

# RED WING SWIM CLUB HANDBOOK

## Red Wing Swim Club Mission Statement

The Red Wing Swim Club offers a competitive swim club to the children in the Red Wing and surrounding area. We provide an opportunity for our members to learn competitive swimming techniques and conditioning and attempt to develop young people with good moral and emotional character. In addition, participation encourages our members to set goals and strive to achieve them while competing in an atmosphere conducive to enhancing self-esteem and good sportsmanship. This all takes place in a safe environment where kids also learn about hard work.

## Introduction

Parents and Swimmers, welcome to the Red Wing Swim Club. The Red Wing Swim Club (RWSC) is a coach directed, non-profit organization, sanctioned by USA Swimming. It is organized around the coaches and a Board of Directors which is made up of volunteer parents. The Board of Directors is elected annually by the membership, and any member of the RWSC is eligible to seek election to the Board at the annual meeting in July.

USA Swimming is the national governing body for the sport of swimming and is responsible for selecting and training teams for international competition including the Olympic Games. With registration into the RWSC you automatically become a member of USA Swimming which also provides insurance that is needed for you to be able to participate in supervised workouts and meets.

Minnesota Swimming Inc. (MSI) is the Local Swim Committee (LSC), or administrative division that handles our geographic area. MSI grants annual charters to clubs like RWSC, making them a part of the USA Swimming family. MSI also administers all USA Swimming sanctioned meets that take place within their jurisdiction. All swimmers are registered with MSI which is our state board.

There are several training groups within the swim club. Below is a list of the groups and their expectations:

## RED WING TRAINING GROUPS

### AGE GROUP Ages 6-12+

- Age Group offers five practices per week, with a minimum of three days recommended. The emphasis on this group is to learn the four competitive strokes, along with the starts and turns that go with them, as well as to improve endurance and strength.
- Age Group may also include 7th and 8th grade swimmers new to competition.
- Beginning meets are PreC/C meets. Age Group swimmers will also participate in C, B, A, and Championship meets.

### PRE-SENIOR Ages 11-14

- As with all of our groups, practice for the Pre-Senior is offered daily, with a minimum of four days per week recommended during the Fall, Winter, and Spring sessions.
- 6-7 practices during the summer session are encouraged. (This is accomplished with morning swims)
- Pre-Senior may also include 7, 8, 9th graders in their second or third season of competing or 11-14 year olds with 2 or more "B" times.
- Pre-Seniors will swim in C, B, A, and Championship meets.

### SENIOR Ages 13-18

- Seniors attend 5 practices per week in the fall/winter and spring sessions.
- Seniors attend 8-10 practices per week during the summer session.
- Seniors train at an advanced level, including strength training 3 times per week.
- Seniors will be training for championship taper meets.

### NATIONALS Ages 13 - Older

- Nationals attend all practices during the fall/winter and spring sessions.
- Nationals will attend 9-10 workouts during the summer session.
- National Team is the top High School and College – age swimmers. They will be training for State, Regional, and National level meets against the top swimmers in the nation.

Because the boundaries between the groups are not always perfectly clear the coaches will make the determination as to which group a swimmer is in and when they are ready to change.

### **The RWSC Swimmer:**

Although the RWSC exists to foster improved skills through competition, your swimmer is not required to compete in all sanctioned or intra-squad events. We do however encourage swimmers to attend meets. The coaches will determine when they are ready to compete. In all competitions, swimmers are categorized by age, gender, and ability. Your swimmer will only compete against other swimmers within their category. These categories or time standards are found at the back of this handbook. Please ask the coaches at any time if you have questions regarding your swimmer's ability to compete.

During the swim seasons, your swimmer will learn how to do the 4 competitive strokes: Freestyle, Backstroke, Breaststroke and Butterfly. In addition, we will teach them how to do competitive starts, turns, and racing strategy.

### **The Four Competitive Strokes**

Freestyle- In the freestyle event, swimmers may swim whatever stroke they would like. Most commonly used is the front crawl, which is why coaches, swimmers and parents refer to the front crawl as freestyle. In this stroke the arms alternate over the surface of the water while the legs perform the flutter kick.

*Backstroke*- This stroke is easily identifiable as it is the only one done on the back. It is done using an alternating arm motion combined with a flutter kick. Backstrokers may flip onto their stomach to change direction at the walls, but it must be done in a continuous motion, with no more than one stroke permitted on the stomach. The swimmer must finish the race on the back.

*Breaststroke*- The breaststroke is done using a two-arm simultaneous stroke. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

*Butterfly* - Butterfly is done using a two-arm simultaneous stroke with an above water recovery along with an undulating "dolphin kick". In the kick, the swimmer must keep both legs together and may not flutter, scissor or use the breaststroke kick. Both hands must touch the wall on the turns and finish.

*Individual Medley (IM)* - This event features all four strokes. An individual swimmer swims a specified distance starting with the butterfly, then changing after  $\frac{1}{4}$  of the race to the backstroke, then the breast stroke and ending with the freestyle. In a relay medley four swimmers will each swim one of the strokes.

