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*New Parent  
Information*

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## **For families new to swimming and/or new to competition**

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## Bluefish Swim Club

C & C Swimming, Inc.

P.O. Box 726 Attleboro, MA 02703

Bluefish Office: 508-455-2791 Bluefish Fax: 508-455-2792

Bluefish Raynham Office: 508-823-1913 Website: <http://www.bluefishswimclub.com/>

E-mail: Chuck: [abfswimscjb@yahoo.com](mailto:abfswimscjb@yahoo.com) or Christie: [abfswimsccc@yahoo.com](mailto:abfswimsccc@yahoo.com)

Cell Phone: Chuck 617-678-0964 or Christie 617-448-0777

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Welcome! Now that you're a Bluefish, you may have some questions. Included in this packet are answers to some Frequently Asked Questions. We hope you find them helpful. Still have more questions? Our website, [www.bluefishswimclub.com](http://www.bluefishswimclub.com), our parents and our coaches will be happy to help with any information you may need.

You'll also find some helpful information in this packet about our Boosters organization (Bluefish Friends and Fans) as well as our current fundraising efforts. Take a moment to read through the information to see how you can get involved to further enrich the swimming experience of your child(ren).

Welcome to the team!



### **Who are the Bluefish?**

The Bluefish Swim Club is a developmental swim program that strives to develop swimmers from entry level competitors into senior elite athletes. The Bluefish Swim Club offers a:

- 1) Learn To Swim Programs (both group and private lessons) beginning at 12 months of age
- 2) Competitive Swim Team – open to those who have mastered the strokes of Freestyle, Backstroke, Breaststroke and Butterfly and are ready to make a commitment to swimming as a sport
- 3) Masters level Swim Program - open to those 19 years of age or older who benefit from coached workouts, whether or not they choose to compete.

### **Where do we train?**

The Bluefish have five main training facilities, with a sixth site during the spring/summer months. Program offerings vary by location.

Attleboro High School  
108 Rathbun Willard Drive  
Attleboro, MA 02703  
Head Coach: Chuck Batchelor  
[abfswimscjb@yahoo.com](mailto:abfswimscjb@yahoo.com)  
Course: SCY (25 yard pool)

Raynham Athletic Club  
1250 Rte 44  
Raynham, MA 02767  
Head Coach: Jessica Morrison  
[abfswimsccl@yahoo.com](mailto:abfswimsccl@yahoo.com)  
Course: SCY (25 yard pool)

Cumberland High School  
2600 Mendon Road  
Cumberland, RI 02864  
Head Coach: Christie Batchelor  
[abfswimsccl@yahoo.com](mailto:abfswimsccl@yahoo.com)  
Course: SCY (25 yard pool)

Wheaton College  
Haas Athletic Center  
Balfour Natatorium  
26 East Main St.  
Norton, MA 02766  
Coaches: All  
Course: SCM/SCY (40 meter pool)

Seasonally:  
Mickey Stevens Complex  
975 Sandy Lane 02889  
Warwick, RI  
Coaches: All  
Course: LCM (50 meter pool)



**Bluefish Swim Club** ([www.bluefishswimclub.com](http://www.bluefishswimclub.com))

You will find an endless amount of information about the Bluefish Swim Club, Bluefish Friends and Fans and related activities. All calendar and meet information, email archives, fundraising information, newsletters, etc. will be found here. Please visit the site frequently.



**New England Swimming** ([www.neswim.com](http://www.neswim.com))

The New England Swimming website has information for Parents under the "Community" tab. It also has information regarding all meets hosted within the New England LSC (local swimming club) and much more. The New England LSC is composed of all the New England states with the exception of Connecticut.



**USA Swimming** ([www.usaswimming.org](http://www.usaswimming.org))

The USA Swimming Website also has a wealth of information. Log on to the site and click on "Member Resources" tab to find information on training, growth and development, nutrition, sports medicine, times and recognition and MORE!

## **Team Uniform & Equipment Bag Policies**

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We have an online team store available with Metro Swim Shop. Please visit and set up your account today. We will have two selected team ordering deadlines throughout the year (beginning of short course and long course seasons). If your order is placed within these deadlines, you will not be responsible for the shipping charges. You will be responsible for shipping charges should you decide to place an order at any other time. Please call Metro Swim Shop with any questions you might have.

