times.

All Sharks Coaches agree to:

- Treat everyone equally regardless of gender, disability, ethnic origin or religion.
- Respect the talent, developmental stage, and goals of each athlete in order to help each athlete reach their full potential.
- Maintain a high standard of integrity.
- Refrain from any form of verbal, physical and emotional abuse toward anyone.
- Be alert to any form of abuse directed towards swimmers from other sources while they are in your care.
- Operate within the rules of the sport, and in the spirit of fair play, while encouraging all swimmers to do the same.
- Advocate an environment free from drugs and other performance-enhancing substance.
- Not disclose any confidential information relating to any swimmer without prior written consent of the swimmer or the minor swimmer’s parents.
- Be professional and accept responsibility for their actions.
- Accurately represent any personal coaching qualifications, experience, competence and affiliations.



- Refrain from criticism of other coaches.
- Provide swimmers with planned and structured training programs appropriate to their needs and goals.
- Seek advice and assistance from professionals when additional expertise is required.
- Ensure that equipment and facilities meet all safety standards.
- Encourage swimmers to seek medical advice where appropriate.

Any complaints concerning a coach who has violated this code should be brought to the attention of the Committee of Management. All complaints will be thoroughly investigated and responded to in a timely manner. All decisions by the Committee of Management will be final. Consequences for coaches may include, but are not limited to:

- Being placed on probation
- Suspension from duties for a defined period of time
- Removal from the Club.

PARENT CODE OF CONDUCT

The Sharks Swim Club is a volunteer-staffed organization, whose primary goal is to provide a safe, enjoyable environment in which our children can develop their swimming skills to the best of their abilities.

The role of the parent is critical in the success of our program. Therefore, it is important that all parents follow the guidelines set forth below.

- Always keep in mind that the Sharks Swim Club's primary emphasis is on developing the skills of all members in a safe and fun environment. Although competition is a natural part of sporting activities, do not make winning the primary goal for you or your child
 - Support your child and his/her team in a positive manner
 - Always show support and respect for ALL coaches, officials, parents and swimmers.
 - Accept the decisions of the coaches concerning training, meet entries, and all other aspects of your child's development as a swimmer. The coaches know your child's abilities and always have their best interests at heart.
 - Any concerns should be discussed with a Coach in private. Please do not discuss issues, problems or concerns with a coach during training times. Make an appointment with the coach, and all discussions should be held in private.
 - Make every effort to deliver your swimmers to training or swim meets at the designated time set down by the coaches.
 - Contact the coach if your child will be unable to participate in a training session or meet prior to the start of that event.
 - Fulfill your volunteer obligations willingly, knowing that the effort you put forth will directly impact your child's swimming experience.

The Committee of Management will handle any disciplinary matters involving parents being non-compliant or acting inappropriately. Consequences for parents may include, but are not limited to the following:



- removal from the event in question
 - exclusion from future events
 - Dismissal of the parent's child from the Club.
- Repeated failure to comply with the Parent Participation Guidelines will result in the swimmer/family not being allowed to renew their membership the following year.

Please note that although these measures may sound harsh, it is sincerely hoped and expected that they will never need to be invoked. If everyone does their small part then the whole process will be successful and fair to all. It will help to achieve a major goal of ensuring that we have enough officials capable of running meets in the future. We trust you will see the logic in this decision and will support this initiative 100%, for without timekeepers and officials, swim meets cannot take place, and our children cannot gauge their advancement in the sport.



Coaches and Coaching Structure

COACHING STRUCTURE

Sharks Swim Club aims to win at every level. This doesn't necessarily mean that you come in 1st, 2nd or 3rd – it can simply mean that you have improved upon your personal best, performed perfect technique in a race situation, or even something as simple as having finished a set at training within the allotted times. “Winning” can take on many forms. We want to nurture the desire to be champions.