### **Two-Season Sport**

Swimming unlike many other sports has two seasons, the summer or long course season and the winter or short course season. During the spring and summer months (April thru Early August), swimmers may compete in an outside metered pool called a long course pool. During the winter months (September thru Early March), swimmers compete indoors in yard marked pools. There are state, zone, and national time standards for each of the two seasons (see the website for time standards). The long course standards are several seconds higher than short course standards because of the difference in the length of metered vs. yard pools.

While swimmers may swim one season rather than two, most swim year round. This presents a year round commitment to swimming by the family of the swimmer. Often, a swimmer "grows" into both seasons as he or she becomes more proficient in the sport.

### **RWSC Website, Bulletin Board and Communication**

RWSC has a website at [www.redwingathleticassociation.org](http://www.redwingathleticassociation.org) or [www.redwingswimclub.org](http://www.redwingswimclub.org). The website contains all of the information found in this handbook, updates and information from our head coach, forms, practice calendars, meets and links to other sites. Please check the website often for club updates.

There is a bulletin board in the pool area that contains information about RWSC swimmers. Please look at this area periodically. Also, our club's Communication Coordinator will also keep the club families informed of important dates, activities, and news.

Most of our communication will be done via website, but we will also send out an occasional email. So, please check our website often and help us by updating us with your current email address. Please use the club's email for all correspondences at [www.rwsc@live.com](mailto:www.rwsc@live.com).

### **Membership Dues and Fundraising**

Membership dues are set annually by the Board of Directors; they vary for each level of swimmer and reflect the amount of practice time each swimmer is in the water. RWSC's dues are very comparable to other clubs our size, and are used to pay pool fees, coaches, insurance, professional fees and for updating equipment. Membership fees can be found on the website.

The Board proposes a fundraising plan each year as a way to keep RWSC dues at a reasonable level. RWSC families are expected to take part in all fundraising activities regardless of which seasons they are participating in. Full participation by all families will enable club dues to remain reasonable.

The fundraisers vary from season to season which contributes to the financial stability of our club. Past fundraisers include but are not limited to our annual Winter Splash meet, the Megacard, bagging groceries, and working at Culver's.

Multi-Swimmer Discounts – 10% for second swimmer and 30% for the third swimmer. Discounts apply to the least expensive session fees.

Referral Program – If you recruit someone who has never swam in the club before and that swimmer finishes a whole season, the club will enter you in a drawing for a \$25 Target gift card to be awarded at the annual club picnic. At the bottom of the last page, write, “referred by \_\_\_\_” or “referred \_\_\_\_”. This must be filled in on both registration forms to be entered into the drawing.

Late Registration Policy – Registration must be completed and submitted by the post registration deadline date. Late registrations will incur a \$10.00 late fee. Late fees will be taken off for the first time club swimmers joining mid-season.

Payment Plan – Please contact the club treasurer to set up a payment plan if payment in full is not an option. Payment in full is expected by the end of the season.

Refund Policy – Please note there will be no refunds. There will also be no refunds for practices canceled beyond our control.

### **RWSC Scholarships**

Scholarships may be available to those who qualify and are available upon request. If you qualify for the free lunch program at school, you may qualify for a partial scholarship and reduced MSI fee to swim with the RWSC. Forms are available at our website: [www.redwingathleticassociation.org/www.redwingswimclub.org](http://www.redwingathleticassociation.org/www.redwingswimclub.org) and can be returned to a board member or mailed to PO Box 199 prior to the registration deadline. Scholarship covers membership fees only; meet fees are the responsibility of the swimmer. All scholarship information remains confidential.

## **Code of Conduct**

It is the expectation of the Red Wing Swim Club that all members abide by the following guidelines while at the team practice or at any swimming competition in which the swimmer is representing the club.

Swimmers are expected to treat their coach(s) and fellow swimmers in a respectful manner at all times. Any foul language or conduct by an individual which may be deemed to intimidate, demean, or diminish another will not be tolerated. In addition, all swimmers and their families will respect the pool/school property and personal property of others (i.e., suits, goggles, clothing, bags, and locker contents). There should be no unsupervised children in any part of the school during swim practices.

## **Timeliness**

It is expected that swimmers arrive on time for practice, which means 10-15 minutes early depending how long it takes for the swimmer to change and get ready to hit the water. Our pool time is limited, so we need to be efficient as a team. Warm up is very important to swimmers to avoid injury or muscle soreness from the workout. If the swimmer is late, he/she may miss out on warm up. In addition, please also respect our coach's time by picking up swimmers promptly after each practice.

If school is canceled due to weather or other circumstances, there will be no practice.

## **The Swimmer at Meets**

Competition gives practice a purpose; therefore, we believe experienced swimmers must continue to compete. Competing is an opportunity to improve times and become more focused. If a parent or guardian is unable to provide transportation to a swim meet, please contact the coach or communication coordinator for car pool or ride options.

Swimmers compete against swimmers their own age and gender. The age groups are: 8 years and younger, 9-10 year olds, 11-12 years old, 13-14 years old, 15-16 years old, 17-18 year old and senior. Some meets have open events available to swimmers of any age.

