

NEVADA NEPTUNES SWIM TEAM

PARENT HANDBOOK

TEN COMMANDMENTS FOR SWIMMING PARENTS

1. Thou shalt not impose your ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do his or her personal best.

2. Thou shalt be supportive no matter what.

There is only one question to ask your child "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

3. Thou shalt not coach your child.

You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer / coach bond from forming.

4. Thou shalt only have positive things to say at a swimming meet.

If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.

5. Thou shalt acknowledge thy child's fears.

A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.

6. Thou shalt not criticize the officials.

If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.

7. Honor thy child's coach.

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child; it will only serve to hurt your child's swimming.

8. Thou shalt not jump from team to team.

The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team

to team are often ostracized for a long, long time by the teammates they leave behind. Often time's swimmers who do switch teams never do better than they did before they sought the bluer water.

9. Thy child shalt have goals besides winning.

Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."

10. Thou shalt not expect thy child to become an Olympian.

There are 225,000 athletes in United States Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 in about 4,300. Swimming is much more than just the Olympics. Ask your coach why he/she coaches. Chances are, he/she was not an Olympian, but still got enough out of swimming that he/she wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child wants to participate.

USS SWIMMING

Frequently Asked Questions:

1. SWIMMING IN GENERAL

What are the benefits of swimming?

Swimming

- Is a life-time sport ideal for any age and ability- that benefits the body and the whole person
- Allows the swimmer to form friendships with other Nevada swimmers for the surrounding 4-state area
- Is non-weight bearing and imposes no stress on the bones and joints
- Improves cardiovascular conditioning and stimulates circulation
- Is one of the fastest ways to improve general strength, stamina, and cardiovascular fitness
- Helps improve posture and flexibility
- Uses most of the major muscle groups
- Strengthens the upper and lower body
- A form of meditation that helps calm the nerves
- Is a great way to get ready for fall sports

Did you know that:

- One hour of swimming burns about as many calories as running 6 miles in one hour

- According to the American Heart Association, just 30-60 minutes of physical activity, 3-4 days per week can help reduce risk for heart disease, stroke, and diabetes. As a regular physical activity, swimming can also help lower blood pressure and cholesterol. Get fit. Swim

Can I also play another sport during the summer?

Many swimmers play other sports during the summer.

I've never swum competitively before. Should I still come out for the team?

Swimmers of all ages join the team with no previous competitive swimming experience.

2. PRACTICE

When is the first practice?

Practice starts the Tuesday after Memorial Day, May 26th 2009. There will be 2 evening practices starting at 7:00 until 8:30 until school is out and then morning practice can begin on Thursday May 28th.

Where is practice?

Practice is at the Nevada City pool at Walton Park.

What time and how often is practice?

There are 4 groups

Seniors (most advanced)	7:30 am to 9:30 am
Gold (advanced level)	7:30 am to 9:00 am
Silver (intermediate level)	8:45 am to 9:45 am
Bronze (beginner level)	9:15 am to 9:45 am

(The coaches will place your swimmer in the appropriate group and can be changed during the season depending on swimmers abilities and practice behavior.)

All groups will swim Monday through Friday each week until the season ends.

How young can my child be to swim on the team?

A swimmer can start at any age as long as they can swim the width of the deep end, 15 yards, any stroke (underwater is fine) without much of a struggle. Swimmers have begun anywhere from the age of 5 to the age of 15.

During the swim meets, there are events for age "6 and under" swimmers who choose to compete. Though no points go towards the final standings, ribbons and / or medals are given to top performers.

Do I have to make every practice?

It is highly recommended that the swimmer makes every practice, although it is understood that there are times a swimmer is unable to attend.

If I can't make a practice, do I need to notify anyone? If so, who?

If the swimmer cannot make practice, the coach is to be notified. To be eligible to swim in a relay at the meet

Can I take a family vacation or go to summer camp?

The Nevada Neptunes understands the importance of family vacations and summer camp and certainly allows the swimmer to be absent during the swim season.

Is there a carpool list available if the parent is not available to take their child(ren) to swim practice?

Individual parents can get together to work out their carpool needs.

What happens if the pool water is too cold to swim a practice?

The pool water's temperature is closely monitored and if it is too cold, the team will do "dry land" activities.

What happens if it rains or there is lightening or thunder during a practice?

A practice will be called by the Nevada Neptunes board of directors ½ hour prior to practice and will be announced on the Nevada radio.

3. SWIM MEETS

How do I sign my child up for a swim meet?

