

Canfield Swim and Tennis Club
SWIM TEAM
HANDBOOK
for Swimmers and Parents

www.canfieldswimclub.com

Welcome to the Canfield Swim and Tennis Club Swim Team! Parents and swimmers should read through this handbook together. Please feel free to speak with the coaching staff regarding any information contained within this handbook.

OUR SWIM TEAM PHILOSOPHY

The primary purpose of Canfield Swim and Tennis Club's Swim Team is to provide the opportunity for each individual swimmer to reach his/her potential in the sport of competitive swimming and to have fun while competing for the team. Our coaching staff will nurture the development of each individual swimmer by focusing on stroke technique, training and competition. The ultimate goal of the program is to provide an opportunity for each swimmer to enjoy the sport.

CSTC Swim Team will provide a healthy environment in which each swimmer can enjoy the sport, make lasting friendships, and most importantly, develop a positive self-image.

CANFIELD SWIM TEAM INFORMATION

Each meet offers a variety of events and distances depending upon the age of the swimmer. The YSL age of the swimmer is his/her age as of **June 1**. The swimmer will swim this age group the whole summer swim season.

Each swimmer can swim three events. Relay participation will depend on the swimmer's times. The events the children will swim will be determined by the coaches after considering: a) the child's ability and times, b) the needs of the team, c) availability of the swimmer to swim certain events. The head coaches will decide what is in the best interest of the team.

In order for the child to get the most out of the team experience, the child should be able to swim the length of the pool freestyle. In addition, each swimmer is expected to be able to float and kick on their back. Each new swimmer will be evaluated by the coaching staff to determine ability to join the team. The swim team is not a substitute for swim lessons.

Please do not approach a coach for discussion during practice or a swim meet. The coaches will meet with any parent after the scheduled practices or before and after a swim meet. You may also contact the coaches at the club to set up an appointment.

COMMITMENT TO SWIMMING AND OTHER ACTIVITIES

The Swim Team is a team sport – one that helps build character, sportsmanship and a sense of team spirit. Since this is a voluntary activity, it is expected that those participating would do so with a sense of respect, desire, pride and commitment to their team. It is up to swimmers and their families to decide on their level of commitment to the swim team. It is understood that some swimmers participate in other activities and sports

(i.e., baseball) that may conflict with swim practice or meets. However, we expect that participation in other activities will allow a swimmer to attend as many swim practices as possible, and at least two swim meets during the season. Regular attendance at practice and meets has a positive impact on a swimmer's performance and the team's results. Any swimmer who cannot attend a meet due to a prior commitment or scheduling conflict is required to notify the coach prior to the determination of meet line-ups. For regular Wednesday meets, the deadline is the previous Friday. For relay/pentathlon/championship meets, notice must be given at least ten days in advance. Meet line-ups are often finalized and submitted to the YSL on the Monday prior to a meet. Late notification of meet absence, after final meet line-ups have been submitted, is disrespectful, inconsiderate, and an inconvenience to the coach and other swim team members.

EMAIL/WEBSITE/MAIL BOXES

We communicate via email and website. **Check the website and your email every day**, as all information/forms/cancellations will be posted on website, www.canfieldswimclub.com, and by email. In addition, every swim team family has a folder in the swim team mail box cart. Please check your folder for various information papers, ribbons, photography packet, etc

DISTANCE

The distance the child will swim depends upon his/her age:

8 and unders - swim 25 meters/yards in all four strokes (butterfly, back, breast & free) including relays.

9 & 10 - swim 25 meters/yards in all four strokes including relays.

11 & 12 - swim 50 meters/yards in all four strokes including relays.

13 & 14 - swim 50 meters/yards in all four strokes including relays.

15 - 18 - Girls swim 50 meters/yards in all four strokes including relays and boys swim 100 in the freestyle event and a 50 for the remaining three strokes including relays.

PRACTICES

Team members are encouraged to attend practice on each and every day practice is scheduled unless ill or there is an authorized absence. It is for the benefit of the swimmer to attend as many practices as possible due to stroke work, conditioning and start & turn work. Practices will be held every weekday morning, Monday through Friday. All Swimmers are expected to arrive fifteen (15) minutes early for dryland training and warm-ups.

- 13 & up 8-9:30 a.m.
- 11 & 12 9:30-10:45 a.m.
- 9 & 10 10:45-11:30 a.m.
- 8 & under 11:30 a.m.-noon

CHANGES/CANCELLATIONS of practices will be announced via the website. **www.canfieldswimclub.com**

CSTC SWIMMER CONDUCT

Swimmers are reminded that their behavior reflects the entire team. The coaching staff expects that all swimmers (and parents) will act in a considerate and sportsmanlike manner to teammates, coaches, parents, officials, and any other member of the swimming community at meets as well as at practice. Consistent with this premise, team members will remain in the pool area at all times during practice and meets unless otherwise approved by the coach. Any misconduct will be dealt with and may result in suspension from the next

scheduled swim meet or suspension from the team. In addition to these special rules, the Swim Club rules will also be strictly enforced.