Team Vendor: **Metro Swim Shop**

<http://www.metroswimshop.com/> • Customer Service/Phone Orders • 1-800-526-8788

**DETAILED INFORMATION AND ORDERING INSTRUCTIONS CAN BE  
FOUND ON THE BLUEFISH WEBSITE UNDER:  
TEAM INFO – UNIFORM POLICY**

Team Portal inquiries. Following URL is the Team Portal link for your team.

Team Portal URL: <http://www.metroswimshop.com/bluefish>

Following are the links to download the manuals explaining how to use it.

Portal User Guide - [http://metroswimshop.com/doc/Portal-User-Guide\\_12.doc](http://metroswimshop.com/doc/Portal-User-Guide_12.doc)

Portal Registration - [http://metroswimshop.com/doc/Portal-registration\\_12.doc](http://metroswimshop.com/doc/Portal-registration_12.doc)

# SAMPLE INSTRUCTION SHEET

## Step by Step instructions for SuperMeets

Step 1: **Click** on: [http://supermeets2.com/upcomingEvents.php?team\\_id=150](http://supermeets2.com/upcomingEvents.php?team_id=150)  
This will bring you to a Bluefish “Events” page

Step 2: 1<sup>st</sup> Time Users: **click** on “**Register**” in the upper right corner next to “Family Login” button.

Step 3: **Select Program: “Swim Team”**

Step 4: **Add Swimmer’s Information**

Step 5: Please complete registration wizard to enter your participant, family and emergency contact information.

Signing Up for a Work Requirement: **Click** on “**name of meet**”. You will now see a list of all available positions. Clicking on a position will show important information about its responsibilities and required arrival time.

Step 8: **Find a job** you wish to sign up for and **click** on its corresponding “**sign up**” link. **If you have been previously held a position that requires some training (Scorer, Colorado Operator, Clerk of Course, Head Timer, etc.), please scroll through the jobs list to see if you name has been “pre-populated” in a specific position. Assuming you accept the position chosen for you, skip Step 9 and continue to Step 10. If you would prefer a different position, and choose to remove yourself from that job, click “update” and follow the prompts. Please notify Sue Weiner ([sweiner01@comcat.net](mailto:sweiner01@comcat.net)) if you change your pre-populated position.**

Step 9: You will see a confirmation of what you have signed up for. **Enter your full name in the box provided**, and then **click** on “**sign up**”. You will now be taken back to the sign-up sheets where you will see your name next to the job you chose.

Step 10: When you have chosen your jobs (work requirement is 3 sessions/family), **click** on “**Events**” at the top of the page and then **click** on “**Concessions for name of meet**”.

Step 11: **Sign up for your concession donation** by selecting the item you’d like to donate, **following steps 8 and 9**. Log out.



# Friends and Fans.....

As you know, The Bluefish Swim Club is a developmental program that strives to develop swimmers from entry level competitors into senior elite athletes. This requires a tremendous amount of time, work and dedication not only from our coaching staff, but from our children as well.

Due to the dedication and commitment our children have made to the sport of swimming, it is critical that a support network be in place to foster the continued success of the Bluefish Swim Club program and to allow our athletes the best possible opportunities throughout their swimming careers.

The Bluefish are fortunate enough to have such an organization in place to provide this support. The **Bluefish Friends and Fans** (formerly Bluefish Boosters) is a 501(c)(3) non-profit tax exempt organization. **It is our goal to work with Bluefish coaches and parents to provide a social and financial support network to swimmers by sponsoring programs to fund projects, social activities and travel, while fostering team spirit that will involve every Bluefish family.**

We need your help. We need involvement from as many Bluefish families as possible. Friends and Fans meetings are held on a regular basis throughout the year and present an opportunity to foster communication between parents, swimmers and coaches. It is a vehicle that can be used to influence your child's swimming experience. We have some new challenges to work through. The diversity in swimmers ages, geographical locations and pool venues represent opportunities for us as a group to put new programs in place to further assist the coaches in reaching their goals for the team.

Join us at our next Friends and Fans Meeting. Thanks for any help you can offer and welcome to the team!

Board Members of the Bluefish Friends and Fans

## Sample Letter Soliciting Donations:



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### **BLUEFISH FRIENDS AND FANS**

The Bluefish Swim Club is a developmental program that strives to develop swimmers from entry level competitors into senior elite athletes. This requires a tremendous amount of time, work and dedication not only from our coaching staff, but from our children as well.

Bluefish swimmers and coaches have had tremendous success on the local, national and international level! Our success continues outside of the pool. In addition to training for up to 30 hours weekly, our swimmers are full time students. We are proud to say that Bluefish High School seniors go on to some of the highest caliber academic institutions and swimming programs in the United States.

