

Flying Fish Swim Team



Parent Handbook

The first and foremost goal of the Flying Fish Swim Team is to **Have Fun!** While we are a competitive swim team, we believe having fun is an important part of any swim program. This insures your child will enjoy swimming for the rest of his or her life. We will teach your child all the basic competitive swim strokes: freestyle, backstroke, butterfly, and breaststroke. Team members participate in scheduled swim meets held throughout the summer and receive a trophy at the end of the season. There are various social activities scheduled throughout the season.

This is what you need to know—

- The swim team is open to children ages 3 to 18. No experience is required, but we do ask that your swimmer is **WILLING** to get into the water (if there are tears, swim lessons might be a better option to begin with!)
- You can **register** for swim team at practice. The deadline to register for the season is June 13th. Registration packets can be found on our website: www.ffst.us.



- **Practices** begin in the first week of May. Our practice schedule is as follows:
 - May through Mid June: Terry Parker HS Pool
 - 5:00-6:30 - 11 & older swimmers
 - 6:30-7:00 - 6 & under
 - 7:00-8:00 - 7-10 year olds
 - Mid June through July - morning
 - 7:30-9:00 am - 10 & older
 - 9:00-10:00 am - 9 & under
 - Mid June through July - evening
 - 6:00 - 7:00 pm - 9 & under
 - 7:00 - 8:30 pm - 10 & up

It is important to try to attend practice each day, as coaches are teaching skills that overlap from one day to the next, and it is beneficial for the swimmer to receive all of the instruction he/she can.

- **Equipment:** Swimmers should come to practice prepared to swim. Each participant needs to wear an appropriate swim suit (no street clothes or bikinis). Goggles and swim caps are optional, but highly helpful. We do offer a team suit for purchase as well as team t-shirts.
- **Dual/Tri meets** (meets between our team and one or two other teams) are held on Saturday mornings or weekday afternoons, depending on who the host is (our home meets are generally Saturday mornings). There are generally 6-7 of them each summer and you can find the schedule on our website. Meets can be held either at our home pool or at another pool. Saturday meets begin between 8 and 9 am; afternoon meets generally begin around 4:30 or 5:00. You can expect them to last between 4 and 5 hours.
- Your child will be in an **age group** depending on his/her age May 1st. She will swim in that age group the rest of the season. Age groups are: 6&under, 8&under, 9-10, 11-12, 13-14, and 15-18. A swimmer must swim **IN** his/her age group—and cannot swim up or swim down. Boys will compete against boys; girls will compete against girls. Swimmers must be able

to complete a lap of the pool unassisted in order to participate in a meet.

- There are **5 individual events and 2 relay events**.
 - Freestyle—2 different distances
 - Backstroke
 - Breaststroke
 - Butterfly
 - Individual Medley (IM)--one lap of each stroke
 - Freestyle relay (4 team members; each swims freestyle)
 - Medley relay (4 team members; each swims a different stroke)
 - Each swimmer is allowed to swim 3 individual events and 1 relay event.
- **Event distances** are according to age group:
 - 6&unders and 8&unders—25 yards for individual events (one lap); 50 free; 100 IM; relays are 100 yards (each swimmer swims ONE lap)
 - 9 & older swimmers: 50 yards for individual events (two laps); 100 IM; 100 Free; relays are 200 yards (each swimmer does a 50).
- **Disqualifications:** Coaches will be working intently with swimmers to ensure they are doing legal strokes. However, swimming is not just a one year process. Sometimes, it takes a little time for a young athlete to perform each stroke correctly. Swimmers can be disqualified in a meet for incorrectly performing a stroke; please encourage your swimmer to work hard and to be patient—and eventually, DQs will be a thing of the past.
- The season ends with **River City Championships**, held in late July at Cecil Aquatic Center. This meet are large—20 teams from across the city. It lasts 3 days—but don't worry; you won't be there the ENTIRE time! This is a fast meet—meaning that kids generally get personal bests in most of their events! It's a great way to end the season.

TIPS FOR BEING A GREAT SWIM TEAM PARENT

- Be positive. Help your child look beyond today and towards his/her goals.
- Be patient. Swimmers develop at different paces, but everyone needs time. Don't compare your child to other swimmers. Everyone progresses at his/her own rate.
- Make sure your swimmer arrives to practice/meets on time and ready to swim.
- During practices and meets, let the coaches coach. We consider the pool deck a classroom. Would you interrupt a teacher in the middle of a lecture? Even if the coach is not talking to the swimmers, he is watching, analyzing, and thinking about the swimmers' skills. Wait until after practice if you have comments or concerns.
- The coach is the coach, and has been trained. Swimmers should relate to their coaches concerning competition, technique, and training. This relationship and bonding between the coach and the swimmer provides the most positive results. When parents interfere with opinions as to how the child should swim, it can cause considerable confusion as to who the swimmer should listen to.
- You're welcome to watch practice, but please do so from a distance. Never talk, signal, wave, or admonish your child while he/she is working out.
- Although swimming has a strong individual element, your child is, most of all, part of a team. Try to stay until the end of the meet to show team spirit and pride.
- The single most important thing you can do for your child is to help him/her develop a strong sense of sportsmanship and a positive self-image.
- ENJOY yourself!

