

# South Park Aquatic Club



## Team Handbook

Rev. June 2, 2005

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**INTRODUCTION**

The purpose of this handbook is two-fold: to explain to new members just what the South Park Aquatic Club is and to outline various policies that affect all swimmers, year after year. All families should read it so that they may become familiar with important facts and rules of the club.

**WHY SWIM?**

The USA Swimming age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

**Physical Development**

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

- Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.
- Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most injury-free of all children's sports.
- Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's.

**Intellectual Competence**

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger self-image.

**GENERAL DESCRIPTION  
AND OBJECTIVE**

The South Park Aquatic Club, founded in 1980, is known for a first-class, year-round swim program. We offer a guided age-group youth program for children age 5 and up, from the beginning swimmer to the most competitive and skilled swimmer.

When a young person becomes a member of the South Park Aquatic Club he/she learns the values of sportsmanship and teamwork. Swimming, through the South Park Aquatic Club, provides physical, emotional and intellectual skills that will last a lifetime.

**COACHING STAFF**

Nothing has a greater influence on the quality of children's sports than the excellence of the coach. The South Park Aquatic Club staff consists of six professionally trained coaches. Four are swimming coaches and two are diving coaches. Coach Kane is a member of the American Swimming Coaches Association, and has access to the most comprehensive training and certification program for youth coaches of any sport in the United States. Certified coaches in U.S. Swimming programs possess training and experience in the physiology and psychology of adolescent development. Our coaching staff provides the assurances that the time your children spend in swimming and diving be quality time.

**COACHES RESPONSIBILITIES**

The coaches' job is to supervise the entire competitive swimming and diving program. The South Park Aquatic Club coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself--"to be the best you can be." Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing youngsters in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/ she will be tested and placed in a more challenging training group by the coach. Please see a coach for the tests that must be passed.

2. Sole responsibility for stroke instruction and the training regimen rests with the South Park Aquatic Club coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.

3. The coaching staff will make the final decision concerning which meets South Park Aquatic Club swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into.

4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmers performance. (It is the parent's job to offer love and understanding regardless of their youngster's performance)

5. The building of a relay team is the sole responsibility of the coaching staff.

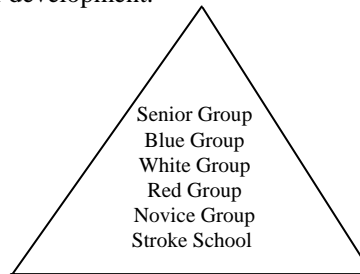
The coaching staff is constantly updating and improving the South Park Aquatic Club program. It is the swimmers and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

## TEAM LEVELS

The South Park Aquatic Club uses a "progressive" age group program designed to develop the child physically, mentally and emotionally in a systematic fashion. A well defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program.

In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals. Unfortunately, this is not always the most convenient approach to take, but it is always the most productive.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long-term goal of total excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.



### Senior Group

The senior group consists of South Park High School swimmers in grades 9-12. Their practice time will be immediately after school. These swimmers are expected to be dedicated to the program and ready to succeed at the local, regional and national levels.

### Blue Group

Blue Group swimmers are well versed in technique and strategy. They are also a full-fledged training group. Most of the swimmers in the Blue group are between the ages of 12-14 years old. Workouts for the Blue group are offered five days a week and usually last two hours each day.

### White Group

White Group swimmers spend approximately 35% of their time on technique with the remaining spent on training. They practice five days per week and 2 hours per day.

### Red Group

These swimmers have started to exhibit good swimming skills. They spend their time equally between stroke technique and training skills

and processes. Red Group swimmers are offered practices five days a week where workouts range from one and a half to two hours per day.

**Novice**

The majority of time is spent working on refining stroke mechanics. These swimmers have started to exhibit good swimming skills and will be introduced to some training skills and processes. Novice swimmers swim from Monday, Wednesday and Friday for one hour each day.

**Stroke School**

This is a novice group with a major emphasis on stroke technique. This group will be introduced to a few low-level competitions. The Stroke School swimmers swim on Monday, Wednesday and Friday for 45 minutes each day during the school year.

**TRAINING SESSIONS**

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Training schedules are designed to provide only slightly more time than is required for a swimmer to accomplish this. Therefore it is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program. Pool availability is our most limiting factor. Don't waste it.