With this success and dedication comes an experience of a lifetime for our swimmers, along with significant expense. We need your help. The Bluefish Friends and Fans are reaching out to businesses in our local communities as well as families for sponsorships and donations. Please consider sending a "Good Luck" message to your favorite swimmer or placing an advertisement to showcase your business.

Thank you for supporting the Bluefish Swim Club. Your help is greatly appreciated.

Sincerely,

Bluefish Friends and Fans  
[www.bluefishswimclub.com](http://www.bluefishswimclub.com)

## Meet Program Sponsorship Opportunities

	<u>1 meet</u>	<u>2 meets</u>	<u>3 meets</u>	<u>4 meets</u>
<input type="checkbox"/> Business Card	\$50	\$90	\$120	\$150
<input type="checkbox"/> ¼ Page Advertisement	\$75	\$135	\$180	\$225
<input type="checkbox"/> ½ Page Advertisement	\$100	\$180	\$240	\$300
<input type="checkbox"/> Full Page Advertisement	\$200	\$360	\$480	\$600
<input type="checkbox"/> Full Page Full Year Advertisement plus Website link - \$800				
<input type="checkbox"/> “Good Luck” Message (message limited to 75 characters, including spaces)	\$10	\$20	\$30	\$40

Name of Swimmer: \_\_\_\_\_  
-----

### **Corporate/Business Information:**

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Website (if applicable): \_\_\_\_\_

Contact Person: \_\_\_\_\_

**“Good Luck” Message:** (limited to 75 characters, including spaces - PLEASE PRINT).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Method of Payment:**

\_\_\_\_\_ Cash      \_\_\_\_\_ Check      (Make check payable to Bluefish Boosters, Inc.)

### **Instructions for Business Card/Advertisement Submission:**

Submit hard copy text to: Bluefish Boosters, Inc., c/o Chris Choate, Bluefish Friends and Fans  
145 Pokanoket path, Wrentham, MA 02093 or email your advertisement to: Chris Choate,  
[c.choate@comcast.net](mailto:c.choate@comcast.net) . Place your business name in the subject line of your email. Please  
send only .jpg, .pdf, .doc or .docx files.

THANK YOU FOR YOUR SUPPORT



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**BLUEFISH FRIENDS AND FANS**

Thank you for your support of our swimmers.

Charitable donation in the amount of: \$ \_\_\_\_\_

Received by: \_\_\_\_\_ Date: \_\_\_\_\_

Donated by: Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Bluefish Boosters, Inc. is a recognized non-profit organization under section 501(c) (3) of the Internal Revenue Code. ( I.D.#14-1875421)



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**BLUEFISH FRIENDS AND FANS**

Thank you for your support of our swimmers.

Charitable donation in the amount of: \$ \_\_\_\_\_

Received by: \_\_\_\_\_ Date: \_\_\_\_\_

Donated by: Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Bluefish Boosters, Inc. is a recognized non-profit organization under section 501(c) (3) of the Internal Revenue Code. ( I.D.#14-1875421)

## Who can I contact for additional information or with questions?

You should always feel free to speak to your child's coach. You might also find it helpful to speak with any Bluefish parent about any questions you may have. In addition, the **Bluefish Friends and Fans Board of Directors** is a great resource for questions:

### President

#### Vice Presidents

Chris Choate  
[c.choate@comcast.net](mailto:c.choate@comcast.net)

Donna Chane  
[caccmc@comcast.net](mailto:caccmc@comcast.net)

Doug McMahon  
[dougmcmahon@aol.com](mailto:dougmcmahon@aol.com)

Kelly Martin  
[kelliemartin@comcast.net](mailto:kelliemartin@comcast.net)

Mary Capprini  
[marycapp@comcast.net](mailto:marycapp@comcast.net)

\*\* Open position

#### Treasurers

Donna Krammer  
[dmnhm@verizon.net](mailto:dmnhm@verizon.net)

#### Secretary

Suma Kaveti  
[ksuma2000@hotmail.com](mailto:ksuma2000@hotmail.com)

Another method of fundraising is to sign up for eScrip, eDinning, Good Shop, and Good Search, the instructions and explanations can be found below.



**Group ID # is: 500020946**

**[Sign Up Now!](#)**

eScrip is proven to be a fantastic resource for fundraising where participating business partners contribute a percentage of your grocery loyalty cards, credit card, and debit/ATM card purchases to the school, group or organization of your choice. Visit our [family of merchants](#) for a complete list of participants in the program.

