

Red Wing Swim Club Handbook

Mission Statement

The Red Wing Swim Club offers competitive swimming to the children in the Red Wing and surrounding areas. We provide an opportunity for our members to learn competitive swimming techniques and conditioning in an attempt to develop young people with good moral and emotional character.

Participation encourages our members to set goals and strive to achieve them while competing in an atmosphere conducive to enhancing self-esteem, good sportsmanship, and hard work, all taking place in a safe and positive environment.

Introduction

Parents and swimmers, welcome to the Red Wing Swim Club. The Red Wing Swim Club (RWSC) is a coach and board directed, non-profit organization, sanctioned by USA Swimming. It is organized around the coaches and a Board of Directors made up of volunteer parents. The Board of Directors is elected annually by its members. Any member of the RWSC is eligible to seek election to the Board at the annual meeting in July. The Board meets monthly.

USA Swimming is the national governing body for the sport of swimming and is responsible for selecting and training teams for international competition including the Olympic Games. With registration into the RWSC you automatically become a member of USA Swimming which also provides insurance that is needed in order to participate in supervised workouts and meets.

Minnesota Swimming, Inc. (MSI) is the Local Swim Committee (LSC), or administrative division that handles our geographic area. MSI grants annual charters to clubs like RWSC, making them a part of the USA Swimming family. MSI also administers all USA sanctioned meets that take place within their jurisdiction. All swimmers are registered with MSI which is our state board.

Red Wing Swim Club Website and Communication

RWSC has a website at www.redwingathleticassociation.org. The website contains the registration information, handbook, updates and information from the coaches, meet information, practice calendar and links to other sites, such as USA Swimming and MSI. RWSC also has a **facebook** page. Like us on **facebook** for special club events and photos. Email is the primary form of communication between the families, coaching staff and board. Meet information is sent per email. **Please check email daily**, as swim meets and scratch deadlines are sent this way. To email the coach, use rwsc@live.com. Other contact information can be found on the website.

Deck Pass

Take advantage of your USA Swimming membership by getting either a free **Deck Pass** app or **Deck Pass Plus** for a small fee. Here you can see all of your swimmer's personal best times, track their improvement, and find time standards for both long course meters (LCM) and short course yards (SCY), among many other features.

Two Season Sport

RWSC has two seasons, a Spring/Summer long course season and a Fall/Winter short course season. During Spring/Summer, swimmers may have the opportunity to swim in an outside or inside 50 meter pool. In the Fall/Winter season, the competitions are in a 25 yard pool. There are State, Zone, and National time standards for each of the two seasons.

While swimmers may swim during only one season, many swim in two or year around. Although this is quite a commitment both to the swimmer and family, your athlete will become more proficient in the sport.

Membership Dues and Fundraising

Membership dues are set seasonally by the Board of Directors. They vary for each level of swimmer and reflect the amount of practice time each swimmer is in the water. RWSC's dues are comparable to other clubs similar in size and are used to pay coaches, pool rental, insurance, professional fees, technology and communications, and for updating equipment.

All payment options and discount information is available on the registration form found on the website. Any questions can be referred to the club treasurer or a board member.

Payment Plans- Contact the club treasurer to set up a payment plan if payment in full is not an option. Payment in full is due at the end of the season to ensure future participation in meets and practice.

Refund Policy- There will be no refunds. There will be no refunds for practices canceled beyond our control.

Fundraising- In order to keep dues at a reasonable rate, fundraising is an integral part of our non-profit organization. RWSC families are expected to take part in all fundraising activities, regardless of which season they participate in. Past fundraisers have included our annual Winter Splash meet, Megacard sales, bagging groceries, dining at Perkins or Culver's, movie night and Salsalicious.

Scholarships- Scholarships may be available to those who qualify and are available upon request. If you qualify for free and reduced lunch at school, you may qualify for partial scholarship and reduced MSI fee. Forms are available on the website: www.redwingathleticassociation.org and can be returned to the treasurer or a board member, or mailed to PO Box 199, Red Wing, MN 55066. Scholarship covers registration fees only. Meet fees are the responsibility of the swimmer's family. Scholarship information will remain confidential.