**Winter**

	<u>Novice Group/Stroke School</u>		
Monday, Wed., Friday	6:30-7:30	PM	
	<u>Red, White and Blue Groups</u>		
Monday, Wed., Friday	5:00-6:30	PM	Swim
Monday, Wed., Friday	6:30-7:00	PM	Dry Land
Tuesday, Thursday	5:00-6:30	PM	Swim
	<u>Senior Group</u>		
Monday-Friday	2:45-5:00	PM	Swim
Monday-Friday	5:00-5:45	PM	Dryland/Lifting
Morning Practices will be offered. Times and Days TBA.			

**Summer**

	<u>Novice Group/Stroke School</u>		
Monday, Wed., Friday	5:30-6:30	PM	High School
	<u>Red, White and Blue Groups</u>		
Monday-Friday	7:15-9:30	AM	High School
Monday-Friday	9:30-10:00	AM	Dry Land
Monday-Friday	4:15-6:30	PM	High School
	<u>Senior Group</u>		
Monday-Friday	7:15-9:30	AM	High School
Monday-Friday	9:30-10:00	AM	Dry Land
Monday-Friday	4:15-6:30	PM	High School

**PRACTICE AND ATTENDANCE POLICIES**

The following guidelines are to inform parents and swimmers of the coaches' policies regarding practice. These policies have been

developed over many years and are designed to provide the best possible practice environment for all.

1. Each training group has specific attendance expectations appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend practices increases, as swimmers move to higher groups.
2. In case a youngster is late for practice, parents will need to send a note with the child explaining the reason for tardiness.
3. Plan to stay the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice. In the event that your child needs to be dismissed early from practice, a note from the parent for each dismissal is required.
4. Occasionally, most of a practice group may be attending a meet, in which case you will be notified of a practice change or cancellation.
5. While on school grounds, the swimmers are the responsibility of the coaching staff.
  - A. During practice sessions, swimmers are never to leave the pool area without coach's permission.
  - B. If any swimmer needs to complete homework before practice or leave practice early to do homework, he/she must do their homework on the pool deck so the coaches will know where he/she is located.
6. The club has an obligation to act as guests while in the high school (both swimmers and parents). Every member of the club needs to do everything possible to respect this privilege. Any damages to school property may result in financial liability of the swimmer's parents. Any damage may also result in the swimmer being asked to leave the team permanently.
7. **Parents are not allowed on the pool deck during practice unless it is an emergency. If you need to speak with a coach, please do so after practice is complete. Coaches are available for 10-15 minutes after practice.**
8. Parents are allowed to observe practice from bleachers. **Do not try to communicate with any swimmer from the observation area. This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.**

## **ILLNESS AND INJURY**

If your swimmer will be out of the water over a long period of time with an injury or illness, please notify the South Park Aquatic Club at (724) 348-0460 so the coaching staff is aware of the problem.

## **SWIMMERS TRAINING**

**RESPONSIBILITIES**

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to be Senior Swimming bound. As swimmers improve this is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice.

It is the swimmer's responsibility to make sure goggles are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as excuse to miss part of a training session.

**CODE OF CONDUCT**

1. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
2. Never interfere with the progress of another swimmer, during practice or otherwise.
3. At all club functions, whether practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.
4. All members of the club, whether parents or swimmers, continue to protect and improve the excellent reputation of the club.
5. All team members, parents and coaches are expected to be positive and encouraging of each other. Our society is full of negative. We want the SPAC to be a positive and nurturing place where our all can feel appreciated and encouraged to be the very best that he/she can be.

**PARENTS...  
YOUR ATHLETE NEEDS YOU**

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your youngster makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the South Park Aquatic Club and acquaint yourself with this section if you are a returning South Park Aquatic Club parent.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/hers children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

The coach is the Coach! We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion

as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach.

**Best kind of parent:** The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

**Ten and Unders:** Ten and Unders are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins SPAC, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

Even the very best swimmer will have meets where they do not do their best times. These "plateaus" are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these "poor" meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered.

#### **PARENTS' RESPONSIBILITIES**

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. They will serve your children well.