**Here's How it Works**

- You register any one or all of your existing grocery loyalty, debit and credit cards for use in the program.
- Participating merchants will make contributions to your chosen group, based on purchases made by you, just by using the cards you have registered.
- Your purchases are tracked and available to you online, allowing you to see just how much you are earning on your child's behalf!

**About ESI**

Electronic Scrip Incorporated (ESI) is a California-based corporation dedicated to establishing relationships between commerce and community -- to provide resources to organizations and projects that support children. ESI introduced the eScrip program in 1999 and has distributed over \$250 million to schools and youth organizations across the country.

1. Log on to [www.escrip.com](http://www.escrip.com)
2. Click "Sign Up"
3. Under Group Name, type in [Bluefish Swim Club](#) and click
4. Click on [Bluefish Swim Club Boosters](#)  
Click
5. Provide required information  
Click
6. SKIP THIS SECTION  
Click
6. Register credit and debit cards
7. SKIP THIS SECTION  
Click
8. Confirm your registration and review  
Click
9. Create a personal password to access "my eScrip" in the future and track your purchases and account activity

**NOW THAT I'M REGISTERED, WHAT NEXT?**

1. Check out eScrip Dining Rewards  
This allows the Bluefish to earn money when you dine out at a participating restaurant - 2.5% of your bill (including tax and tip) goes to the Bluefish when you pay with a registered credit/debit card
2. Shop the eScrip Online Mall  
There are over 800 retailers that participate in the program.

### QUESTIONS ABOUT THE PROGRAM AND ENROLLMENT

**Q. What is eScrip Dining by Rewards Network<sup>SM</sup>?**

**A.** eScrip Dining by Rewards Network provides supporters with additional opportunities to generate contributions to the organizations of their choice. It is an easy and discreet awards program where you can earn contributions at thousands of participating restaurants throughout the U.S. and in Canada.

**Q. Who can join eScrip Dining?**

**A.** Any eScrip member with a registered major credit or debit card is automatically enrolled! For easy access to restaurants in your area, log in to find a participating restaurant that offers contributions whenever you use an eScrip-registered credit card to pay.

**Q. Is there a fee to join?**

**A.** There is no fee to join. eScrip Dining is a free program which allows supporters to generate donations by patronizing participating restaurants.

**Q. How do I register additional credit/debit cards?**

**A.** Go to the My eScrip section of [escrip.com](http://escrip.com) to register additional credit cards. Up to a total of five credit/debit cards can be associated with each eScrip Dining membership (American Express®, Discover®, MasterCard® and Visa® accepted).

**Q. Do I need to let the restaurant know I'm a supporter of eScrip Dining?**

**A.** No. eScrip Dining is a discreet way to generate donations at participating restaurants, with the following features:

- No ID card to present.
- No special coupons to redeem.
- No membership number to remember.

No one knows you're using an awards program. Your registered credit/debit card is automatically linked to your membership.

**Q. [Is \[escrip.com/dining\]\(http://escrip.com/dining\) a secure web site?](http://escrip.com/dining)**

**A.** Yes. When you access your account information online, you are accessing our secure server. The secure server software (SSL) encrypts all information you input before it is sent to us. Furthermore, all of the customer data we collect is protected against unauthorized access. See our [Privacy Policy](#) for additional information.

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### QUESTIONS ABOUT RESTAURANTS

**Q. What restaurants participate in eScrip Dining?**

**A.** You'll find thousands of restaurants located throughout the U.S. and in Canada participating in eScrip Dining. So whatever your dining tastes, chances are you'll find participating restaurants in your area that meet your interests. To locate a restaurant where you live, work or travel, simply use our easy, convenient and up-to-the-minute online Restaurant Search on the web site to find restaurants that participate in eScrip Dining.

**Q. What type of contributions will I earn?**

**A.** You must log in to our web site to check on the donation percentage available for each participating restaurant.

**Q. Once I join, how do I earn contributions for dining?**

**A.** Follow these steps and your organization will automatically receive your contributions:

- Log in with your Supporter ID and Password to access our full list of participating restaurants and view the donation percentage you can earn.
- Locate a participating restaurant via our online Restaurant Search.