Assessment of new swimmers

- New swimmers are assessed by one of our competitive coaches in a short in-water assessment.
- Parents are asked to fill out a short questionnaire while their child is completing their assessment so that the coach can also consider the child's age and social aspects when selecting the correct group.
- Potential members will then be invited to join the squad best suited to their level of ability as decided upon by the assessing coach.
- New members are able to start training as soon as their membership form and fee is handed in so that they are covered by insurance.
- Quite often a swimmer will attend their first training session and be moved up or down a lane accordingly after seeing how they cope with a session.

We do require our club swimmers to be able to swim correct freestyle, backstroke and basic breaststroke with a basic understanding of dolphin kick.

We also run the Puppy Shark program for swimmers who are not quite ready for club.

It is recommended that swimmers attend at least 80% of the training sessions offered to them, however consideration may be given to their other activities such as other sports, school commitments, illness and injury.

Head Coach Responsibilities

The Head Coach is the primary leader in every club and should work with every swimmer in their squad/s and any assistant coaches. The Head Coach provides leadership to coaches, parents and swimmers and drives committee direction. They should manage all swimming activities including team structure, coach management and the training and competition program.

Planning for swimmer and club improvement is an essential responsibility of the Head Coach. This includes the planning of daily, weekly, monthly and yearly training programs for swimmers directly under their control. The Head Coach also provides assistant coaches with direction on the planning for junior programs and program links as well as determining staff usage.

It is important for the Head Coach to be focused on the Club's vision and long term goals.



Puppy Program

After swimmers try-out for the club it may be determined that they need some extra technical training in order for them to be at the right level to handle club training sessions. Jenny Pereira and Rhiannon Fox both come with a long 'learn to swim' background and are ideally suited for this level of swimmer. This group is structured by Rhiannon and she gives guidance on when she thinks that swimmers are ready to join the full program

Junior Sharks

The first two lanes of the pool are covered by Jenny and Rhiannon. This is where stroke technique will be reinforced and swimmers will get their first taste of structured swim practices. They will be introduced to competition and guided to improve all strokes.

Intermediate Sharks

This group will start with Mimi Smith and eventually move to Tina Paynter. There is an expectation that this will be the first real challenge towards competitive swimming. This group will start to add significant meters to the sessions along with continued reinforcement of technique. Tina Paynter has the responsibility of bridging the junior group to the senior group. She will train the intermediates along with Rob DeSilva twice per week which gives them a taste of senior practice with a focus on stroke improvement. Tina is also responsible for the leadership in the junior pool. Swimmers will need to have a minimum of standard meet level to graduate from this group.

Senior 2

This is the beginning of the senior pool and is run in the first 2 lanes. Rob DeSilva drives the swimmers with a desire to be the best and with a caring for all his swimmers. They will learn hard work, discipline and commitment as they prepare for the training in Senior 1. This program is challenging but also lots of fun.

Senior 1

The top 4 lanes of the program make up Senior 1. These swimmers will be coached by Head Coach Ben Smith and assisted by Doug Patterson. This group has high expectations of performance in practice and in competition. They will be challenged to excellence and required to give full commitment. Many of these swimmers will also participate in the National Training Squad and may be given extra training opportunities.



Head Coach – Ben Smith – 334-9024

Ben is a former swim captain of both the Bermuda Sharks Swim Club and Springfield College. He has been swimming since he was 10 and was a swimmer on the Bermuda National Team. He has been the Head Coach, coaching the senior/intermediate Sharks swimmers, for over 10 years. He is also the Bermuda National Coach. Ben brings a great deal of experience and enthusiasm to the Club and is a positive example to our swimmers.

Senior Coach – Doug Patterson

Doug has been involved with Sharks for a number of years now and coaches the seniors.

Senior Coach – Rob DeSilva

Rob took over the coaching of the “junior seniors” in September 2006. Rob joined Sharks with several years of swim coaching experience as well as quite a few years coaching children in other sports.