Swim Meets

Meet Sign Up/Policy

As soon as our coach receives the meet information from the host team, he/she will enter **every qualified swimmer** to swim at that upcoming meet. Promptly, the entry report will be sent to RWSC's current roster via email. Each family has until the cutoff date listed on the email to cancel from the meet (scratch.) To scratch from a meet, simply reply to the email with the day or entire meet your swimmer can not swim. If the family does not scratch by the cut-off time and date, it is assumed the swimmer will be at the meet and be responsible for all fees associated with that meet. If the swimmer was signed up to be on a relay that had to scratch due to an absent swimmer, the family will be responsible for the full relay charge. Please do not cancel out of meets for the entire season. You must cancel out of meets individually. **Competition gives practice a purpose; therefore we believe experienced swimmers must continue to compete. Competing in meets creates opportunities for swimmers to accomplish time standards, improve times and racing technique and support our teammates.

Swim Meet Payment

There is an additional charge for participation in meets beyond the cost of membership. You will receive a bill for the meets you participate in. Payment is due within 30 days. The club pays for any entries we register for, regardless of attendance. **If no payment is made, your child will not be**

entered into meets until the bill is paid. Questions about billing can be directed to the club treasurer.

Types of Meets

All MSI meets use Minnesota Time Standards, while regional or national meets may use standards based off of the USA Swimming Time Standards. MSI classifies time standards into 5 groups: C, B, A, Champ (CH-State qualifying) and Zone (national meet qualifying.)

A/B/C Open-These meets allow anyone to swim.

B/C – In these meets, a swimmer may compete in events in which they do NOT have an “A” time or faster.

A-At “A” meets, swimmers may compete only in events in which they have an “A” time or faster.

C Finals or A/B Regionals-These are the last meets of that type for the season for swimmers who do not yet have State qualifying times. This is not an “open” meet. Swimmers must have a documented time that meets the time standard for their current age group.

State Championship-This is the end of the season meet for Minnesota Swimming. Swimmers need at least a Champ (CH) time to swim at this meet.

Zone-USA Swimming has divided the country into “zones.” Each Local Swim Committee (LSC), like MSI, is placed into a zone. After the State Championship meet, if a swimmer has qualified with a zone time, they may compete at the Zone Championship, swimming for their LSC, not their home club. The swimmer is competing for Minnesota.

USA Swimming Junior and Senior Nationals-USA Swimming runs a meet at the conclusion of each season. The top swimmers in the country compete against each other with the 18 and under swimming at Junior Nationals and Senior Nationals to anyone who has achieved the minimum time standard.

****Regional and State Meets – Participation in Regional and State Meets are expected for ALL qualifying swimmers.** These meets are the culmination of hard work by each swimmer. This is the time to show what they have trained for. ALL swimmers with qualifying times will be entered – THIS INCLUDES RELAYS. Please support RWSC, fellow swimmers and YOUR swimmer by making sure they are available to participate in these meets.

****Meet timelines will be emailed as soon as the host team sends them to our coach. Meet programs are available at the meet – often for approximately \$10. Meets are often 2 days, with swimmers swimming in either the morning or afternoon session, depending on their age.**

Equipment for Swim Club

Swimmers should wear goggles. Caps are encouraged, but not required. Racing suits are also encouraged, but not required. Do not purchase a suit to grow into. It should fit snug. RWSC provides one cap to be worn at meets; additional caps may be purchased. The club's colors are red and black. Typically, a team suit is offered once a year for purchase. Elsmore Aquatics, swimoutlet.com, and Dunham's are good options for purchasing equipment for your swimmer.

Meet Equipment-Be prepared for all climates! Some pools are definitely cooler than others. A swim meet bag should include: 1-2 suits, 2 caps, 2 pair of goggles, 2 towels, comfortable, warm clothing for

between events (warm-ups, sweats, or parka), sandals or flip-flops, dry clothing for on the way home, water bottle, a healthy snack, and money for concessions or a small cooler with healthy snacks.

There is often quite a bit of time between events at a meet. Be prepared to cheer on your teammates. Many families will bring their own snacks or chairs for a "camping" area. Typically, no food is allowed on the pool deck.

Training Groups

There are different training groups within our club. Below are the different groups, approximate ages, and their expectations:

Age Group Ages 6-12+

~Age group offers 5 practices a week, with a minimum of 3 practices recommended. The emphasis on this group is to learn the four competitive strokes, the starts and turns that go with them, as well as improving strength and endurance.

~Age Group may also include 7th or 8th grade swimmers new to competition.

~Beginning meets are PreC/C meets. Age group swimmers will also participate in C, B, A and Regional/Championship meets when their event times dictate.

Pre-Senior Ages 11-14

~As with all of our groups, practice for the Pre-Senior is offered daily, with a minimum of four days per week recommended during the Fall, Winter, and Spring sessions. Six-Seven practices during the Summer session are encouraged through the addition of morning training.

