

STOWE SWIMMERS

SWIM CLUB 2012



WINTER HANDBOOK

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WELCOME TO THE 2012 WINTER SWIM CLUB

Swimmers & Parents,

I want to congratulate you for making the decision to join the Swim Club! You have decided that exercise is important and swimming is one of the best forms of exercise out there, to benefit your heart and lungs, muscle strength and flexibility, and can help you be a better athlete, student, and person. Thank you parents for helping your child make this decision and supporting them through not only each practice but the entire season.

Through out the season we will be working to improve technique of all four competitive strokes, turns, and starts. The goal is to improve efficiency in the water, increase cardiovascular and muscular strength & endurance, and enjoy individual achievement along side team spirit. We will incorporate flexibility and dry land exercises that include age appropriate strength training. On the pool deck I encourage a good work ethic, honest communication, respect, and fun.

Swimmers have the choice to learn in the practice environment or add the challenge of swim meets where they will experience the competition of the US Swimming age group short course yard winter season. Regardless of your choice I will work with all swimmers to establish a goal for the season & as the swimmers work together in practice we will mark progress through efficiency, speed, strength, comfort, & friendships. This is a great way for you as a swimmer to enjoy each practice by staying focused all season long and reflect on your improvements. All swimmers will work toward participation in our end of the season Home Meet, hosted at The Swimming Hole on March 16th. This is a great way for your swimmer to demonstrate all the hard work they put into the season and enjoy swimming with friends.

I am excited to begin my third winter season as head coach. We had wonderful success last year with our Swim-A-Thon and will tackle this amazing swim again on November 16th. Team spirit on the pool deck is so important to each individual's over all success and enjoyment, and this event helped everyone shine. I look forward to getting to know your family and coaching your swimmer this season, please contact me if you have any further questions.

Sincerely,

Coach Cara

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POOL DECK LOW DOWN

WHEN

Junior Swimmers (8 & under)

Monday & Wednesday, 3:30-4:15pm

Juniors are welcome to stay till 5pm for Special Practices noted on the schedule

Senior Swimmers (9 & over)

Monday/Tuesday/Wednesday/Thursday, 3:30-5pm

Seniors may choose to practice only one day a week or up to the full 4 days

WHAT WILL WE DO

Each practice will consist of a warm up period, stroke technique focus through drills or videos, and a cardiovascular set to improve the kids overall swimming fitness. There will also be practice time to work on starts and turns to help the kids achieve greater fluidity in their swimming, swim more continuously, and practice race skills. Some practices will start with dry land exercises or games, flexibility assessments and stretches, and stroke technique education. Practices will all end with a fun relay or game as well as a cool down period.

BE PREPARED

Swimsuit Team suits are optional – but sure do look sharp.

Goggles We are not equip to provide kids with goggles, so a back up pair is a good idea.

Swim Cap Which helps keep the hair out of the eyes and creates a more streamline surface, every swimmer gets a STOWE cap with this handbook.

Water Bottle You might not notice, but exercise in the water causes you to sweat, staying hydrated is very important.

Dry Land Workout Clothing Shorts, t-shirt, and sneakers - On Tuesday/Thursday Senior swimmers will participate in dry land training on the pool deck, and swimmers 13 & over will also utilize the gym for strength training.

NOT PREPARED, PHYSICALLY OR MENTALLY?

We all have a bad day now and again. You might be tired, or not feeling well, or just don't feel like swimming. Remember that more often than not getting in and swimming will make the day much better! Sitting out is acceptable, however sitting out on the pool deck is a distraction to your lane mates and coach. If you sit out for a period longer than 15 minutes, you will be asked to take a shower and change. Please feel free to communicate with the coach about your day or your feelings. This will make practice an overall better experience!

TAKE HEED

Although this message does not apply to most of the swimmer, it is important that all are aware.

Safety is our number 1 priority!

Feet 1st entry into the pool Unless practicing SUPERVISED starts

Hands Feet, head, fingers & all body parts to YOURSELF

Treat others how you wish to be treated

EYE and EARS above water when coach is talking

Keep the water in the pool No splashing each other or the coaches

Consequences are a reality But easily avoidable if the rules are followed. Coaches will issue a verbal warning, followed by a suspension from practice, than if need be a suspension for the season. Other consequences might be created to better reflect the offense so a lesson can be learned. *Thank you for all being understanding and super well behaved swimmers!*

ADVICE *Parents Take Note!*

Be on time It shows dedication and self respect!