Junior Coach – Mimi Smith

Mimi is a P.E. teacher and has taught swimming at White’s Island for many years. Mimi coached the Sharks junior swimmers for 3 years and the Seniors for 3 years.

Junior Coach – Kristina (Tina) Paynter

Kristina was a competitive swimmer from the age of seven, and swam for Harbour. She was also one of the founding swimmers of the Bermuda National Squad, representing Bermuda at a number of overseas meets. Kristina began teaching swimming at age 11, and by the age of seventeen was running her own swim lesson business in the summers. Kristina returned to the sport as a coach for a couple of years, before having her daughter. She began coaching again once Alyssa became involved in the sport, coaching first at Harbour for three years and then moving to Sharks in 2013. Kristina really enjoys coaching the Intermediate swimmers at Sharks!

Junior Coach – Jenny Pereira

Jenny has a Bachelor’s of Science in Elementary Education and loves teaching whether it be in the classroom or on the side of a pool. Once a Harbor swimmer, Jenny left the swimming scene to return later as a swimming instructor. She has ten years of coaching experience, including Head Instructor for the White’s Island program for the last three years.



Junior Coach – Rhiannon Fox

Rhiannon was a Sharks swimmer until she went to university where she swam on the club swim team for 2 years. She has been a swim instructor and manager of the Swimming Instinct program for over 12 years. Rhiannon has been a Sharks Junior Coach since 2014.

Team Captains

The Team Captains lead the swimmers by example and show commitment by attending all Sharks practices. The Team Captains help coach when needed and help swimmers stay happy and motivated. After swim practice, the captains ensure that the deck is left tidy and all equipment is put away. In addition, they must make sure the equipment room is kept tidy by allocating jobs to individuals. The Team Captains also help with team fundraising and if time allows will hold an annual fundraiser for a charity of their choice.



Sharks Swim Club Parent Participation Guidelines

The Sharks Swim Club is an organization that is run by volunteers. The Club organizes many events throughout the year and assists with the running of swim meets, and all these events require the assistance from many people to run successfully. The purpose of this document is to ensure that families in the Sharks Swim Club are fully aware of their volunteer responsibilities, which in some cases are now compulsory.

Activities that require parent participation include, but are not limited to:

- Timekeepers at swim meets
- Officials at swim meets
- Donations to the food hut at swim meets
- Assistance in the food hut at swim meets
- Donations of time and supplies to club fundraising and social events

Volunteer participation is greatly appreciated in all these areas, and in the case of swim meets, it will now be compulsory as noted below.

SWIM MEETS

In accordance with the Mission of the Sharks Swim Club and its central theme of being a competitive swim club it must be recognized by all Club members that swim meets are an integral part of the competitive swimming program. And since swim meets are run completely by volunteers, **the participation by all parents of Sharks Swim Club swimmers at swim meets is required** in order for the meets to run smoothly and efficiently and in order for the task load to be shared by as many as possible. When parents register with BASA they commit to working in conjunction with the club to become involved with officiating and learning to officiate at meets.

Timekeeping and Officials Roster:

Given how essential it is for parents to officiate at meets to ensure they can take place, each Sharks Swim Club family will be required to volunteer at a minimum of 4 meet sessions during the course of the year, whether or not their child is swimming in meets. (Note, this number is based on the estimated number of meets to be held, and is subject to change).

For families of junior swimmers, these volunteer sessions can be made up of any combination of timekeeper, official, or food hut volunteer. For families of senior swimmers, parents are very strongly encouraged to include **at least 2 officials** (or officials shadowing) positions.

There are many different tasks to be done and the Club believes that every family can find a way to help that they are comfortable with. There will be clinics and opportunities to learn the official's positions and parents can "shadow" official's positions until they can confidently take on the positions.



- If any family foresees a problem with fulfilling their volunteer meet requirements for any reason, they should advise the Meet Volunteer Coordinator as soon as possible.