SUPPORT OUR TEAM

Money earned from the 50/50 raffle, the bake sale booth and the Dads' lemon shake booth are used for the swimmers' team gifts and the extra activities, such as the bonfire and banquet entertainment.

At home meets, be sure to join us for dinner. Our bake sale booth plans a full dinner menu, hot off the grill, as well as lots of goodies! Our Dads' lemon shakes and other beverages are a great way to cool off on a hot night. The 50/50 is an easy way to win a pocketful of money. **By supporting our fund-raisers, the kids benefit via the team gifts and/or trophies.**

PIZZA PARTIES

Following all home meets, the team hosts a pizza party for swimmers and their families. The party does not start until the meet is over and the team area is cleaned up. This is a snack and not a meal. Good behavior is essential.

SPECIAL MEETS

YSL Relay Meet

The meet consists of relay events for each age group. Swimmers will be chosen for participation in this meet by their availability and times.

Penguin Pentathlon

The Penguin Pentathlon Meet is a swim meet hosted by the Penguin Swim Club at the YSU Natatorium. Participation in this meet is optional and by coach's invitation only.

Each swimmer is required to be able to legally swim all four stroke events and an Individual Medley, except for the 8 & under age group.

8 & under: 25 yards of each stroke

9 & 10: 50 yards of each stroke and a 100 IM

11 & 12: 50 yards of each stroke and a 100 IM

13 & 14: 50 yards of each stroke and a 200 IM

15 - 18: 50 yards of each stroke and a 200 IM

YSL Championship Meet

Swimmers who have competed in two dual/tri-meets are eligible to compete in the Championship Meet. A swimmer's times must be in the top 5 in his/her age group in freestyle or the top four in the three remaining strokes. Again, it is up to the coaches' discretion, based on swimmers' times and availability as to if they will swim and what they will swim in the Championship Meet. The coaches can schedule swim offs to help decide the line-up. Each swimmer can swim three events, but not more than two events can be individual events.

MEET SIGN- OFF

Please let the coaching staff know if you are unable to attend a meet. To do so, go on the website and follow the “meet sign off” instructions. This will trigger an e-mail notification to the head coach. We ask that you let the coaches know as soon as possible so the coaches can make the proper line-ups for each meet. You must receive an electronic response from coach if you use the electronic sign off. This confirms that your message was received. The last date to sign off is the Friday prior to each meet. Special meets, like the Relay Meet, Penguin Pentathlon and the YSL Championships must be signed-off at least 10 days in advance.

TIME BOARD

There will also be a **Time Board** at the Club which will have every swimmer’s name listed. After each meet, the coaches will record the events and the times obtained by each swimmer. The Time Board will be posted at the Club for view by the team every Friday morning and then taken down by noon.

REGISTRATION FEES

For the Relay meet and the Championship meet the hosting entity charges a registration fee per event, per swimmer. While other area swim clubs require the swimmers to pay their registration fees, the Canfield Swim and Tennis Club pays these registration fees. When a swimmer does not attend these events and has not signed the Vacation Board saying that he/she will not attend, our Club still must assume the costs. It is expensive paying for swimmers who do not show up. Those chosen for Pentathlon must pay his/her own registration fee.

BONFIRE

As a social event for our swim team kids, we host a bonfire. The event is open to swim team members only – no guests. A small fee is charged per swimmer. Watch the bulletin board for details.

TEAM EQUIPMENT

All team members should have a competitive swimsuit, goggles and towel. We recommend the following:

Practice suits- swimming suits worn during practice sessions that are durable and comfortable.

Competitive suit- either team suit or racing suit that is tight fitting to reduce resistance and is made of lycra.

Goggles- competitive swimming goggles are worn by the swimmers during practice and competition to enhance vision and protect the eyes from the effects of chlorine.

Cap- a latex or silicone cap is used to protect the hair and cut down on resistance while

swimming. Team caps will be available prior to the first meet.

Sweats- sweat suit should be worn to keep the body warm after swimming and to keep the muscles warm and loose.

Towel- a thick large towel is preferred or two smaller towels.

Good communication is needed to keep things moving and avoid unnecessary problems. The coaching staff will do its best to adhere to the above policies. Please do your part!

DIRECTIONS TO AREA SWIM CLUBS

Applewood Swim Club

- 224 east
- left onto Applewood Blvd.
- right onto Teakwood
- Teakwood dead-ends into ASC grounds

Boardman Swim Club

- 224 east
- left onto West Boulevard
- right into BSC grounds

Columbiana Firestone

- 46 south
- stay on 46 until you get to the circle/center of Columbiana
- left onto East Park Avenue
- left into Firestone Park (across from Dairy Queen)

Poland Swim Club

- 224 east
- left onto Clingan Road
- left into PSC grounds

Tippecanoe Country Club

- 224 east
- left onto Tippecanoe Road
- left into TCC grounds

Warren Olympic Club

- Route 11 north to 82 west bypass
- Exit on Parkman Road (route 422); left on Parkman
- at the second light, make a SHARP left on Tod Ave.
- right into WOC grounds