

### **Concord Otters Philosophy:**

The Concord Otters is designed to provide children with a positive team environment for learning good sportsmanship through competitive swimming. All four competitive strokes will be refined as well as starts and turns. The team is intended for swimmers to enhance their swimming skills, build self confidence, achieve their personal goals and make new friends. The team also learns how to develop team goals as well as swim competitively throughout the season.

### **Concord Otter Goals:**

Have fun!

Build self-esteem.

Meet new friends.

Improve stroke technique.

Learn to set and achieve personal goals.

Learn to set and achieve team goals.

Swim competitively throughout the season.

### **Otters Practice Schedule:**

**Your child's designated practice time is based on the swimmers age as of 11/01/11. At no time should your child be practicing with any other age group.**

**We will not host any make-up practices for missed practices.**

6 & Under M/W 4:30 – 5:15PM

7 & 8 T/TH 4:30 – 5:30PM

9 & 10 T/TH 5:30 – 6:30PM

11 & 12 M/W/F 5:15 – 6:30PM

13 & UP M/W/F 5:15 – 6:30PM

### **Behavior Policy:**

- Swimmers must come to practice ready to go **and on time**. They will be expected to swim at each of their assigned practice times.
- Must show respect and treat fairly their fellow teammates.
- Must exhibit good behavior in locker room and on pool deck.
- Must respect and listen to coaches and follow practice rules.

### Practice Rules:

- Swimmers must shower before coming out to pool deck for practice.
- Share the lane – allow teammates to pass (tap on foot to pass another swimmer).
- Bring all equipment with you to every practice (goggles, suit, towel, cap, fins).
- Listen to directions – ask questions when you don't understand.
- No Whining.
- Have Fun!

### Locker Room Facilities:

Beginning on November 30, 2011 we will be sharing our team locker room with the high school team whose practice will end at 4:30pm. It may be necessary for parents to volunteer to monitor locker rooms during the transition time. We will discuss this further if the need arises.

- Swimmers will use team locker room area.
- No food in locker room.
- Please remember to be respectful of other's privacy.
- Must bring personal lock for locker. No locks can be left overnight. You must take everything home each night with you.
- Do not bring valuables to practice.
- Bags that do not fit in locker must be put up on top of lockers or bring with you out on deck
- We are not responsible for lost or stolen belongings.
- Label all team equipment to prevent confusion on deck or in locker room.
- No Cell Phones or Cameras are to be used at anytime in the locker room.

### Swim Meet Expectations

Please make plans to attend as many meets as possible. You will be required to register for each meet you wish to attend. Cancellation of meet attendance must be made 24 hours in advanced. **Your child's failure to show up for a meet will impact relays and his/her teammates.** All home swim meets will be held at 4:30PM on Saturdays. On average our meets run from 2 - 3 hours depending on number of swimmers.

**All swimmers will be required to arrive 15 minutes before scheduled warm – up and stay until the conclusion of the meet.** Swimmers must participate in 6 of the 8 regular season meets to be eligible to swim in championships. Participation in the required team practice meet is not considered a regular season meet. Meets will begin in November and run through February. Championships will be held in Mid-March.

- Swimmers must be at meet with team suit, team cap, t-shirt and goggles.
- On deck and ready to swim at the start of warm-ups – arrive to meets 15 minutes prior to warm-up start time and check in with a coach.
- Swimmers must remain on deck with team – do not wander around or sit with parents.
- Swimmers must know their events and lane assignments - coaches are not responsible for

missed events.

- Bring healthy snacks (no candy or sugary snacks) and plenty of water or a PowerAde type drink in plastic bottles. ( no soda or glass)
- Extra towels and warm clothing for time between events.
- Bring extra suit, goggles and cap for back up.
- Bring a book or game to keep occupied – as there is a lot of down time between events.
- Parents will be expected to volunteer at the swim meets – see volunteer information below.
- Dress in layers at swim meets – most pool areas are warm!

### **The Team Practice Meet**

- Our practice meet is October 22, 2011. This is mandatory for all swimmers.
- Team photos will be taken.
- Team T-shirts will be handed out.
- Parent volunteers will be taught there positions.

