



# Parent and Swimmer Handbook

**Table of Contents:**

Swim Vocabulary.....2-3

How You Can Support Your Swimmer.....4

Rules and Expectations.....5

Swim Meet Guidelines.....6

Coach and Board Member Contact Information.....7

## Swim Vocabulary

**Starting Blocks** – Not to be confused with diving boards, these are stationary and do not spring. This is where the race begins.

**Starts** – When the beep goes off swimmers jump out as far as they can and are in a streamlined position while in the air to start their race.

**Backstroke Starts** – You start swimming backstroke in the water holding onto the wall or the starting blocks. Toes must be underwater.

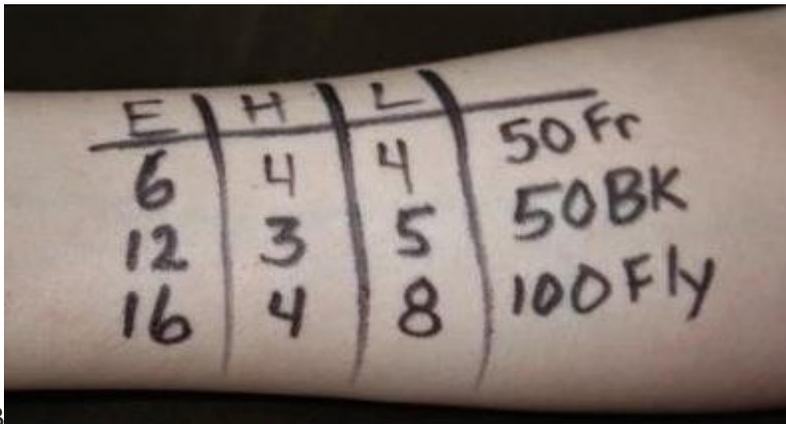
**Backstroke flags** – The triangle flags at each end of the pool, they are used primarily for backstroke, to let the swimmer know the wall is near.

**Event** – Example: Girls 25 Yard Freestyle, this is for meets and it describes the race.

**Heat** – There will be a lot of swimmers swimming a certain event. There are only 6-8 lanes in most competition pools. Heat 1 is the first filled up pool for an event.

**Before Meet Preparation** – This is a job primarily done by parents. You will write E, H, L on each swimmers arm, forearm, or leg, where the swimmer can see it. Under “E” the event number will be written and possibly what stroke so the child knows but doesn’t always indicate as what it is. (Fr=Freestyle, Bk=Backstroke, Br=Breaststroke, Fl=Butterfly), under “H” the heat number will be written, and under “L” the lane will be written. E, H, L are the column titles and each event will be written on different rows

*Example:*



**Flip Turn** – Used to transfer your momentum 180 degrees. Swimming into the wall then stopping and pushing off the wall is a waste of time and energy. A flip turn allows you to take all the speed you have into the wall then change direction while at the same time avoiding all the water you were pulling behind you as you push off under water. Picture a conveyor belt or a chain on a bike and how they change direction and distance from the ground. This turn is used

for freestyle and backstroke for a 50 yard/meter swim or greater. Most levels will be taught this during the season, lower level groups will be taught later in the season.

**Relay** – Swam with 4 swimmers. For swimmers 8 and under there are 2 relays - one is the 100 Medley Relay and the other is the 100 Freestyle relay. Each swimmer will swim 25 meters/yards. For the 9 and up swimmers the relays are 200 Medley and 200 Freestyle. Each swimmer will swim 50 meters/yards. There is no baton in a swimming relay. One swimmer will swim at a time, of course, and when that swimmers touches the wall the next swimmer will dive in and start swimming their leg of the race.

**IM – Individual Medley** – Individual means 1 or a single swimmer, Medley means a combination of things. The IM or Individual Medley is a race where the swimmer will swim EACH of the strokes.

**IM Order** – Fly, Back, Breast, Free. Ex. 100 IM is a 25 yard swim of Butterfly, 25 yard swim of Backstroke, 25 yard swim of Breaststroke, and a 25 yard swim of Freestyle, in that order.