Be ready Being in the lobby at 3:30 does not count as being ready or on time.

Keep personal belongings at home Do not bring anything to practice that you can not store in a cubby in the locker room. We are not responsible for storing swimmers belongings such as musical instruments, bikes, toys, etc..... so please leave it at home.

Lobby and Locker Rooms The use of these areas of the facility are a privilege, please treat them as if they were your own home. Supervision of your swimmers begins and ends on the pool deck for practice, so please provide supervision in other areas of the facility and swimmers please behave or you may loose the privilege to use these areas.

Practice is over At the end of practice please be ready to great your swimmer in the lobby or locker room, swimmers will be guided toward your supervision. Feel free to enjoy the pool with them, but make sure you check in with the front desk to cover all the details of facility usage.

STAY INFORMED 2012

READ ALL ABOUT IT....

www.stoweswimmers.blogspot.com

The Stowe Swimmers has an online source of information for parents and swimmers. Please check out the blog regularly as it will be your main source of information regarding practices, meets, team announcements, pictures, and other news worthy items. A great site to share with families and friends interested in the achievements of your swimmer.

STOWE SWIMMERS 2ND ANNUAL: SWIM-A-THON

Wednesday, November 16, 3:30-5:00pm

Each swimmer is challenged to find pledges for the amount of laps they are able to swim in One Hour. All funds raised will be used to help the swim club keep their equipment fresh and plentiful. We often use swimming equipment, such as flippers, paddles, & fulcrums to help the kids improve their technique, and we love offering the newest latest and greatest! A great fitness challenge as well as a team building event, 1 hour of swimming, how far can you go??

Parent involvement is crucial to this event; swimmers will need to provide lap counters for the event. Each lap counter will be responsible for 2 swimmers, so please sign up as a lap counter and recruit a friend or family member!

Pledge sheets are available now; please make sure you start asking for pledges.

All money raised will be due to Cara on Thursday, December 1.

More information is available on our blog, the swim club notice board, and the front desk!

MARK YOUR CALENDAR

Winter + Snow = Snow Days

If Stowe Schools are closed due to weather closing there will be **NO PRACTICE!**

Holidays Off

There will be **NO PRACTICE** on the following days...

Thanksgiving Vacation Wednesday, Nov 23 - Friday, Nov 25

Holiday Break Friday, Dec 23 - Monday, Jan 2 – *return to practice Tuesday Jan 3*

Martin Luther King Day Monday, Jan 16

Presidents Day Monday, Feb 20

Winter Recess Monday, Feb 27 - Tuesday, March 6 – *return to practice Wednesday, March 7*



END OF SEASON EVENTS

Home Meet - Stowe Swimmers Home Meet - Friday, March 16, 5:30-7:00pm

A great chance for swimmers to show family, friends, and self what they have achieved over the season. Swimmers do NOT need to be USA Swimming registered or compete in any other meets during the season. This is a fun meet where the top 6 finishers in each category receive a ribbon! Swimmers must sign up in advance for the meet, check the notice board for an entry form.

Banquet - Stowe Swimmers Winter Banquet - Monday, March 19, 3:30pm (*cost and location TBD*)

This is a great event that allows swimmers and families to gather and celebrate the months of hard work! There will be food and fun, and prizes and awards.

WHICH AWARD IS YOUR GOAL?

White Cap, Noodle Champion, Kicker of the year

Participation Awards All Stowe Swimmers will receive an award for being a member of Stowe Swimmers for the season.

King & Queen of Freestyle or **Prince & Princess of Freestyle** The fastest male and female freestyle swimmer in both the senior and junior practice groups. Times must be recorded in our own pool during our 2 swim time days or the end of season home meet.

Personal Bests Award honors to the swimmer who breaks their own personal best times the most. Best times must be recorded in US sanctioned meets during the 09-10 season.

Coaches Choice for Development Awarded to one swimmer who shows the desire to learn and lead, while treating teammates and coaches with respect.