1. The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent. In this handbook is a reprint of an article called, "The Ten Commandments for Parents of Athletic Children". It offers some very useful and sound advice on communicating with your swimmer.
2. At the end of this book there is a copy of the "Terms and Conditions for Participation in the South Park Aquatic Club" that you signed when you registered with the Club. Please familiarize yourself with these items, then sign and return the form to the SPAC.
3. South Park Aquatic Club has a reputation in Western, PA of hosting swim meets of the highest caliber. Twenty percent (20%) of our operating budget is generated from the Club hosting at least three swim meets each year. One of the commitments made when you joined the South Park Aquatic Club was to help work our own swim meets. We usually host a meet in July, one on the first weekend in November, and one on the first weekend in February. Every family is expected to provide one worker per session of the meet.
4. The following is a transportation policy that is in effect for all functions related to the club:

*It is hereby the stated policy of the South Park Aquatic Club, effective immediately and until either revoked or restated by the*

*South Park Aquatic Club Board of Directors, that transportation of swimmers and/or coaches to practices, meets, or any other event considered to be a club function by any non-public conveyance, as defined to include privately owned vehicles, is recognized by the South Park Aquatic Club as a purely private agreement between the parties involved and that neither the South Park Aquatic Club, nor the South Park Aquatic Club Board of Directors, separately or as a group, except for the parties directly involved can be or will be considered as a party to such arrangement and that any liability in any form arising from such arrangement is purely and completely the responsibility of the parties involved.*

## COMMUNICATION

Effective communication is important to the SPAC. We use the following tools to help communicate with membership.

**Family File** -Most written communication, such as the newsletter, meet information sheets and schedules, cut times, etc., will be put in a file folder on deck that has your family name on it. It is the swimmer's responsibility to check their folder daily.

**Voice Messaging** - The club has a voice messaging number that provides 24 hour information regarding the aquatic club (724-348-0460).

**Bulletin Boards and White Board** - The bulletin boards at the high school pool provide meet information in detail and entry summaries for upcoming meets.

**Web Site** – The SPAC uses its web site as a primary tool to communicate with our membership. Please check [www.spaquatics](http://www.spaquatics) regularly for important information.

**Email** – In our busy lives, email is often an excellent way to communicate. Coaches email addresses are listed below. One word of caution: The tone and intent a person intended to communicate can often be misinterpreted in an email. Please be careful when choosing your words

### Coaches Email

Head Coach Bob Kane bobkane7@yahoo.com

Swimming Coach Brian Korol brian.korol@spaquatics.org

Swimming Coach Erin Carr elcarr24@yahoo.com

Swimming Coach Abbie Olsen abbierolsen@yahoo.com

Diving Coach John Gray jgray@federatedinv.com

Diving Coach JulieHeynes JCHeynes2@aol.com

When contacting the coaches, please be considerate. The best way to speak with the coaches is to meet them after practice. They usually make themselves available for 10 minutes to answer questions, provide information, etc. Sending a note to the coach with your swimmer is a good way to get information to them.

**PROBLEMS WITH THE COACH?** One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their

disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

1. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 20-50 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.
3. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

To Summarize: If you have an issue or concern, share that in a positive way directly with the Coach involved. If that step does not resolve the issue, speak to the Head Coach about the problem

### The Ten Commandments For Parents of Athletic Children

Reprinted from The Young Athlete by Bill Burgess included in "The Swim Parents Newsletter"

**I**

Make sure your child knows that - win or lose, scared or heroic – you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.

**II**

Try your best to be completely honest about your child's athletic ability, his/hers competitive attitude, their sportsmanship, and their actual skill level.



## III

Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.

IV Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.

V Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If he/she is comfortable with you – win or lose – he/she is on their way to maximum achievement and enjoyment.

VI Don't compete with the coach. If the coach becomes an authority figure, it will run

from enchantment to disenchantment, etc., with your athlete.

VII Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.

VIII Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.

IX Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.

X Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.

## BOARD OF DIRECTORS

The administrative functions of the club are overseen by the Board of Directors. The board consists of 4 parents elected by the voting members. The elections for board positions are held annually.

### Current Board Members

Co-President Harry and Linda Goodall

Vice President Marc Frable

Secretary Darlene Love

Treasurer Doug Harwich

### Board Job Responsibilities

Each board member is assigned a specific area of responsibility.

