



2015-2016 USA Short Course PARENT HANDBOOK

INTRODUCTION:

THANK YOU for choosing the Anniston Barracudas Swim Team! We are excited to have you join our swim family. Welcome to our USA Swimming program. We look forward to a great 2015/2016 swim season.

ABST PROGRAM GOALS:

*To aid in the development of positive self-image and to nurture high self-esteem. *To provide an environment for learning the values of hard work, commitment, self-discipline, leadership, and responsibility. *To develop and improve health and fitness. *To provide a competitive 12-month swim program. *To bolster sportsmanship and camaraderie among teammates and with other teams. *To accommodate all swimmers with appropriate training and qualified coaching based on age, ability, and dedication. *To develop a love for the sport of swimming in all of the athletes to carry with them through life. *To have fun and success at all age and ability levels.

COACHING STAFF:

Head Coach Meagan Ross
Level 3 USA Swimming Coach & WSI
mross@annistonl.gov

*Assistant Coach Hanna Bentley
Level 1 USA Swimming Coach



Call the Aquatics Center at **256-847-7349** or email Coach Meagan: mross@annistonl.gov

REGISTRATION & FEES:

Registration fee for the 2015/16 swim program is \$30.00 per month, plus your USA Swimming registration fee of \$64.00 for the 2015-2016 USA season.

This fee does not include T-shirts (available at the aquatic center), competition suit or cap. Those items need to be purchased separately. You can team suits and suggested gear on our Swim Outlet site at <http://www.swimoutlet.com/abst> Additional costs will be individual travel to meets, meet fees, goggles, and practice suits.

Registration is due by September 1, 2015. Please speak to the Head Coach if you have any questions or need to work out additional payment options!!

PRACTICE SCHEDULE:

Juniors and Seniors, ages 9-18

MONDAY-THURSDAY 4:30PM-6:30PM

FRIDAY 4:00PM-5:30PM

(if enough interest, we can always do Saturday AM practice)

8 years old and Under

MONDAY – THURSDAY 3:30PM-4:15PM

PRACTICE and MEET ATTENDANCE:

Swimmers should be punctual and arrive on time for all practices, meets, and team events.

Swimmers are expected to attend 3 practice sessions a week unless excused by coaching staff or have made special arrangements with the head coach.

Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early. Swimmers are required to be present for all meets unless excused by coaching staff or have made special arrangements with the head coach.



ABST SWIMMER'S CODE OF CONDUCT

The undersigned athlete participating with/for the Anniston Barracudas Swim Team agrees to abide by the guidelines outlined below in addition to those established by the staff.

- Swim for the fun of it, not just to please your parents or coach.
- Make every team practice, meet participation, and activity an opportunity to learn.
- Swimmers are expected to remember that at practice, during swim meets, team activities and in public they are representing ABST. They should represent ABST with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.
- Swimmers should be punctual and arrive on time for all practices and meets and team events. Pool time is very valuable.
- Swimmers are required to attend all team meetings, practice sessions and swim meets (if registered for meets), unless excused by staff or have made special arrangements with their coach.
- Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
- Swimmers are expected to wear ABST team caps and team swim suits at all swim meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
- Swimmers will come to all team sponsored events in the appropriate attire.
- Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.

- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.
- The coaches are there to help the swimmers. Swimmers are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, they are to ask questions politely.
- Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Dishonesty, theft, and/or vandalism will not be tolerated.
- Indiscreet or destructive behavior will not be tolerated
- Every effort should be made to avoid guilt by association with such activities as those listed above.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by USA Swimming
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline (expulsion from the team).

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

VIOLATION OF THE CODE – SWIMMERS

The coaches have the authority to impose the following penalties for violation of the Anniston Barracudas Code of Conduct. The penalties include, but are not limited to, the following:

- The swimmer will be given a verbal warning.
- The swimmer will be pulled out of practice in addition to a verbal warning and the coach will contact the parent.
- The swimmer will need to be accompanied by a parent at practice for four (4)

consecutive days.

-If the swimmer continues his/her bad behavior, he/she will be suspended for one (1) week. (There will be NO prorated fee for monthly dues.)

-If the swimmers disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.

I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, which may include expulsion from the team.

By placing your name below you agree that you have reviewed the Anniston Barracudas Code of Conduct with the registered athlete and the athlete understands the Anniston Barracudas Code of Conduct and that you (the parent/guardian) and the swimmer agree to abide by this Code and accept the penalties for not abiding by these.

Swimmer's Signature _____ Date: _____

Swimmer's Signature _____ Date: _____

Swimmer's Signature _____ Date: _____

Parent/Guardian Signature _____

Date: _____

ABST PARENT CODE OF CONDUCT

As a member of the Anniston Barracudas Swim Team, I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of ABST. The following behavior guidelines state the principle ABST expects all members to demonstrate and uphold.

ABST is fortunate to have coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time-management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with ABST ends.

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Head Coach oversees the direction of the staff.

PART I – PARENTS CODE of CONDUCT

- Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help ABST achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise. ABST win gracefully, lose graciously and congratulate their opponents either way
- Be an active participant in all fundraising events and other team activities and encourage and support your child by permitting them to be timely for practices and competitions.
- Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the coaching staff's instructions and advice. Your unconditional love and support before and after races will help them best.

- Allow ABST coaches to coach your child without interference during workouts and meets, including not being present on deck during practice or competitions unless you are working at the meet.
- Support your coaches as they strive to do what is best for each ABST swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association and other recognized swimming authorities.
- If you have concerns, you will address it with the appropriate coach in private.
- Maintain open and honest communication among all members of the ABST family. We reach our common goals by working together.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

PART II – PARENT – BASIC RESPONSIBILITIES

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- Represent ABST with excellence, respect, team spirit, good sportsmanship, and politeness
- Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent
- Call or meet with coaches during normal business hours before or after practice/meets to discuss issues.
- Do not coach your child at practice or during meets, that is the coach's job.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about disqualifications, judging, etc. should be directed to your swimmer's coach.
- Get involved....be an official, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Share the burden among parents by volunteering to help at meets.
- Pay your fees on time.

- Know and uphold ABST rules, regulations, management and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents.

By placing your name below you agree that you have reviewed the Anniston Barracudas Parent Code of Conduct and that you (the parent/guardian) agree to abide by this Code.

Parent/Guardian Signature: _____ Date: _____

Registration Packet Must Include:

- Registration Form with first month's fees (\$30)
- Transportation Release Form
- USA Swimming Registration Form with check for \$64.00 made out to City of Anniston.
- Copy of your Swimmer's Birth Certificate (if you have not already previously provided a copy)
- Swimmer's Code of Conduct (READ and SIGN) Please only turn in the signed sheet.
- Parent Code of Conduct (READ and SIGN) Please only turn in the signed portion.

Both the Swimmer's Code of Conduct and the Parent Code of Conduct will be included as part of the Registration Package. Signed forms must be returned along with your completed Registration Packet in order for your registration to be processed and your swimmer(s) to be registered.

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