



HANDBOOK FOR PARENTS AND SWIMMERS

www2.fcsconline.org/staff/findleybr/

August 2009

I. WELCOME

The Franklin Regional Swim Team (FRST) is a Limited Liability Corporation owned and coached by Brett Findley. The club originated from the need in the Franklin area for a higher level of competitive swimming. Club membership is open to any athlete who seeks an opportunity to compete at a high level regardless of school affiliation. It is the intention of the club to provide an avenue for youth to pursue individual goals and dreams in the sport of swimming while promoting the club values of *sportsmanship, discipline, and determination*.

Team Mission Statement

The Franklin Regional Swim Team accepts and understands the concept that many of life's lessons are learned outside of the classroom. Our club seeks to create an environment that will actively promote characteristics consistent with the club values of *sportsmanship, discipline, and determination* so to empower our youth with the tools necessary to be successful both in swimming and in life.

Board Members

FRST has a volunteer board responsible for overseeing the daily operations of the club including the receipt of fees, disbursement of funds, and working with the coaching staff. Board positions are filled by nomination and voted on by board members.

Head Coach/Owner	Brett Findley		fcswimcoach@yahoo.com
President	Trella Stahl	979-8704 C 738-5944 H	STAHLT@fcsc.k12.in.us stahl@embarqmail.com
Vice-President	Shelley Grissom	508-1164 C 422-1017 H	Shelley.Grissom@hcb-in.com
Treasurer	Valerie Harper	535-3041 H	valerieharper@yahoo.com
Secretary	Lori Destrampe	885-1779 H	ldestrampe@comcast.net
Member-At-Large	Rosie Chambers	501-0546 C	rosieh@yahoo.com
Member-At-Large	Christina Culp	534-8315 C	ChristinaCulp@comcast.net CULPC@fcsc.k12.in.us
Member-At-Large	Heather Daily	736-9833 H	hmdaily@embarq.com
Member-At-Large	Paul Ziegler	889-9076 H	zieglerpw@sbcglobal.net

II. COMMUNICATION

- The first line of communication is through email. It is the parents' responsibility to provide a current email address and keep up-to-date with announcements.
- To save club funds, mailing will be limited as much as feasible. Billing statements will be emailed to those who provide an email address or placed in the swimmer's mailbox. Statements will be mailed only to those who do not provide an email address to the club.
- Meet information and practice schedules will be posted on the club's web site: www2.fcsconline.org/staff/findleybr/
- It is the parents' responsibility to check for updates and meet information on the web site.
- Contact Board Members with questions or concerns **before** contacting coaching staff. Every attempt will be made to answer any questions or concerns by Board Members.
- If your question cannot be addressed through a Board Member, contact a coach through email or *briefly* speak to the coach before or after a practice. Please be respectful of the coaches and the swimmers and do not interrupt practices.
- Information will be posted on a bulletin board which can be checked at drop off/pick-up.
- Each swimmer will have a "mailbox" located on the pool deck which should be checked by the athlete.

III. GROUPS

- **Senior-Gold Group** Consists of mostly sophomores-seniors in high school who have spent at least one year of swimming in a high school program. The athlete understands their body can handle a higher level of training. This group should plan to practice daily and do 2-a-day practices at least twice a week to see optimal improvement throughout the season. Weights and dryland are an integral part of this group. Senior practices are closed to parents and spectators.
- **Senior-Silver Group** These swimmers are in transition from age-group to senior level practices. This group consists of mostly incoming freshmen and advanced age-group swimmers. Weights or stretch cords and dryland are an integral part of this group. Senior practices are closed to parents and spectators.
- **Blue-Gold** This group will benefit from more dryland workouts and distance sets as well as a continuing focus on technique. The group will consist of mainly middle school age swimmers.
- **Blue-Silver** The focus of this group will be on technique. The group will consist of mainly middle school and advanced elementary swimmers.
- **White** This group will build on fundamentals learned in the beginner group and will continue to perfect the long and short axis strokes while implementing these lessons into organized sets. This group will be able to swim 50 yards/meters of freestyle, backstroke and breaststroke and 25 yards of butterfly. This group will incorporate dryland training in their workouts. Consistent use of streamlines, flip

turns, touch turns, and rhythmic breathing must be mastered before moving to the Blue Group.

- **Beginner** This group is designed for swimmers who are ready to develop their swimming fundamentals into competitive strokes. Swimmers must be able to swim/kick independently for 25 yards. Emphasis will be on basic competitive fundamentals including body position, breathing, rhythm skills and breath control. The long axis strokes (free and back) will be taught as well as introduction to the short axis strokes (fly and breaststroke) will be taught as the season progresses.

IV. MEET SIGNUP PROCEDURES

- Meet packets contain all the information about the meet, including location, warm-up times and starts of sessions, order of events, costs of events and awards. Meet packets are posted on the website: www2.fcsonline.org/staff/findleybr/
- Check meet signup due dates on the website.
- Meet signup forms are available on the website or at the pool.
- Submit payment and signup form by posted deadline.
- A payment/entry box is located in Coach Findley's office.
- Late entries will not be accepted.
- Checks should be made payable to Franklin Regional Swim Team.
- Parents are responsible to check the web site to see if their swimmer's entry was accepted by the host team. Occasionally meets fill up and events are closed before the signup deadline. Do not make travel plans or reservations until your swimmer's entry is confirmed.
- After entry is accepted by the host team, no refund will be given if swimmer is unable to attend/compete in the meet. This holds true even if the host team cancels the meet due to weather or technical difficulties.