**PRESIDENT:**

1. Shall preside at meetings in the absence of the Head Coach.
2. Shall designate the Appointed officers.
3. Shall appoint the chairperson of each committee(except the Nominating Committee).
4. Shall serve as an ex-officio member of all committees (except the Nominating Committee).
5. Shall act as chief liaison with the Coaching Staff.
6. Shall perform any additional duties assigned by the Executive Board.

**VICE PRESIDENT:**

1. Shall perform the duties of the president in his absence or disability and shall succeed to his office if, for any reason, he is unable to complete his regular term.
2. Shall, in conjunction with the Treasurer, be responsible for obtaining a yearly audit.
3. Shall perform any additional duties assigned by the Executive Board.

**SECRETARY:**

1. Shall record the minutes of all meetings of the Voting Members and of the Executive Board.
2. Shall be responsible for such correspondence as requested by the Executive Board.

**TREASURER:**

1. Shall be responsible for the collection, safekeeping and disbursement of all funds, except Entry Fees.
2. Shall be responsible for the preparation and safekeeping of all financial records of the SPAC, except for those of Entry Fees.
3. Shall present a financial report, to the Executive Board at each of its regular meetings and to the Voting Membership at each of its regular meetings, regarding all funds of the SPAC except Entry Fees.

**FUND RAISING REQUIREMENTS**

Each South Park Aquatic Club family is required to earn \$70.00 per session in fund raising credits to benefit the club. Fund raising credits can be earned in several ways each of which will be described in your fundraising packet. Please understand that \$70 is the minimum standard. Please do your best with our fundraising efforts so we can keep dues low and provide more for the kids.

**INSURANCE**

It is required of all South Park Aquatic Club swimmers that they have a current USA Swimming membership. This membership not only supports swimming throughout the country, it also provides very important accident and medical insurance for every swimmer and every club.

The membership cost for USA Swimming is currently \$50.00 per year. This fee is charged and collected at the time of registration. U.S. Swimming has adopted two major insurance programs:

1. Secondary Accident Medical Protection;
2. A self-funded Liability Insurance Program.

These two programs are intended to provide reasonable protection for U.S. Swimming athletes and clubs while stabilizing the cost.

All SPAC Divers must be registered with the AAU. Insurance for our divers is provided through this registration.

### **TEAM UNIFORM**

The team colors are Blue, White and Black. One of the two required items to wear in any meet is a team swim cap. This cap is royal blue in color with the club's eagle on it. The reason for this requirement is that each coach is responsible for 30-50 swimmers at each meet and as the South Park cap is a unique design, unlike any other in the country, it is easily spotted by both coaches and parents alike. This cap is available from specified members of the club. Most swimmers should have at least two on hand for each meet.

The team suit is a solid navy racing suit with a screened South Park Aquatic Club logo. All team members, including those swimming in an "unattached" status, must wear the team suit in competition. The suit is available at practices or through an order placed once each session.

### **COMPETITIVE STROKES**

The four competitive strokes are (1) freestyle, (2) backstroke, (3) breaststroke, and (4) butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the individual medley. Other swimming events include relays, which are a group of four swimmers who either all swim freestyle (freestyle relay) or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle (medley relay).

### **SWIM SEASONS**

The swim year is divided into two seasons. The winter, or "short course", season runs from mid-September to mid-March. The meets are held in a 25-yard pool. The summer, or "long course", season runs from early April through July. Meets are generally held outside in 50-meter pools (Olympic size), but several are held in 25 yard pools also.

**COMPETITION...and the winner is...**The South Park Aquatic Club staff does not see the first place person as the only winner. We'd rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, and working toward goals.

Sports are not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one's abilities. Seen in that light, winning without learning is not South Park Aquatic Club's desired intention. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the medals, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self-image. These are the things that make the swimmer a more successful person with a better chance of living a life

closer to their peak potential, and to contribute to the world they live in.

