

Water Warriors Parent Handbook

We are the Warriors

Welcome to the Swim Academy Water Warriors! As the parent of a Water Warrior athlete, this handbook is here to help you understand the expectations we have for our athletes and parents as well as what you can expect from the coaches and advice to help you and your athlete enjoy your experience.

Mission and Principles

The mission for our program is to teach athletes how to compete aggressively but fairly in a team atmosphere while developing an attitude of responsibility and self-improvement. Our actions as the coaching staff of the Water Warriors are guided by a few important principles. We would like all team members and parents to equally abide by these principles. They are:

- 1. We don't whine**
- 2. We are a Team**
- 3. We compete against ourselves first, against others second**
- 4. We take responsibility for ourselves**

Non-adherence to these principles can get a student removed from the team. The head coach may deny an application or remove an athlete from the team for any reason.

Before the meet

About 10 - 14 days before each meet, I will send out available details about the meet location and times. At this point, I must be informed whether you will be attending this meet or not. You may tell me via email or text, but please do not just tell me at the pool deck because I may forget. I submit entries for each swimmer seven days before the meet. Swimmers may compete in up to three individual events and two relays. These relays are not guaranteed and are dependent on the number of teammates who are eligible for the relay.

Students do not have full choice on which events they will swim, however their preferences will be taken into account. Eventually, students will be pushed to do events outside their comfort zone.

Please note - If I don't know if your swimmer is competing in a given meet, he/she may not be able to swim.

Two days before each meet, I will send out an update and confirmation of the meet. This may have more specific instructions because I don't usually know some details until just a couple days before the meet. The information and the time that it is sent out is subject to how quickly and what material the host team sends them to me.

How to Prepare for the Meet

Below are the items required of all athletes for the meet:

1. Goggles - I suggest mirrored or tinted goggles since all of the competition pools are outdoors.
2. Caps - Team members must wear Water Warrior caps which may be purchased from the Swim Academy.
3. Team Suit - Special team suits may be bought at the links below. Be sure to select the orange/blue (team colors) version.

Boys-<https://www.swimoutlet.com/swimacademy/p/sporti-molecule-piped-splice-jammer-swimsuit-youth-22-28-8132051/?color=9823>

Girls-<https://www.swimoutlet.com/swimacademy/p/sporti-molecule-thin-strap-one-piece-swimsuit-youth-22-28-8132049/?color=9823>

Mens-<https://www.swimoutlet.com/swimacademy/p/sporti-molecule-piped-splice-jammer-swimsuit-8132052/?color=9823>

Womens-<https://www.swimoutlet.com/swimacademy/p/sporti-molecule-thin-strap-one-piece-swimsuit-8132050/?color=9823>

You may shop for any swim related gear through our team store:

<https://www.swimoutlet.com/swimacademy/>

Below are other things I suggest to bring to meets:

1. Towels and change of clothing.
2. Weather related items - Umbrellas, tents, sweatshirts and rain jackets.
3. Fold-up chairs and/or blankets and towels for the ground.
4. Entertainment for the kids, social ones if possible. There will be downtime and keeping them occupied and happy can make for a better experience for everyone.
5. Water and Snacks. This is a very open pool deck and it can get very hot. Be sure you and your athlete are well hydrated.
6. Cash. Concessions are usually available and heat sheets are available for purchase as well.

What happens at a meet

Meets can be chaotic at times and I require the patience and assistance of parents. Before the meet starts, we will perform warm ups during our appointed time. We also will write each

athlete's events on his/her arm so they know when and where they will compete. This will look like:

E	H	L	S
12	2	4	Free
40	1	5	Back
54	1	5	Fly

Please be sure to help us get your athlete's attention and make sure they get ready when called upon to do so. Though we have an area where we are camped, please feel free to move about and watch events. Usually there are bleachers or other viewing areas where you can watch swims, however **only coaches, athletes and volunteers are allowed behind the blocks.** Please feel free to record your child's swims and if you do, PLEASE share it with me! I rarely get video myself, and these are excellent to review so we know what to work on in upcoming practices.

Coaches will help students get to the proper place before their events, but we may need help from parents in organizing, preparing or moving kids.

Lastly, I suggest that you buy a heat sheet at the meet and follow along. Being engaged makes the meets much more fun and it can also help you track the progress of your athlete. Please ask a coach or fellow parent if you would like help reading a heat sheet.

During the week after the meet, I will send out a report with official times including each individual event times, comparison with seed time and overall finish position. When these are sent out is highly dependent on when I receive the results from the host team, so I make no promises on timeframe.

Volunteering

The South Florida Recreational Swim League (SFRSL) is a non-profit organization that exists entirely on the volunteer work of its board. As such, it is lightly funded and needs a steady supply of volunteers from the families participating. The Water Warriors have always been proud to have generous volunteers that help our team and the league run effectively. Please keep this tradition going by volunteering to be a timer, judge, or starter. Please ask a coach for more details in how you can help.

Championships

The last event of any SFRSL swim season is championships where every team will participate. In Spring and Fall seasons, this is usually a one day meet however in summer season it may be a two-day meet. Each swimmer is required to have swam in at least two other meets in the current season to be eligible for championships. First, second and third place finishes at

championships will receive medals and the top three teams in each division can win a team trophy.

Post-Season

After the season, we hold an awards banquet for all of the athletes. There, they will receive any ribbons, medals and/or trophies from the previous year. Please make sure to join the celebration of another season!!

Contact Information

Head Coach - Chris Erb

Email - coach@swimacademypbc.com

Cell Phone - 860-384-3211 - This is the best option for meet. Texting is encouraged as well.

Office Phone - 561-307-1003 ext. 1

Other Social Media Links:

Instagram - <https://www.instagram.com/swimacademypbc/>

Facebook Swim Academy Page - <https://www.facebook.com/groups/1519848281444839/>