

2012 Flippers  
Spring Swim Team  
Parent Information Packet



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## **Flippers Swim Team, Spring 2012**

Dear Flippers Families,

It is a pleasure to welcome you to the Flippers Swim Team, a CARA (Colorado Association Recreational Athletics) program offered by the City of Westminster. This packet of information is designed to give you an overview of the program, the goals of your coaches, rules of the team and pool facility, meet information, volunteer requirements, and details of other activities. Please take the time to read all the information carefully and keep it in a convenient location for easy reference during the season.

The Flippers program is a unique way for swimmers and their families to learn more about swimming as a sport in a fun and encouraging atmosphere. During practice we will swim all of the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle. We'll learn starts, flip turns, finishes, and how to swim relays. Our main focus will be on proper technique of all of strokes, building endurance, fostering team spirit, and reaching personal goals. With hard work and dedication, every team member will end the summer a stronger swimmer than when they arrived, and have fun doing it!

For Spring 2012 we will continue to focus on the proper technique and how perfecting the "basics brings you to greatness". We will help identify what speed means to each individual, how to accomplish faster swims, understanding their "times", and setting attainable goals so each swimmer can feel good about their performance.

Many of our athletes continue to move on to club teams and/or their high school teams, both being a more competitive arena. We want to help our athletes and their families' transition comfortably should this be their next step in the sport. While we remain a non-competitive C.A.R.A. swim team, we will incorporate coaching styles that afford all swimmers the knowledge and practice of the next level of competition.

We are very excited about our opportunity to work with your children and look forward to their continued progress during the 2012 season.

## **The C.A.R.A. Philosophy**

The C.A.R.A. program was created and designed to be a program with a strong recreational format for the non-ranked, non-sanctioned participant. Competition has its place in the program and all participants are encouraged to do their best, but it must be emphasized that this is of secondary importance. The development of skills and sportsmanship, while stressing participation for all and assuring each swimmer experiences some degree of success are the main goals of this program.

## **Benefits of Swimming**

Congratulations, you have selected to participate on a swim team that is sure to bring you enough benefits to last a lifetime. Sounds like a big promise doesn't it? Most people already know swimming is a complete workout which uses all major muscle groups. It's both aerobic and anaerobic, and demands physical coordination and mental strength. Swimming as a sport integrates goal setting, personal achievement, cooperation, endurance, patience, timing, confidence, and self-discipline. Many swimmers use their skills later to gain employment as lifeguards, instructors, rescue workers, and even military duty. Swimmers have more fun in the water and aquatic related activities for the rest of their lives. A stronger swimmer is a SAFER swimmer, a life long benefit no other sport can boast about.

## **Flippers Practice Schedule**

M/W Early 4-6pm

Late 7:30-8:30pm

## **Participation**

Participation is strongly encouraged. Please have your swimmer check in with a coach upon their arrival. Practice is the only way to successful progress in the pool. We understand summer means camps, vacations, and other activities. Please write down if your swimmer will be missing practice and/or meets so coaches can plan accordingly.

## **Leaving Early**

For the safety of the swimmers, it is the responsibility of a parent or guardian to notify a coach in writing or speak directly to us if a swimmer needs to leave practice early.

## **Emergency Contacts**

All swimmers will be asked to have a current Emergency Form filled out by a parent or guardian. Include current phone number(s) and emails, as well as a secondary contact. List any allergies, health related issues or concerns, or anything else you believe will be important for the coaches and City to be aware of.

## **What to Bring**

Swimsuit, goggles, towel, cap, water bottle. Please put names on everything so lost items can be returned.

Goggles are a basic yet critical part of competitive swimming. Please select a pair which suits your child both in comfort and size. Goggles should be worn snug, so be particular about the eye pads. It is a good idea to have a 2nd back up pair since the straps can

break, etc.

Swim Caps are strongly encouraged. Pools are chemically treated and will damage hair after repeated exposure. Blonde hair is especially vulnerable. Loose hair can also be a distraction. We recommend long hair be put in a ponytail before putting on a cap.