There will be a bulletin board at each practice with a team roster and all the meets for the summer. Please circle which meets your child will be attending and which days (hopefully both) of each meet. We need to know at least 2 weeks ahead of time in order to get all the swimmers entered and sent to the hosting team on time. If you know the entire summer schedule, please feel free to fill out all meets!!

How many swim meets are in a summer season?

There are 7 weekend meets and 2, possibly 3 dual meets (evening) this summer. Schedule is attached.

What time does a swim meet usually start?

Usually the weekend swim meets start at 9am. The dual meets that we have during the week usually start at 6 pm.

What does a swimmer receive for winning?

The top 6 finishers of the event receive either a medal or ribbon. If a swimmer wins their "heat" they receive a heat winner patch to iron on a t-shirt. Keep in mind that in some events, there are up to 10 heats of 6 swimmers.

What time do I have to be at the meet?

Usually the swimmers are to be at the meet in time for warm-ups, which begin anywhere between 7am and 8 am.

Are most swim meets one-day or two-day meets?

Of the 8 meets, 5 are two-day meets.

Must my child participate in both days of a two-day swim meet?

Some swimmers compete in only one day of a two-day meet.

How long does a swim meet last?

A one-day meet (Saturday) typically lasts until 5:00pm or so. Two-day meets (Saturday and Sunday) usually last until 3:00 PM. A weekday dual meet (Nevada vs. only one team) usually lasts until 9:00pm.

My child's last swim event is done well before the end of the meet. Do I have to stay at the meet?

Families are free to leave the swim meets when they are done.

What teams are in the league?

Joplin, Lamar, Springfield, Monett, Pittsburg, Parsons, Webb City, Carthage, Claremore, OK, Siloam Springs, AK, Branson

Do most people stay over night if they attend both days of the meet?

It is totally up to the family if they choose to stay the night at the meet location.

Do I have to attend every meet?

It is recommended that the swimmer make every meet. However, family vacations, summer camp, and other activities may conflict. We definitely suggest that every swimmer swim in a minimum of 2 weekend meets and a duals.

What do the parents do during the day of the meet?

They either cheer from the bleachers/ chairs/ team area or work at the meet.

What do the kids do during the day?

When they are not swimming, the kids are milling around the team tent area (where they are suggested to remain), playing cards/ games with the other swimmers, and generally doing what kids usually do!

What type of things do parents take to the swim meets?

Items to occupy the children: (books, games, magazines, newspapers, lounge chairs, sleeping bags, sun-screen lotion, coolers with snacks and drinks).

What should the swimmers take to a swim meet?

Swimmers are to wear their swimsuit and bring a cap, 2 towels, goggles, swimsuit, sunscreen, and any other things that will pass the time. Usually swimmers have a “swim-bag” that they pack extra goggles, clothes to wear between races, games cards etc.

What do we do for food?

Most swim meets have a concession stand. Families either bring their food/snacks/ drinks or purchase them from the swim meet concession stand- or a combination of the two.

Do families travel along or in groups to the swim meets?

The Neptunes leave it up to the families to work out the logistics to and from the swim meets.

Is there a team tent of somewhere to convene as a team?

There is a large team tent where the swimmers and their families can place their chairs and towels/ sleeping bags to hang out for the day with the team!

As a parent, am I assigned a task at the swim meet?

At the “away” meets, we ask the parents to sign up to “time” the swimmers. This consists of starting and stopping a stopwatch and recording times. Usually, a parent will time for one-hour shifts.

What events will my child swim at a swim meet?

The 8 and under swimmers will swim only 25 yards (Butterfly, backstroke, breaststroke, and freestyle) There are also 2 relays (medley and freestyle). The 9 and over will swim 50 yards for each stroke. There is also a long free (100 free) and a 100 IM for 9-12 and 200 IM for 13 and over.

Who will choose what my child swims in the meet?

Parents and swimmers can chose what they want to swim in the meets. Each swimmer is encouraged to try all races (the 2 day meets they can swim in all events). For the one-day meets they can pick 3 individual events. Please ask the coaches what they feel is best for the swimmer to swim.

Will my child swim in a relay in every meet we attend?

Relays will be chosen by the coaches based on, but not limited to, speed/ ability, practice attendance and attitude. Please let the coach know if a swimmer is able to swim in a relay and if they will be there for both days of a 2-day meet. (Medley is on Sat and Freestyle is on Sunday)

4. COACHES/ PERSONNEL

Who are the coaches

The head coach is Karen Claypool. Angela Kearbey is the assistant coach. We also have advanced swimmers that will be assisting with the bronze and silver groups, Shelby Thorns and Katie Kearbey.