If everyone does their small part then the whole process will be successful and fair to all. It will help to achieve a major goal of ensuring that we have enough officials capable of running meets in the future. We trust you will support the Club and the parent commitment to BASA, for without timekeepers and officials, swim meets cannot take place, and our children cannot gauge their advancement in the sport.



Parents' Role

A couple of perspectives that we feel make good reading:

Information from American Swim Coaches Association

(www.swimmingcoach.org)

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 enjoyment and learning as well as contributing to the child's individual success in the pool.

While winning is nice, while setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than, "It is great to swim fast." Nowhere in human history or theology do we learn that the ability to swim fast holds a very high priority in the grand scheme of the universe. From a practical standpoint, over-emphasis on speed, times and achievements will eventually end in frustration. No matter how fast a young athlete swims, there will probably be another swimmer in the next town, state, or country, swimming faster, if not now, then next month. So as coaches and parents, ask yourselves:

- Did the child learn to swim with more skill this past season so he or she is both stronger and safer in the water?
- Did the child learn to exhibit initiative, wanting to come to the pool and do the practice without having to be constantly pushed or prodded by parents and coaches?
- Did the child learn something about unselfishness, sacrificing his or her personal wants for the good of others or the team?
- Did the child benefit from the competitive experience, learning how to handle winning and losing in our competitive society?
- Did the child learn more patience in overcoming obstacles, setbacks and problems?
- Did the child learn empathy?

In a few years, the medals and ribbons will be laid aside and best times will be a hazy memory. The friendships that will develop and the life skills learned will carry on for a lifetime.

Why do we put our children in sports? We put them in sports for social interaction, character development, and to keep them active. When parents intercede every time there is a problem they are actually limiting their child. Let them figure out how to take instructions from another adult, let them put words to their thoughts and feelings. Let your child own their dreams, let them set their own goals, let them succeed, let them fail, watch them grow. There is a famous quote that says, "Success can be measured by simply getting up one more time than you fall down." Believe in them. Believe they will get up.



Information from Swimming World

(www.swimmingworldmagazine.com)

If you really want to help your child be a better swimmer then VOLUNTEER. Find out what you can do to make your team or your LSC a success. Can you help with fundraising? Can you help with timing? Can you work to become an official? Can you be an ambassador for your team and welcome new families into the crazy life of a swim parent? Next time you are at the pool instead of telling your swimmer what they can do better ask yourself what have I done today to make this sport better?

Letter from Coach that was a swimmer on being a good swim parent

Swimming was such an enjoyable experience for my friends and me that we always looked forward to doing it. If we did something wrong at home or school, our punishment would be no swim practice, and for me, not going to swim practice was like getting a needle from the doctor in the rear end -- terrible! My parents wanted me to always do my best and have fun in swimming, but they made sure I had my priorities straight. My parents believed that respect, discipline and education were the keys to making me a good person -- NOT swimming. They believed if I had those three virtues instilled in my life, I would be a better person, and also, by the way, a better swimmer. Those three things are all I learned from my parents about swimming. They never told me how I should swim a race. They never talked to me about my stroke technique. They NEVER tried to coach me through any part of swimming. Do you know why? It is because my parents are part of a group known as "dumb swimming parents." This is one of the main ingredients in being an ideal swimming parent. Though my mom knew how to swim, she always acted like she knew nothing about the sport. And my dad actually did know nothing about the sport. He was a boxer when he was younger, and all he ever told me to do was "Attack!" just like any boxer would say. They never put any sort of pressure on me. All they did was support me, no matter how I performed. My dad would give me a kiss on the head and say, "Good job, peanut head." The unconditional love and positive support from my parents put me ahead of a lot of my competition. Though my competitors may have beaten me sometimes, I always knew I had my parents there to help me feel good about what I had tried to achieve, and I wouldn't give up. Here at Greater Toledo Aquatic Club, we have a very good group of energetic children who want to learn how to become better competitive swimmers. As coaches, it is our job and our duty to help them to achieve their goals as only swim coaches can. Please trust us to do that job. By standing back and allowing us to do our job, you show your child that we are worthy of their trust and that they should be comfortable to form a solid coach/swimmer relationship with us. Only you can be the parent, giving that unconditional love and teaching them the virtues they need to be successful adults. If you focus on that, and that alone, the swimming will come along, too.