- Read the details we provide about a restaurant that interests you. Information includes cuisine type, address, phone, menu, maps, directions, donation percentage for specific dates, and more.
- Dine at that restaurant when donations are being offered and pay with a credit/debit card you've registered with eScrip (Visa®, MasterCard®, Discover®, or American Express®). And remember, you don't have to let the restaurant know you're an eScrip supporter.

It's that simple! When you pay with a credit/debit card you've registered with eScrip, we track and automatically award your benefit. Every month, the organizations you have chosen will receive all contributions made on your behalf.

**Q. Do all restaurants in the program offer contributions every day?**

**A.** Most participating restaurants in eScrip Dining offer contributions every day they are open. In addition to these restaurants, eScrip Dining has another category of restaurants that offers contributions on certain days of the week, certain visits or certain times of day. Our web site lists the specific contributions being offered for all participating restaurants and any restrictions.

**Q. Is there a limit on the amount of contributions I can earn at participating restaurants?**

**A.** At most participating restaurants, you will earn contributions on your first visit to each restaurant each calendar month. Some restaurants offer contributions only on certain days of the week or times of the day or to a certain amount of spend per month. To learn about the donation percentage offered at a specific restaurant, check the "Dining Guidelines for this Restaurant" on the restaurant's "Details" page.

**Q. Can I still earn benefits if I'm using a coupon?**

**A.** eScrip Dining benefits are not available when used with coupons, other dining programs, discount cards or restaurant promotions. Additionally, benefits may not be awarded for planned events such as large business functions or parties where a special pricing has been negotiated directly with the restaurant, if you do not have prior consent from the restaurant to receive your benefits. You may contact eScrip Dining Member Services for assistance with plans for large functions.

**Q. Can I earn contributions when I invite guests?**

**A.** Yes. You earn contributions based on the amount of your total dining bill - including food, drinks, tax and tip. Simply make sure to pay your bill with a credit/debit card registered with eScrip.

**Q. I dined the other day. How do I know my contribution was received?**

**A.** Monthly statements are available online by accessing My eScrip on [escrip.com](http://escrip.com). Please allow up to 90 days for your contributions to appear on the monthly statement.

You can earn money for the Bluefish Swim Club every time you search the Internet. Spread the word.....get your family, neighbors and friends involved!

## **Not familiar with GoodSearch?**

GoodSearch.com is a Yahoo-powered search engine that donates half its advertising revenue, to the charities its users designate. You use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

Here's what you do:

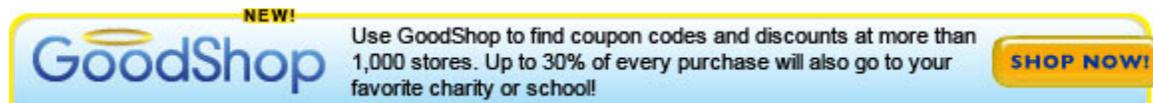
1. Go to [www.goodsearch.com](http://www.goodsearch.com)
2. Enter "Bluefish Swim Club" as your favorite charity
3. Download the GoodSearch toolbar to your desktop
4. use it every time you search the internet!

## **Need help downloading the toolbar?**

### **DOWNLOAD THE GOODSEARCH TOOLBAR**

It's easy to earn money for your top school or charity when you have our toolbar installed in your browser. GoodSearch has toolbars Internet Explore, Firefox and Safari. Visit the GoodSearch website for download instructions.

## **Do you like to Shop online?**



**NEW!** Use GoodShop to find coupon codes and discounts at more than 1,000 stores. Up to 30% of every purchase will also go to your favorite charity or school! **SHOP NOW!**

GoodSearch also offers online shopping through GoodShop. When you shop online at your favorite stores, the Bluefish can receive a donation of up to 37 percent of each purchase! Hundreds of great stores including Amazon, Target, Gap, Best Buy, ebay, Macy's, Barnes & Noble, Old Navy, and Toys R Us have teamed up with GoodShop. Every time you place an order through the Good Shop store, you'll be supporting the Bluefish!

## **Information to help you understand Swimming**

### **What is Short Course? What is Long Course?**

The sport of swimming is divided into two seasons. Generally speaking, during the Short Course season, meets are typically held in a 25 yard pool (SCY). During the Long Course season, meets are typically held in a 50 meter pool (LCM). The short course season begins in September and runs through the beginning of March. Long Course begins when short course ends and runs through mid-August. Each season has its respective Championships that swimmers must qualify for in order to compete.