~Pre-Senior may also include 7th, 8th, or 9th graders in their second or third season of competing or 11-14 year olds with two or more "B" times.

~Pre-Seniors will swim in C, B, A, and Regional/Championship meets.

Senior Ages 13-18

~Seniors attend five practices per week in the Fall, Winter, and Spring sessions and eight to ten practices per week during the summer session.

~Seniors train at an advanced level, including strength training three times per week.

~Seniors will train and taper for Regional /Championship meets.

Nationals Ages 13 and Older

~Nationals attend all practices during Fall, Winter, and Spring sessions and nine-ten workouts during the Summer session.

~National team is the top high school and college aged swimmers. They will be training for state, regional, and national level meets against top swimmers in the nation.

Because the boundaries between the groups are not always perfectly defined, the coaches will make the determination as to which group a swimmer is in and when they are ready to change.

All RWSC Swimmers

Although the RWSC exists to foster improved skills through competition, your swimmer is not required to swim in ALL sanctioned or intra-squad events. We do, however, encourage swimmers to attend the meets. The coaches will determine when the swimmer is ready to compete. In all competitions, swimmers are categorized by age, gender, and ability. Your swimmer will only compete against other swimmers within their category.

The Four Competitive Strokes

Your swimmer will learn and improve upon the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. In addition, the swimmer will learn competitive starts, turns, and racing strategy.

Freestyle- In freestyle events, swimmers may swim whatever stroke they would like. Most commonly used is the front crawl, which is why coaches, swimmers and parents refer to the front crawl as freestyle. The arms alternate over the surface of the water while the legs flutter kick.

Backstroke- This stroke is easily identifiable as the only one done on the back. It is done using an alternating arm motion combined with a flutter kick. Backstrokers may flip onto their stomach to change direction at the wall, but it must be done in a continuous motion, with no more than one stroke permitted on the stomach. The swimmer must finish the race on the back.

Breaststroke- The breaststroke is done with a two-arm simultaneous stroke. 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 the finish, the swimmer must touch the wall with both hands, simultaneously at, above, or below the water surface.

Butterfly- Butterfly is done using a two arm simultaneous stroke with an above water recovery along with a wave-like dolphin kick. In the kick, the swimmer must keep both legs together and not flutter, scissors, or use the breaststroke kick. Both hands must touch the wall on the turns and finish.

Individual Medley (IM)- This event features all four strokes. An individual swims a specified distance starting with butterfly, then changing $\frac{1}{4}$ of the race to backstroke, then breaststroke, and ending with freestyle. In the medley relay, four swimmers will each swim one of the strokes.

Code of Conduct

It is the expectation of Red Wing Swim Club, that all members-swimmers, parents and coaches, abide by these guidelines while at any practice, competition, or event in which our club is represented.

Parents/Guardians/Families of RWSC:

- Speak respectfully about our coaches, swimmers and other families.
- Express concerns respectfully when I have a dispute.
- Allow the coach to guide and train your swimmer. Parents need to stay off the pool deck.
- Be positive and encouraging with your athlete and other swimmers.
- Check email and website for club communications or make arrangements for communication with the coach or board.
- Volunteer time to help the club.
- Pay my dues and meet fees on time.
- Accept responsibility for my child(ren.)
- Expect my child(ren) to be respectful of other swimmers, coaches and families.
- Have my swimmer to practice and meets on time.
- Pick up my child promptly at the end of scheduled practice time.

Swimmers/Athletes of RWSC:

- Make the best effort at all practices and competitions.
- Support my teammates' efforts in practice and competitions (**be a good sport.**)
- Respect and listen to the coaches.
- Respect the facilities and building in which practices and meets are held.

- Respect fellow swimmers and the personal property of others.
- Be on time for practices and meets.
- Refrain from horseplay on the pool deck, in the water and in the locker rooms.

The coaches and Board of Directors will address issues individually. No bullying will be tolerated. If a swimmer disregards the above code of conduct:

- 1-the coaches will verbally address the issue with the swimmer. If behavior continues,
- 2-parents and the RWSC Board will be notified by the coaches. If behavior continues,
- 3-a meeting will be held with members involved and suspension or termination may occur.

No matter how much you want it,

Someone wants it MORE.

No matter how hard you train,

Someone is training HARDER.

No matter how fast you swim,

Someone is swimming FASTER.

BE SOMEONE.

- author unknown