10 Things Swimming Parents Do That Coaches Can't Stand, by Wayne Goldsmith
(www.swimmingworldmagazine.com)

1. Doing it all for their kids.

Confidence is the essential ingredient in all great swimming success stories. Confidence comes from knowing: i.e. knowing you can do it. Swimming parents think they're helping by doing all the little things for their kids but the parents who pack their child's swimming bag, empty it for them, make their breakfast, carry their swim gear, fill their water bottles etc. are doing the exact opposite. They are creating *dependent* swimmers – instead of *independent* young people and that's not going to result in developing teenagers who possess a strong sense of confidence, self-belief, resilience and self-reliance.

2. Insist on coaching their kids in technical areas.

Coaches coach. Parents parent. That's it. It's that simple. Coaches help swimmers develop things like physical skills, technical skills, turns, dives, starts, finishes, kicking, pulling – all that stuff. Swimming parents help their children learn values and virtues and help their children to develop the positive character traits that will sustain them throughout their lives. If everyone stays focused on doing their job well – everyone wins – *particularly* the swimmer.

3. Listen to other parents talk about technical issues.

Swimming parents listening to other swimming parents about technical issues really annoys coaches. For example: “*My friend, Susie, whose child swims at another program told me that they do a lot more breaststroke than we do. Can we start doing a lot more breaststroke?*” Coaches spend years learning how to write programs, how to enhance swimming skills, how to improve stroke technique and how to build an effective training environment. Unless “Susie” has the same skills, experience, knowledge and commitment to coaching, it is unlikely her opinions on technical matters are as valid as the coach's. Sitting on the side of another pool, watching training from a distance (and let's face it – parents only really watch their own child anyway), then making assumptions to apply to all swimmers at all pools is so ludicrous it is incredible that it happens at all. Yet – for some reason – some swimming parents find it necessary to listen to the views of people who have no idea what they're talking about rather than have faith and trust in their child's highly trained and experienced professional coach.

4. Gossip.

Want to know why swimming parents are banned from so many pools around the world – Gossip. Coaches hate those little groups of swimming parents who sit together comparing “*John's freestyle technique*” to “*Mary's freestyle technique*” and then criticise the coach because neither child swims as fast as Michael Phelps, even though they're only six years old and train once a month. Got a problem with the coach – go to the source and talk to the coach – not to other swimming parents.

5. Talk swimming all the time to their kids.

We all love this sport. But it's just a sport. There are movies, art, music, politics, literature, theatre, other sports, rest time, going to the beach, hiking, learning another language....the world is full of millions of wonderful experiences and children need the opportunity to be exposed to as many of them as possible. There is no need to talk swimming all the time. All it will do it increase the likelihood that the child will walk away from the sport in their mid teens and frankly – this “teenage retirement” syndrome is a worldwide swimming epidemic that we all have to work together and try to stop.

6. Expect PRs every time their child swims.



No one swims PRs every time they swim. No one. Re-read this line ten times. No one. Coaches cringe when swimming parents approach them saying “*Steve didn’t do a PR in his butterfly today – what’s wrong? What’s the problem?*” The child might have done a PR in seven other events, have done five football practices through the week and sat for four school exams but because they didn’t do a PR in one event, there’s a problem?! Trust in the coach to do his or her job.

7. Demand accelerated development.

Coaches design and develop their program structures with a lot of thought, research and experience behind it. This long-term development pathway concept has its roots in mainstream education. For example, children aged 5 are introduced to basic mathematics at school. When they turn 8 years of age, they are exposed to long division. When they’re 15 they can do trigonometry, calculus and advanced geometry. Similarly, there’s a logical, purposeful process of developing athletes from learning to swim their first stroke to being able to win a national swimming title. Swimming parents who try to force coaches to push their kids ahead to the next level of development before they’re ready, are not helping the child (or the coach).