### **What are Regionals? What are Age Groups?**

When a coach refers to either a Regional or Age Group “cut”, they are talking about a time standard that has been set by New England Swimming for a particular event (see time standard section of packet). Qualifying for end of season championship events depends of whether or not your swimmer has achieved this time standard. New England Regional Short Course Championship meets are held in February and signify the closing of the Short Course season. Teams are assigned to one of 5 venues in New England where they compete. This year, New England Swimming is introducing Long Course Regional Championships. Your child would compete in whichever events he/she has achieved the appropriate “cut” for. Age Group Championships represent the next level of championship meet and hold swimmers to a faster “cut” time than that of a regional championship meet. New England swimming selects one venue to host this championship meet. Age Group Championships are held in February, at the end of the short course season and in July, at the end of the long course season. Swimmers who qualify for these meets also have the ability to qualify for further championship meets as they age up and progress as a swimmer.

### **Do we run meets? Why?**

The Bluefish host approximately 4-8 meets during the year. We run meets to help offset the cost of running a team and to help keep our fees as low as possible. Pool time cost is significant. Each meet we run generates income from admission, program sales and swimmer entry fees. Once meet expenses are paid, we are able to use this money to help with the expenses in running the team. If we didn't run meets, we would be paying for these costs in the form of increased membership fees.

Parent volunteers are essential to the Bluefish being able to run a successful meet. Running organized and profitable meets are critical to the fundraising efforts for the Bluefish. Parents are required to volunteer during home meets. The number of sessions will be determined prior to the meet. You will have the opportunity to select a job by using our volunteer management software, SuperMeets. You will be expected to stay the length of the session in which your child is swimming. If you do not fulfill your work obligation you will be billed a \$150 fine, unless you make other arrangements to volunteer in some other capacity prior to the meet. In the event you cannot fulfill your work obligation, please contact Christie Batchelor prior to the meet to discuss an alternate volunteer assignment. Please see our complete volunteer policy in your registration packet.

## **I've never been to a meet before.....what should I bring?**

Swim meets are a great way to showcase both our swimmer's and coaches hard work throughout the year. They're also a lot of fun! Being well prepared for each meet will make the event a positive experience. The following is a list of items that our coaches and experienced swim parents suggest you bring/pack.

### **EQUIPMENT AND CLOTHES:**

- Swim bag
- Goggles (back up goggles)
- Cap (back up cap)
- Team racing swims suit (backup swim suit)
- Sandals, water shoes or Crocs
- Towels (be sure to pack more than one)
- Plastic bag for all wet stuff
- Bluefish jacket and pants
- Sweatpants/sweatshirt/t-shirt to wear during the meet
- Clothes and shoes/sneakers to wear at the end of the meet
- Head towel/hat
- Soap/Shampoo

### **FOOD/DRINK**

- Good Ideas: power bars, carrots, hard boiled eggs, peanut butter crackers, fruit, dry cereal (Shredded Wheat, Cheerios), bagel, turkey
- Water bottle, Gatorade/sports drink

### **EXTRAS/MISCELLANEOUS**

- Books to read
- IPOD
- Camera
- Video Camera
- Fold up chair
- Race schedule
- Pen to mark your hand with race numbers

## Parent Education Resources

- Sticking With Swimming <http://ctswim.org/ctswim/Articles2/StickingWithSwiming.htm>
- Myths and Misconceptions about Year Round Clubs  
<http://www.usaswimming.org/usasweb/ViewMiscArticle.aspx?TabId=57&Alias=Rainbow&Lang=en&mid=830&ItemId=905>
- UNDERSTANDING AND HANDLING PERFORMANCE PRESSURE  
<http://www.wayofchampions.com/articles.php>
- THE COMPETITION ON THE EDGE: THE ART OF BEING COURAGEOUS  
<http://www.wayofchampions.com/article-2.php>
- What makes a champion? <http://www.wayofchampions.com/article-4.php>
- Coaching and Recruiting the Habit of Mental Toughness  
<http://www.swimmingworldmagazine.com/lane9/news/19134.asp?q=Coaching%20and%20Recruiting%20the%20Habit%20of%20Mental%20Toughness>
- Goal Setting Packet Chapter 1  
[http://www.usaswimming.org/USASWeb/ Rainbow/mental%20Toolbox%20Documents/c6bf02a6-be3b-41c1-9d50-b03e88ec656a/Mental\\_Toolbox\\_GoalSetting.pdf](http://www.usaswimming.org/USASWeb/ Rainbow/mental%20Toolbox%20Documents/c6bf02a6-be3b-41c1-9d50-b03e88ec656a/Mental_Toolbox_GoalSetting.pdf)
- Self Confidence Packet Chapter 6  
<http://www.usaswimming.org/USASWeb/ Rainbow/mental%20Toolbox%20Documents/8cd51083-6029-4c5d-ba56-1b375f2ca04d/selfconfidence.pdf>

