

Welcome to the 2011-2012 Clark Sharks swim team season. This will be a season of team spirit, fun and personal achievement. We will celebrate all swimmers' accomplishments and support one another as a team.

In this handbook you will find helpful information for you and your swimmer. If you have questions or concerns, we encourage you to speak with the coaches at the end of practice or set up a designated time to speak with them. The coaches are busy most of the time and are focused on coaching the swimmers.

### **CHARACTERISTICS FOR SWIMMERS**

1. Concentration
2. Good listening skills
3. A willingness to work toward goals

Swimmers may not always remember all the medals, records, or other material things, but they will however demonstrate discipline, goal setting and hopefully an enhanced self-image.

## Meet Etiquette:

- **Arrive on time.**
- **Be prepared.** It is best to know what events you are swimming before warm-up. Make sure you have everything you need- towels, swimsuit, water, swim cap and goggles.
- **Sit with your teammates and cheer.** Swim meets provide a time to build team spirit. It is also easier for your coach to find you when they need you.
- **Stay Positive.** If you have a bad swim, or you don't want to swim the events you're entered in, just swim and do your best.
- **Bring plenty of drinks and snacks.** Bring light snacks, such as fruit, string cheese, carbohydrates.... You don't want to be eating sweets.
- **Relays are just as important as individual events.** Always do your best and encourage your teammates. Stay and cheer on your team until your last teammate is out of the water.
- **Talk to your coach after every event.** Make sure you see your coach after your event to get their input on your race.
- **Respect the meet officials.** The officials are volunteers who want to see you get the most out of swimming. Always respect their decisions.
- **Clean up after your self.** Throw away your trash. (Empty bottles, wrappers) If you see a mess, clean it up.
- **Always remain in the water.** You want to stay in the water until the last swimmer in your heat has finished. You want to offer a "nice job" or "good swim" to swimmers in lanes next to you. A handshake always shows good sportsmanship.
- **Be a conscientious swimmer.** When you are called to the bull pen you should have your goggles and swim cap and be ready to swim. When on deck always pay attention to the person starting the meet.

## Diet for Meets:

- **Best Foods.** Pasta, cereals, bagels, fruits and vegetables, crackers and plenty of water. They provide energy in time for your race.
- **Worst Foods.** Fatty foods like potato chips, doughnuts, danishes.

### **Items to take to a Swim Meet:**

- Chairs, coolers with beverages and healthy snacks.
- Towels, warm clothes to rest in between events.
- Books, cards, or games to pass the time.
- Money for t-shirts and concession snacks after the meet.
- Dry clothes for the ride home.

### **Parent Volunteers:**

- The swim team runs on parents volunteering their time, talents and efforts. Our parents play a vital role in their swimmers' season. This includes everything from working their children's swim meets, to fundraising and sponsoring social events. The time investment is great, but the rewards are even greater. Being able to see your child/children work toward their personal best is definitely rewarding. The team's success may outweigh personal preferences.
- There will be sign up sheets posted for parents to volunteer for each meet home or away with specific jobs to be filled. If everyone contributes throughout the season, the load will be lessened for each of us.
- If a meet is a home meet we may ask that you sign up to bring drinks, baked goods, fruit, or other items for the concession stand. Home meets are a big opportunity for the team to make money.