8. Give race instructions to their kids.

Just don’t do it. No need to comment further on this – just don’t.

9. Treat their children according to their child’s swimming performances.

This happens everywhere in the world and for some reason some swimming parents just don’t get it. Child wins – love them with all your heart. Child loses – love them with all your heart. Child does ten PRs – love and support them unconditionally. Child doesn’t do a PR for six months – love and support them unconditionally. How fast a child swims should have no bearing on how they are treated, spoken to or loved. When it comes to loving and supporting your child – *particularly in public* – winning and losing make no difference.

10. Try to talk to the coach on deck during workouts.

There’s a really good reason why coaches don’t like this. Safety. If a coach turns their head to talk to a swimming parent about “*Billy’s backstroke turns*” or “*Jenny’s butterfly splits*” and there’s a safety issue in the pool, the coach is legally responsible and liable. Put it another way, if another swimming parent was talking with the coach on deck during workout and that meant your own child’s safety was compromised, how would *you* feel?

When coaches, swimmers and swimming parents work together as partners in performance – 100% committed and focused on helping the swimmer to realise their full potential, amazing – incredible things are not only possible – but inevitable.

A positive, constructive, successful swimming program is very possible when swimmers, coaches and swimming parents work together honestly, respectfully and with integrity.

Wayne Goldsmith



Swim Meets

1. Bring your own water/ sports drink (we have to stay hydrated and it is your responsibility)
2. Bring your own food and snack (meets can be long and you will need to eat healthily; it is your responsibility to have food and you cannot depend on the food hut)
3. Everyone should be wearing yellow and black (if you have a Sharks jacket please wear it to the pool, make sure you have your name in it). Watch the weather and bring appropriate clothes. Make sure that you have extra goggles, caps and dry towels.
4. Arrive on time. Your coaches give you a time to be at the pool for a reason, so make sure that you are on time so that you can be properly prepared to do your best.
5. All swimmers need to see their coach for pre-race instructions before they go to the marshalling area.
6. When your race is over, return to your coach to get feedback on your race. Every meet is a good chance to learn what you are doing right and what you can improve.
7. Streamline, Streamline, Streamline, Streamline.
8. Attack your turns and use them as an advantage.
9. You will have plenty of time to breathe when the race is over.
10. Finish like a champion (touch the touchpad under the water as hard as you can).
11. Respect your competitors and congratulate the opposition.



Communication

One of the main goals for our Club/Program will be to achieve clear and open communications between all coaches, parents and swimmers.

Keeping this in mind we will use the following tools to establish and maintain contact:

1. **Web Page / Facebook** – this is designed to keep you abreast of current events and upcoming meets etc. If you would like to add something pertinent to these pages, please contact Emma Williamson (emma@nickandemma.com) or e-mail one of the committee members.
2. **E-Mail Notices** – you will be contacted regularly via e-mail with details of upcoming meets, social events or any changes to the training schedule. If your e-mail address changes or you do not have access to e-mail, please contact Mary Hazlewood as soon as possible
3. **Meet Schedules** – the 2015/2016 meet schedule is posted on both the Sharks and BASA websites (www.sharksswimclub.bm or www.basa.bm)



Swimming Jargon & Fun Quotes

Swimming is all about good times

If you have a lane, you have a chance

Seven Days Without Swimming makes one WEAK

I swim therefore IM

Want seconds? Follow me!

My weapon is my body. My element is water. My world is swimming.

Oxygen is overrated

Wanna turn heads? Make waves!

Building a tradition one stroke at a time

When the ice caps melt, swimmers will rule the world

Life is simple. Eat. Sleep. Swim.

Swimming, it does a body good.

“Veni. Natavi. Vici.” Translation: “I Came. I Swam. I Conquered.