**“THE REAL CONTEST IS ALWAYS BETWEEN WHAT YOU’VE DONE AND WHAT YOU’RE CAPABLE OF DOING. YOU MEASURE YOURSELF AGAINST YOURSELF AND NOBODY ELSE.”**

**~ Geoffrey Gaberino  
Olympic Gold Medalist - Swimming**

- **A champion** views competitors as partners who provide challenge and the chance to improve.
- **A champion** understands performances are like a roller coaster, with many ups and downs, and that you have to accept both the good and the bad.
- **A champion** enjoys sport for the simple pleasures it provides.
- **A champion** has vision. A champion dreams of things that haven't been and believes they are possible. A champion says "I can."

# 10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC  
Former Director of Club Services, USA Swimming

**I. Thou shalt not impose thy ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

**II. Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

**III. Thou shalt not coach thy child.** You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

**IV. Thou shalt only have positive things to say at a swimming meet.** You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

**V. Thou shalt acknowledge thy child's fears.** New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

**VI. Thou shalt not criticize the officials.** Please don't criticize those who are doing the best they can in purely voluntary positions.

**VII. Honor thy child's coach.** The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

**VIII. Thou shalt be loyal and supportive of thy team.** It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

**IX. Thy child shalt have goals besides winning.** Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

**X. Thou shalt not expect thy child to become an Olympian.** There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

## Positive Parenting 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.
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## Are You a Pressure Parent?

The following survey has been taken from the *Amateur Swimming Association of Great Britain*. If you answer yes to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parents' role is critical and should be supportive at all times to ensure a positive experience for your child.

- Is winning more important to you than it is to your child?
- When your child has a poor swim, is your disappointment, such as through body language or vocal tones, obvious?
- Do you feel that you are the one to have to "psyche" your child up before competition?
- Do you feel that winning is the only way your child can enjoy the sport?
- Do you conduct "post mortems" immediately after competition or practice?
- Do you feel that you have to force your child to go to practice?
- Do you find yourself wanting to interfere with coaching and instructions during practice or competition thinking that you could do better?
- Do you find yourself disliking your child's opponents?
- Are your child's goals more important to you than they are to your child?
- Do you provide material rewards for performance?

## GLOSSARY OF SWIMMING TERMS

<b>Age Group</b>	Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. Some LSCs have divided the swimmers into more convenient divisions specific to their situations: (i.e.) 8-under, 13-Over, 15-Over, Junior, Senior.
<b>Alternate</b>	In a Prelims/Finals meet, after the finalists are decided, the next two fastest swimmers other than the finalists are designated as alternates. The faster of the two being the first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place.
<b>Anchor</b>	The final swimmer in a relay.
<b>Approved Meet</b>	A meet conducted with sufficient USA Swimming officials to certify conformance to USA Swimming rules. The meet may include competitors who are not USA Swimming members. The meet may be a competition sanctioned at the LSC level with the added approval of USA Swimming because both member and non-member athletes will be competing.
<b>ASCA</b>	The <a href="#">American Swim Coaches Association</a> . The professional organization for swim coaches throughout the nation. Certifying coaches and offering many services for coaches' education and career advancement.
<b>Bonus Heat</b>	The heat held during the finals session of a Prelims/Finals meet that is slower than the swimmers participating in Big Finals. The Bonus Heat may refer to Consolation Finals or an extra heat in addition to Consolation finals.
<b>Circle Seeding</b>	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (i.e.) Lane 4 in the final three heats. See rule book for exact method for seeding depending on the lanes in the pool.
<b>Colorado</b>	A brand of automatic timing system.
<b>Consolation Finals</b>	After the fastest six or eight swimmers, the next six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims are swum, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
<b>Deck Entries</b>	Accepting entries into swimming events on the first day or later day of a meet.
<b>Deck Seeding</b>	Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events.
<b>Disqualified</b>	A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.
<b>Entry Chairperson</b>	The host club's designated person who is responsible for receiving, and making sure the entries have met the deadline, or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering club to correct any errors.
<b>Entry Fees</b>	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
<b>Entry Limit</b>	Each meet will usually have a limit of total swimmers they can accept, or a time limit they cannot exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.