What are their qualifications?

Coach Claypool has coached for the Neptunes for a total of 7 years, and has also coached in the towns of Bulter and Grandview, MO for a total of 9 years. Coach Claypool swam competitively for 17 years on a USS swim team and at the college level. Coach Kearbey has coached the USA swim team Jasper County Killer Whales in Webb City, Mo for 8 years. . Both Katie and Shelby have swam for over 10 years competitively for the Neptunes. Katie is also a sectional level swimmer in USA Swimming in the 200 and 100 butterfly. Shelby currently swims for the Nevada High School Swim Team during the school year.

Is there a full- time lifeguard on duty?

There will be a lifeguard in the stand during every swim practice.

Is there a group of parents that provide direction for the team? If so, who?

The Nevada Neptunes Board of Directors is as follows for 2008:

Mike McCaffree, president
Miles Miller, vice president
Jenifer and Richard Webb, treasurer
Deb Ernsbarger, secretary
Leva Richmond and Bill Denman, records
Julia McCaffree, meet director
Paul Eador, member at large
Monty Smith, member at large
Julie Scotten, member at large

5. EQUIPMENT/ SWIMWEAR

Is there a team swimsuit?

Yes, there is team swimsuit.

Does my child have to wear the team suit?

Swimmers are not required to purchase a team suit, but it is recommended.

How much does a team suit cost?

Team suits cost \$40.00 for girls and \$28.00 for boys. Team caps cost \$9.00.

How about shirts or caps or other attire? Can I purchase?

There are team caps and team t-shirts for purchase.

When and where do I get the swimwear?

The swimwear can be ordered at orientation or notify one of the board members after the season starts.

Do I have to wear a swim cap?

Coach Claypool HIGHLY recommends that all her swimmers wear a cap for the meets. (It shows team spirit and also helps find all Neptunes when they are on the block and ready to race).

Do I have to wear swim goggles?

Swim goggles are also HIGHLY recommended. (Wal-mart brand goggles are not durable for competitive swimming. They do sell better grade goggles at the swim meets or at Academy Sports in Joplin or you can purchase goggles from the team for \$12.00 to \$15.00).

6. THE TEAM/ ELIGIBILITY

About how many swimmers are on the team?

There are between 80-100 swimmers on the team.

Can my child swim "up" an age group?

The age groups are (6 and under), 8 and under, 9-10 years, 11-12 years, 13-14 years, and 15 and over. The swimmers will compete within those groups and cannot move up or down. (Some of the meets will have the 6 and under swim with the 8 and under).

What if my child wants to only practice and NOT attend the swim meets. Is that ok?

It is fine to plan to practice and not attend any meets. However, most swimmers want to compete in the meets as a reward for their hard work.

7. COSTS

Are there any up-front costs?

There is an annual \$90.00 charge for the first swimmer. \$80.00 for the second, & \$70.00 for the third or more. There will be fundraising opportunities to make \$50.00 or more back for each swimmer.

How much does it cost for my child to swim in a meet?

Individual events cost \$2.50 team relay cost \$1.25.

During a 1 day meet, your child can swim up to 3 individual events and 1 relay each day- for a maximum of \$10.00 per child per meet.

During a 2-day meet, your child can swim up to 3 individual events and 1 relay each day- for a maximum of 17.50 per child per meet.

When do I pay for my child to swim in a meet?

After the initial registration and fundraising costs are paid at the sign-ups, the only costs will be for the meet fees. There will be a parent at each practice, Richard Webb, with a locked moneybox to drop checks in for the meet fees. If you would like to pay

ahead and have a “bank” of funds to draw from, that would be fine as well. Please place your checks in with the child’s name in the memo line and what the check is to go towards. (i.e. “Lamar meet fees for Johnny Jones”). Families will be getting a bi-monthly e-mail regarding the running total of what is still owed for fees.

8. PARENT MENTORS

New swimming families will be assigned a “seasoned” swimming family that has been on the team before in order to give advice and be available for questions throughout the season. These will be handed out at the picnic on May 9th. The picnic is scheduled from 4:00 to 6:00 pm on May 9th at Marmaduke Park.

MEET SCHEDULE 2009

See attached sheet

Locations for those meets will be announced at the picnic on May 9th.

LOOKING FORWARD TO A GREAT SUMMER!!!!