Real athletes swim – the rest just play games

Chlorine, the breakfast of champions

Swimming is as easy as H₂O

All it takes is all you got

You can always breathe later

In the water, your only enemy is the clock

Swimming – The only sport with no half times, no substitutions, no timeouts, and you only get 1 shot for your goal

Chlorine is my perfume

It's not a real day if you haven't watched the sun rise from the swimming pool.

No one ever got stronger by working less



If life piddles in your pool of dreams, add chlorine and keep swimming

There's enough water in the pool already, so quit crying and swim

In the pool, life is cool, swimmers rule

Eat my bubbles

The earth is 75% water but I only need one lane to beat you!

We do more flips in an hour than gymnasts do in a season

It's not pain, it's exercise-induced discomfort

I don't come from the sea, but I live in the water

Have goggles, will travel

The Swimmer Recipe — Just Add Water
Go BIG or Go Home

Zen saying: Be the fish



Time Standards

Please find age group time standards at the following links:

http://basa.bm/wp-content/uploads/2012/09/2013-2016_Motivational_Times.pdf

<http://www.usaswimming.org/Rainbow/Documents/247b781e-ec16-406d-bc76-38aea59b0008/2016MotivationalTimes-Top16.pdf>



Sharks Practice Times

Puppies

Tues/Thurs. 5-5:30pm

Juniors

Tues & Thurs.

Land training 5:15-5:30pm

Swim session 5:30-6:30pm

Intermediates

Mon & Wed

Stroke session 4:15-5:15pm

Tues & Thurs

Land training 5:15-5:30pm

Swim session 5:30-7pm

Senior 2 (Rob)

Mon & Wed

Land training 4:15-5:15pm

Swim session 5:15-7:15pm

Tues & Thurs

Stroke session 4:15-5:30pm

Friday Swim session 4:15-5:15pm (NSC)

Senior 1 (Ben/Doug)

Mon & Wed

Land training 4:15-5:15pm

Swim session 5:15-7:15pm

Tues & Thurs

Stroke session 4:15-5:30pm

Friday Swim session 4:15-6:15pm (NSC)

***** Saturday 1-2:30pm @ BASA twice a month*****



Team Uniform and Equipment Policy

All swimmers are required to adhere to this policy at swim meets and training.

Uniform

Meets

The Club colours are Black and Yellow. All swimmers must have, at a minimum, the following Club uniform items:

- Sharks team t-shirt (yellow)
- Black shorts
- Meet suit (predominantly black)
- Club swim cap

Swim caps **must** be worn at Warwick Academy training by any swimmer whose hair (when wet) falls forward into the eyes or covers the ears. Sharks team caps are strongly encouraged at all meets.

In cooler weather, swimmers should only wear a Sharks jacket, Sharks hoodie or black parka over the Sharks uniform.

All Sharks team members receive one club t-shirt at the start of the season. The Club has the following uniform items available for sale from the Equipment Manager (twice a year we make special orders for certain items that are determined necessary or in demand):

- Club yellow t-shirt
- Black shorts
- Club jacket
- Club hoodie
- Black parka (special order)
- Black swim suits
- Club swim caps (silicone)
- Club training swim caps (latex – limited supply)
- Club beanie

We encourage the use of swim bags in the Club colours.

Training

All swimmers must wear the Club yellow t-shirt and shorts (preferably black) during land training.



Equipment

Swimmers are required to attend training with specific personal equipment. These items can be purchased on island (Makin' Waves), online or overseas.

Required equipment bag items:

Puppies	<ul style="list-style-type: none"> • Goggles
Juniors Intermediates Seniors	<ul style="list-style-type: none"> • Mesh equipment bag • Pull Buoy • Fins (Short blade) • Paddles (Finis Agility paddles) • Snorkel (Finis center-mount) • Kick board • Water bottle

Please ensure all equipment is be labelled with swimmer's name. Swimmers are responsible for their own equipment, including that left in the Warwick Academy pool equipment room.