<b>Electronic Timing</b>	Timing system operated on DC current (battery). The timing system usually has touchpads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer-type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers.
<b>False Start</b>	When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
<b>Heats</b>	A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swum, after all heats of the event are completed.
<b>Heat Award</b>	A ribbon or coupon given to the winner of a single heat at an age group swim meet.
<b>Heat Sheet</b>	The pre-meet printed listings of swimmers' seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.
<b>High Point</b>	An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre meet information.
<b>Long Course LSC</b>	A 50-meter pool. Local Swim Committee. The local level administrative division of the corporation (USA-S) with supervisory responsibilities within certain geographic boundaries designated by the Corporation
<b>Positive Check In</b>	The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.
<b>Prelims</b>	Session of a Prelims/Finals meet in which the qualification heats are conducted.
<b>Prelims-Finals</b>	Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest six or eight (Championship Heat) swimmers, and the next fastest six or eight swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.
<b>Pre-seeded</b>	A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the heat sheet or posted meet program.
<b>Psyche Sheet</b>	An entry sheet showing all swimmers entered into each individual event. Sometimes referred to as a "Heat Sheet" or meet program. However, a "heat sheet" would show not only every swimmer in an event, but also what heat and lane they are swimming in.
<b>Relays</b>	A swimming event in which four swimmers participate as a team. Each swimmer completes an equal distance of the race. There are two types of relays: 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle.

Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances.

**Sanctioned Meet**

A meet that is approved by the LSC in which it is held. Meet must be conducted according to USA Swimming rules. All participants, including coaches, athletes and officials, must be USA Swimming members.

**Scratch**

To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.

**Split**

A portion of an event that is shorter than the total distance and is timed. (i.e.) A swimmer's first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.

**Timed Finals**

Competition in which only heats are swum and final placings are determined by those times.

**Time Standard**

A time set by a meet or LSC or USA-S (etc) that a swimmer must achieve for qualification or recognition.

## Everything You Wanted to Know About Swim Meets but Were Afraid to Ask

### **Before the Meet Starts**

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the check-in place. Usually, parents are not allowed on deck so this may be a responsibility of your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach!
4. Once "checked in", write or have the swimmers write each event-number on his or her hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen or watch for. The coach will help with this as well.
5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
7. The meet will usually start about 10-15 minutes after warm-ups are over.
8. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
9. Psyche Sheet or Heat Sheets. A psyche sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. A Heat sheet may be available close to the start of the meet that lists the actual heat and lane a swimmer will be competing in.

### **Meet Starts**

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. Generally, girls events are odd-numbered and boys events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle"
3. After each swim:
  1. He/she is to ask the timers (people behind the blocks at each lane) his/her time.
  2. Depending on the coaches instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
  3. The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before her recovery swim.
4. Generally, the coach follows these guidelines when discussing swims:
  1. Positive comments or praise
  2. Suggestions for improvement
  3. Positive comments

5. Things you, as a parent, can do after each swim:
  1. Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.
  2. Take him back to the team area and relax.
  3. This is another good time to check out the bathrooms, get a drink or something light to eat.
  4. The swimmer now waits until his next event is called and starts the procedure again.
6. When a swimmer has completed all of her events she and her parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and she is not there.
7. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

### **What Happens If Your Child has a Disappointing Swim?**

If your child has a poor race and comes out of it feeling badly, talk about the good things. Don't talk about the negative things and don't keep talking about the race. Drop it and get your child to focus on the next race or something enjoyable coming up after the meet! Limit the "post mortems!"

If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

### **Special Parent's Note:**

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers at the blanket area. If you don't think that a gym floor is comfortable, feel free to bring folding chairs to sit on. Better yet, become an official and get involved! You get to be close to the action and take the focus off of your own child!

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*A thought from Rowdy Gaines, Olympic Gold Medalist and former World Record Holder:  
**"I believe we swim for two major reasons – 1) TO SWIM FAST!!! and 2) TO HAVE FUN!!!** And the amazing thing is, these reasons are so intertwined. There is no way you will ever be able to swim fast unless you enjoy the sport, and I don't think you will have much fun in the long run unless you see some success. But you've got to remember that success is measured in so many different ways. To tell you the truth, I remember so many things about my swimming career, but I couldn't tell you my best times in my events. I do remember the friends I made, the travel that was so much fun, the high school bus trips to meets, the shave-down parties and the many values the sport taught me."*