**Medley Relay Order**– This is swam in a different order since you can't dive in and swim backstroke. Back, Breast, Fly, Free.

## ***How You Can Support Your Swimmer***

Competitive swimming programs provide many benefits to young athletes including self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to treat success and failure as two sides of the same coin, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices, by coming to swimming meets and volunteering for your club at swim meets, or by participating in fundraising, etc.

Parents contribute to the success experienced by the child and the team. Parents serve as role models and their children emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates.

### **Supportive Tips:**

1. Your child needs your emotional, physical, and financial support. Be liberal in providing this support.
2. Support but do not push your child.
3. Understand development – long-term development as an athlete, and growth and development as it impacts performance.
4. Be realistic in terms of expectations; factor in age and skill level; be aware of your child's perception of your expectations.
5. Emphasize performance and effort, not just outcome. The athlete only has control over his/her performance. Define and measure success as giving maximal effort and as personal improvement.
6. Keep winning in perspective.
7. Do not bribe.
8. Give plenty of encouraging and rewarding statements. Criticize sparingly.
9. View swimming as an arena in which to teach your child about commitment, hard work, and coping with adversity.
10. Work to form an effective Coach-Athlete-Parent Triangle.

## ***Rules and Expectations***

1. No food in locker rooms or pool. Snacks can be eaten out in the lobby or before entering the building.
2. No cell phones in locker room- this is illegal and phones cannot even be out for music.
3. Swimmers should change right away and come out to pool and sit on bleachers. All pool rules need to be followed during swim practice. No one can be in the pool until a lifeguard is in the chair and coaches ask swimmers to get in.
4. Swimmers WILL help with lane lines and flags-but should wait on the bleachers until asked by an adult to get started at the beginning of practice. All swimmers will help clean up the deck (equipment, lane lines, flags, etc.) before leaving to shower/change.
5. Swimmers should be respectful to all coaches, adults, lifeguards and fellow swimmers
6. Younger/new swimmers will be in the pool until 5:00-they should help put away kick boards and any other equipment used in their lanes.
7. Older/experienced swimmers will swim until 5:30.
8. Older swimmers are expected to be positive leaders and set a good example for younger swimmers.
9. Swimmers are not allowed to leave the pool or go into the locker room during practice unless given permission by a coach.

### **Consequences may be given to swimmers who are not following the expectations**

*Examples: move to a different lane, sit out on bleachers, call parents.*

**If issues persist and are not resolved a swimmer may be asked to leave the swim team in which case the registration fee will be forfeited.**

## **Swim Meet Guidelines**

Warm-ups usually start 30-45 minutes before the official start time of the meet. Be in your swimsuit and ready to get in the water at the designated warm-up time.

*Bring the following items:*

1. Sharpie marker to write events on your swimmer's arm or leg.
2. Snacks- meets may last several hours. Fruit and crackers are great choices that are digested quickly plus high in sugar. Swimmers crave sugar.
3. Drinks - to ensure you stay hydrated
4. 2 or more towels
5. Sweatpants and sweatshirts to stay warm between events
6. Flip flops to wear during meet
7. Extra goggles and swim cap for backup
8. Cash to purchase items from food stand or duck throwing contest
9. Good attitude!

During meet, swimmers need to stay in designated area near the coaches or with parents. Prior to their event, each swimmer is to go to the staging area to sit in their assigned heat and lane. Swimmers are welcome to cheer their teammates on during the meet.

## **PYST Coaching Staff**

**Head Coaches:** Adrienne Hitt and Heidi Nickel

**Assistant Coach:** Madi Routson

**Assistant Coach:** Leigha Andraschko

**Assistant Coach:** Christine Pariso

**Substitute Coach:** Becky Johnson

**Volunteer Coach:** Carrie Spankowski

## ***PYST Board Member Information***

**President:** Amy Paulsen

**Vice President:** Shannon Higgins

**Treasurer/Fundraising Coordinator:** Heidi Nickel

**Board Members:** Jackie Weidner, Becky Johnson, Adrienne Hitt, Bronwyn Peterson, Brandon Trago

For any questions or concerns please email [pystcoach@gmail.com](mailto:pystcoach@gmail.com)