- TYPES OR LEVELS OF SWIM MEETS**
1. Dual Meets-Occasionally, the South Park Aquatic Club will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.
  2. Developmental Meets-These meets generally do not have any qualification time standards. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each group. Each swimmer is usually allowed to enter from 3-5 events per day.
  3. Qualification Meets-These meets have some type of qualification time standard(s) that a swimmer must meet in order to enter the meet. Our Local Swimming Committee is Allegheny Mountain Swimming, Inc.(AMS).
  4. Zone Championships - After the AMS championships are held a swimmer may qualify to participate in the Eastern Zone Championships. This is an all-star meet where swimmers compete as a member of the AMS Zone Team competing against other local swimming committees from the East.
  5. Sectional Championships – This prestigious meet is a Senior Meet with challenging Qualifying Times. It is a step toward competing on a national level.
  6. USA Swimming Junior National Championships-One of the highest levels of achievement SPAC swimmers strive for is the participation in the Junior National Championships.
  7. Phillips 66/USA Swimming National Championships (Senior Nationals)-Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, the highest level of competition for our senior swimmers is the USA Swimming National Championships.

## MEET SCHEDULE

Each season's meet schedule is distributed at the outset of the season. There are a number of different types of meets each season. Swimmers and their parents should sign up for the meets through the SPAC web site: [www.spaquatics.org](http://www.spaquatics.org). If you have trouble signing up for the meets, please see one of the coaches.

1. The meet schedule has been established with the expectation that swimmers will attend every meet available at their classification level. However, it is not mandatory to attend meets. One can also choose to enter only one day of a two or three day meet.
2. On an average, we want all team members to compete once every three or four weeks. The meet schedule is established with this philosophy in mind. In some cases, meets of a similar classification are scheduled as close as two weeks apart or as far as one month apart. This happens when the meets that the coaching staff choose from offer no other alternative.

3. The coaching staff reserves the right to make the final decision concerning meets South Park Aquatic Club swimmers may attend and the events entered.

**PHILOSOPHY OF COMPETITION**

The South Park Aquatic Club engages in a multi-level competition program with USA Swimming that, like our training program, attempts to provide challenging, yet success-oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy:

1. We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
2. Sportsmanlike behavior is of equal importance of improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer has both a "good" and a "bad" swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised and rewarded by the South Park Aquatic Club coaching staff.
3. A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.

Swimmers are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice to direct their training efforts.

Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore his potential in the wide range of events offered in competitive swimming. Oftentimes, a swimmers "best" stroke changes as they mature and his/her body goes through physical changes.

**TERMS AND CONDITIONS FOR PARTICIPATION****South Park Aquatic Club  
(A not-for-profit Corporation)**

1. The club registration fee and USA Swimming registration fee are not refundable and must be paid prior to the swimmer entering the water. New swimmers to the South Park Aquatic Club may participate for a maximum of two weeks prior to payment of the registration fees.
2. When a swimmer is moved from one group to another, he/she must pay the prorated difference between the costs of the groups.
3. Meet entry fees are in addition to the dues. Nonpayment of entry fees will also necessitate non-participation for the swimmer(s) until payment is made.
4. Should a swimmer decide to discontinue participation in the program with the South Park Aquatic Club, the dues of which he/she swims any portion thereof and any outstanding entry fees are considered an obligation to the South Park Aquatic Club, and are payable upon termination of participation.
5. There is a fund raising obligation of Seventy Dollars (\$70.00) per South Park Aquatic Club family per session. This obligation will encourage each South Park Aquatic Club family to participate in South Park Aquatic Club fund raising efforts of their choice.
6. Each parent and swimmer is responsible for reading and understanding the contents of the "South Park Aquatic Club Handbook".
7. Within the SPAC Handbook is the SPAC "Code of Conduct". Failure to comply with this code may result in the swimmer being asked to leave the team.
8. The board of directors will communicate with the membership the required number of sessions each family is to work for each meet.
9. Each family will provide workers to satisfy the meet session requirements as set forth by the board..
10. If a family cannot attend a meet, it is their responsibility to make arrangements ahead of time with the meet director to help with a job prior to or after the conclusion of the actual meet.
11. Any checks returned to the South Park Aquatic Club for Non-Sufficient Funds will be subject to a \$15.00 additional handling charge.

I understand and agree to the above terms and conditions of the South Park Aquatic Club in exchange for the privilege of my child(ren), registered with this form, to participate in the activities and swimming program of the South Park Aquatic Club.

(Signature of Parent or Guardian)\_\_\_\_\_