V. MEET PROCEDURES

- Pack a healthy snack and beverage.
- Bring goggles, competition suit, two towels, cap (optional) and warm clothes to wear on deck.
- Arrive at the pool 15 minutes prior to scheduled warm up time. Upon arrival, find the check-in area and sign in. It is usually in the hall before entry in the locker room or deck. If a swimmer does not sign in prior to the meet, they will not be permitted to participate in the day's events. Swimmers must sign in so meet administration know exactly who is in attendance, thus saving time by not running empty lanes. After sign in, find your coach on deck.
- Make sure the athlete knows the events he/she is swimming. The coaching staff will assist, but it is ultimately the responsibility of the swimmer to listen for events and not miss a race.
- During and after a meet, let the *coaches coach* your athlete. It is confusing for swimmers to have conflicting messages on technique or how to approach a race. Provide positive comments and support to your swimmer.

- Per USA swimming rules, parents are not permitted on deck unless they are serving in an official capacity. All questions concerning meet results, an officiating call, or the conduct of the meet should be referred to the coaching staff.

VI. HEAD COACH RESPONSIBILITIES

- Placing athletes in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group.
- Sole responsibility for stroke instruction and the training regimen rests with the FRST coaching staff. Each group's practices are geared to the specific goals of that group.
- The head coach will decide all meet schedules. The coaching staff will make the final decision concerning which events a swimmer enter.
- At meets, the coaching staff will conduct and supervise warm-up procedures for the team. It is the coaches' responsibility to provide race strategy, technique help and constructive criticisms.
- The building of a relay team is the sole responsibility of the coaching staff.

VII. PARENT EXPECTATIONS

Parental support is essential not only for the success of the athlete, but for the success and continuation of the team.

- Support the team, as a parent volunteer by donating time and expertise as needed for meets and team activities.
- Stay informed through the web site, email and bulletin board
- Give positive reinforcement after meets and practices
- Be respectful of coaches, officials and other swim parents
- Be on time with drop off and pick up of athletes
- Parents are not permitted to be on deck during a meet or a practice (per USA guidelines)
- Represent FRST in a positive manner

VIII. SWIMMER EXPECTATIONS

Each athlete will have a signed code of conduct on file which outlines the behavior expected at meets and practices. In general:

- Maintain a good/positive attitude
- Bring required equipment to meets and practices
- Be on time to meets and practices
- Support your teammates during meets and practices
- Be respectful of coaches, officials and other swimmers
- Represent FRST in a positive manner

IX. DISCIPLINARY PROCEDURES

- First incident: Verbal warning to swimmer by coach. Appropriate behavior suggested to swimmer.
- Second incident: Verbal notification of swimmer's inappropriate behavior to parents by coach. Coach requests swimmer's cooperation with parent present.
- Third incident: Written notification to parent with appropriate behavioral change requested by coach. Must be signed by parent and swimmer and returned to coach before the next practice.
- Fourth incident: May result in membership termination or other action as determined by the coach and board.

X. WHEN FRST HOSTS A MEET

Hosting a meet provides much needed revenue to the club, which in turn keeps costs down for the members. Because the club is dependent upon revenue collected at meets, parents are required to work the meet **REGARDLESS IF THEIR CHILD IS PARTICIPATING IN THE MEET.**

- Parents are *required* to work 2 complete sessions of a meet hosted by FRST. **This obligation is considered part of the club fee.**
- If a parent is unable to participate, they may use a substitute to take their place.
- If a parent is unable to work or find a replacement, a fee of \$25.00 per session will be charged to the member's account.
- Families with more than one child in the program will not be required to work more than 2 sessions.
- All swimmers are *expected* to participate in meets hosted by the club.

XI. FINANCIAL RESPONSIBILITIES

Dues established by FRST and USA Swimming will be collected from each member. Without dues we could not hire coaches or run the club. Each season a budget is prepared to cover necessary expenses while analyzing and conserving to keep dues as low as possible. In order to do this, it is mandatory that dues be paid in a timely and conscientious manner. Fees can be paid in their entirety or in installments as outlined in the registration form and financial agreement.

- Each member is required to purchase insurance through USA Swimming PRIOR to the first practice of the season.
- Each family is required to pay a one-time initial registration fee.
- Once submitted by coaching staff, the USA Swimming fee and the membership dues will not be refunded.
- It is the parent's responsibility to inform the Head Coach as soon as possible should a swimmer decide not to participate in the club.
- Each member is responsible for fees for the entire season regardless of their ability to complete the season.
- In addition to registration and practice fees, each swimmer will be responsible for any and all meet entry fees. Swimmers are charged for each event they are entered to swim in a meet as well as an entry fee. The team hosting the meet determines the price per event. This fee must be submitted with the meet signup form.
- Once the coaching staff has entered a swimmer in a meet, fees will not be refunded.
- Any checks returned to FRST for non-sufficient funds will be subject to a \$25.00 additional handling charge.
- Nonpayment of meet fees, club fees, USA Swimming fees, or obligatory family participation in meet duties will necessitate non-participation for the swimmer until payment is made.