### **Special Equipment**

We will be incorporating kick boards, fins, stretch cords, pull buoys, and other swim equipment as much as possible. Swim fins are an optional piece of equipment and will be used if a swimmer has them.

### **Watching Practice**

Parents are welcome to watch practice from the bleachers or viewing room. In order to keep swimmers focused on their coaches and workout, please refrain from approaching swimmers during practice. If you have a concern or pressing question, please speak to one of the coaches before or after practice. If there is a safety related concern, please speak to the coaches at any time, even during practice.

### **Discipline**

Flippers' swimming is for all ages and encourages teamwork and cooperation in a safe environment. All City of Westminster pool rules and regulations apply while in and around the pool facility, including locker rooms, parking lots, and lobby. In addition, the coaches will oversee all practices and monitor swimmers behavior. Safety is our number one priority and any swimmer engaging in behavior that jeopardizes the safety of himself/herself or others will be addressed by the coaches. Discipline violations include, but are not limited to, fighting, swearing, bullying, sneaking out of practice/facility, dunking, or pushing others in the water. Discipline will range from verbal warnings, time out of the pool, and in extreme or repeated offenses, suspension and/or ejection from the pool and team. The decision of the Coach will be final in all discipline matters. Pool management will be brought in to help in any dispute at the discretion of the Head Coach and Swim & Fitness Center Aquatic Specialist.

### **Home Meets**

Our home meet is Sunday February 19th. Meets will be both exciting and confusing to the newest members to the sport. It will take the coordination and cooperation of all parents and swimmers to ensure the meets run smoothly. Parent participation is key to a successful meet. Volunteer opportunities are available in various areas. Swimmers and volunteers will report at 7:00 a.m. for the home meets. Flippers will warm-up first while parents complete the last details in setting up. Deck seating will be limited, so plan on being at the pool on time to avoid congestion.

### **Meet Schedule**

**Sunday, February 19<sup>th</sup> @ Swim & Fitness Center**

**Saturday, April 7<sup>th</sup> @ Thornton (Please arrive to both meets by 7am)**

### **How Meets Work**

CARA meets are very different from USA sanctioned meets. Meets are used as a way for swimmers to gain the knowledge of how swim meets work and to show off their talents. Unfortunately, we run meets the "old fashioned" way, think manual instead of

high tech! Swimmers are placed in heats utilizing all lanes. We will run as many heats as required to allow all swimmers a chance to swim. A starter will call the swimmers to the blocks and start the races. Swimmers will be taught how to swim events "legally" and are encouraged to do so, though they will not be disqualified if they do something incorrectly.

### **The Parents Role**

Parents have a very important role with the Flippers. The single most important thing you can do as a swimming parent is to support and encourage your child to do his/her best and to listen to their coaches. To ensure a positive environment for the development of your swimmer(s), please do not offer advice on technique or race strategy. It will only confuse your child and weaken the swimmer/coach bond. We are happy to help you understand the sport better and how you can help your individual swimmer. If you have questions or concerns, please speak with the coaches before or after practice or e-mail Joe Leduc @ [JLeduc@cityofwestminster.us](mailto:JLeduc@cityofwestminster.us) or call Joe at 303-658-2956 Under all circumstances, parents should conduct themselves appropriately at all times, including displaying good sportsmanship, being safety conscious on deck and in the pool, respecting the facilities we use and the property of others. Treat coaches, volunteers, pool officials, and other swimmers with courtesy and respect: foul or offensive language should never be used; negative or derogatory comments should be avoided. Remember, even when it looks like your swimmer is struggling, he/she is also doing something correctly. Focus on the positive!

### **Volunteers**

We will need parents to help us in a variety of ways. We will be swimming in 2 meets this spring, including 1 home meet in February. We must have parent volunteers to run the home meets, and assist coaches in a variety of other ways. The success of our program and meets are only as great as the parents who help.

### **Lost and Found**

We will try to pick up items that we see on the deck or in the locker rooms, however, each swimmer is responsible for his/her belongings. Please check with the coaches and the pool facility for any lost items. Found goggles and caps will be held by the Head Coach. Items not claimed will become "loaner" items for team members to use on a limited basis.