Swimmers should wear goggles. Caps are helpful but not required. Racing suits such as Speedo, TYR and Nike are not required, but you will find they will last longer and fit better. Do not purchase a suit to grow into, it should be snug. At most meets, a swim apparel vendor is present that sells swim equipment at reasonable prices.

The club will provide a swimmer with one free RWSC red cap that can be for meets only. Additional caps can be purchased. In addition to the caps, a team suit has been selected for both girls and boys. All swimmers will be required to have a team suit to wear to meets.

- Meets require more equipment. Be prepared to dress for all climates – some pools are hot while some are cool. A swimmers bag should consist of the following
- Swimsuit (one or two)
- 2 swim caps (one for backup)

- 2 goggles (one for backup)
- 2 towels
- Comfortable, warm clothing to wear in between events (warm-up suit, sweats & t-shirt, swim parka, sandals/flip flops)
- Dry clothing to wear home
- Water Bottle filled with something to drink
- A healthy snack (see website for ideas)
- Money for concessions or pack a small cooler with healthy treats

There is often a lot of time between swims at a meet, so be prepared to sit and cheer on your teammates. Many families bring their own snacks, sandwiches and juice or sports drink. Some pools forbid food, drinks and coolers on their pool decks, but there is usually a place to store them.

### **Types of Meets:**

RWSC will typically host one to two swim meets throughout the year. These meets are for swimmers of all ability levels (novice, C, B, and A).

Meet types are determined based on time standards which indicate the minimum ( and sometimes maximum) achievements under which a swimmer may compete in a designated meet. All MSI meets use the Minnesota Time Standards, while regional or national meets typically use standards based off of the USA Swimming Time Standards.

MSI classifies their time standards into 5 groups: C, B, A, CH and ZONE. These levels progress upward (B is faster than C etc.) and usually indicate the type of meet a swimmer may compete in.

Below is a brief description of the meets you are likely to encounter as a swim family:

#### A/B/C/ Open-

These meets allow anyone to swim.

#### B/C Open-

In these meets, a swimmer may compete only in the events in which they do NOT have an "A" time or faster.

#### "A"-

At "A" meets, swimmers may compete only in the events for which they have an "A" time or faster.

#### C Finals or A/B/C Finals-

A "Finals" meet indicates it is the last meet of it's type for the season. Swimmers 12 & under have their Finals meets split into C Finals and A/B Finals, while all other swimmers have one combined A/B/C Finals. This is typically the last meet of the season for all swimmers who do not have State qualifying times. This is not an open meet; swimmers must have a documented time that meets the time standard within the last calendar year. For example swimmers will

not be eligible to compete in events with times below C, or above C for C Finals or above A for A/B/C Finals.

#### State Championship-

This is the end of the season meet for Minnesota Swimming. Swimmers may only swim in events in which they have at least a CH (Champ) time.

#### Zone-

For comparative and competitive purposes, USA Swimming has divided the country into “zones”. Each Local Swim Committee (LSC), like MSI is placed into a zone and every summer following the Summer State Championship, there is a Zone Championship Meet, in which the LSCs in each zone compete against one another. Swimmers at the Zone Championship Meet compete for their LSC, not for their home club. Therefore, any swimmer qualifying to swim the Zone meet is representing and swimming for MN. This Minnesota team has it's own coaches from around the state and may or may not include the RWSC coaches.

#### USA Swimming Junior or Senior Nationals-

USA Swimming runs a Junior and Senior National Meet at the conclusion of both the Winter and Summer seasons. The top swimmers in the country will compete against one another with the 18 & under ages competing at Junior Nationals. Senior Nationals is open to anyone who has achieved the minimum time standard.

#### **Meet Costs and Fees**

There is no admission price for spectators of meets; however programs usually cost around \$10.

#### **Meet Sign Up**

Swim Meet Policy - When the head coach receives the file from the host team, they will enter every qualified swimmer to swim at the upcoming meet. As soon as possible, the entry report will be sent to the current swim club roster via email and posted on the website. Each family has until the cutoff date listed on the website to cancel from the meet. If the family does not cancel, it is assumed the swimmer will be there. After the cutoff point, whether the swimmer goes or not, the family will be responsible for all fees associated with that swim meet. If the swimmer was signed up for a relay that had to scratch due to the swimmer not being there, the family will also be responsible for the full relay charge. Please do not cancel out of swim meets for the full season for any reason. You must scratch out of each swim meet individually. We'd like to make certain we are avoiding paying unnecessary money.

Swim Meet Payment – There is an additional charge for participation in swim meets above the cost of memberships. You will receive a bill for the swim meets you are signed up for. Payment is due within 30 days. Please remember the swim club pays for any entries we register for regardless of attendance. **If no payment is made by the end of the 30 days, your child will not be allowed to swim in any meets until bill is paid. For any questions regarding your payment, please contact the club treasurer.**

Finals & State Swim Meets – Participation in the Finals & State Meets are expected for all qualifying swimmers. Finals meets are the culmination of hard work by each swimmer and this is the time to show what you have trained for. Swimmers with qualifying times will be entered into Finals meets. This includes relays. Please support RWSC and your swimmer by making sure they are available to participate in these meets.