### **Parent/Coach Communication:**

**Communication will be done by e-mail, phone or in person.**

**I will create an e-mail list to communicate with all the parents. This list will not be made public!**

If you would like to communicate with other parents about carpooling you must exchange numbers and emails independently. Please do your best to refrain from talking to coaches on deck during practice time. This takes away from the amount of time devoted to practice. However you are more than welcome to talk to the staff before or after the teams practice.

You must check email daily for up to date practice information as well as important notices. Each family will also have a folder at the Beede Center. These folders are located in the filing cabinet in the lobby. This is where the kids will pick up notices, meet events, times, ribbons and other important information. I will also have a folder in the box for you to leave me notices that need to be turned in.

### **Attendance:**

Swimmers should be at the pool 15 minutes before start time. Each child will be issued a bag tag at the first practices. They must have their bag tag with them and show them to the receptionist for entrance downstairs. They need to be dressed, showered, and ready to go on deck at designated practice time. Please inform Coach Erin of any necessary absences or conflicts via email or phone call at [emacdonough@concordma.gov](mailto:emacdonough@concordma.gov) or (978)-287-1006

### **Swim Clinics:**

There will be a flyer with more information on these Swim Clinics as we start our season.

### **Swim Team Gear:**

We will supply each participant with a team t-shirt and swim cap, this will be a cap with our logo for use at swim meets. *You will need to provide other swim caps for practice.*

**Each swimmer is required to bring goggles, towels and a swim cap to every practice.**

K& B Sportswear is our designated vendor this year. Our gear will also be available through the K & B website at [www.kbswimandsports.com](http://www.kbswimandsports.com)

**We will have a suit sizing on October 11<sup>th</sup> from 4 – 7p. There will be no practice on this night. Please do your best to arrive at your schedule time. This will help move things along with the suit sizing.**

**6 & unders 4:00p**

**7 & 8: 4:45p**

**9 & 10: 5:30p**

**11 & ups: 6:15p**

Go to the team log in and set up your own account. Under team put Concord Recreation and it will direct you to our team page.

### **Required Equipment:**

Goggles

Swim Cap

Team Suit (team suits are worn at swim meets only!)

### **Proper Swim Suit Care**

- Before going into the pool, shower swimsuit and soak with clear water. This will help suit absorb less chlorine.
- Rinse your swimsuit in cool water immediately after swimming in chlorinated water or salt water.
- Hand wash in cool water. It is always best to use a swimsuit cleaner. It neutralizes chemicals that eat away at the material and extends the life of your new bathing suit. Regular soap can not do this. If you don't have swimsuit cleaner, use a mild liquid soap (NO WOOLITE!). Rinse well.
- To squeeze out excess water, Roll swimsuit in a clean, lint, free, light-colored, fade resistant towel and squeeze.

- To remove a stain, work from the underside of the stain to push it out, not rub it in.
- If a swimsuit is spot cleaned, air dry the suit. Then, if the stain is not gone, you can treat it again.

### **Volunteering:**

*Parents Volunteers are the Concord Otters most important asset!!!*

Parent volunteers will be required at every meet whether home or away. Training dates for positions will be made available for all positions. The necessary positions and descriptions are listed below.

**This season we are looking for all parents to volunteer at least three times throughout the year!**

- Timers: Responsible for starting and stopping the stop watches at the beginning and end of races and recording the times on the cards or heat sheets.
- Meet Manager: Responsible for inputting the times into the computer that calculates the places and scores the overall meet.
- Bull Pen: Responsible for getting the swimmers to the blocks.
- Table Workers: Responsible for averaging the times on the event cards and putting ribbon labels on ribbons.
- Announcers: Responsible for starting each event and calling back swimmers for false starts.
- Stroke & Turn Judges: Responsible for watching swimmers and determining if they are swimming according to regulations and disqualifying those who are swimming incorrectly.
- Runners: Responsible for collecting timer sheets from timers. The rotation will be decided at each meet.

### **In conclusion**

We are very excited about this upcoming season and look forward to working with your children on a daily basis. Always feel free to come by and ask a question or just say hello! Thank you and,

# ***GO OTTERS!!***