

Thank You

for choosing
Southern Utah Swimming Association!

We hope this booklet will answer many questions for you as you begin your swimming career, but if you have further questions, don't hesitate to contact us!

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For more helpful information for parents and swimmers,

Check out our website:

www.susastingrays.com

- S - STRENGTH** – *We are tough.*
U - UNITY – *We are a team.*
S - SPORTSMANSHIP – *We show respect.*
A - ACHIEVEMENT – *We reach our goals.*

SUSA Philosophy

Southern Utah Swim Association's goals are that each child:

1. Learn to love competitive swimming by having fun in a safe and structured environment,
2. Learn to be a vital part of the team regardless of age or ability,
3. Be respected and show respect to coaches, staff, and peers, and
4. Continue to learn essential skills necessary to be a successful competitor.

Practice Schedule and Fees

There are several levels offered by SUSA, based on your level of commitment to swimming: a "maintenance" level, 3-4 practice per week program; a "progressive," 5-6 practice per week program; and a "championship," 7-8 practice program.

What times do I practice?

The practice times are in the morning on Tuesday, Wednesday and Friday from 5:15 a.m. to 7:00 a.m. and in the afternoon on Monday through Friday from 4:15 p.m. to 6:15 p.m. These days and times are subject to change. Summer practices will be held Monday through Friday mornings and two afternoons per week.

What days do I come?

Swimmers and their parents may sign up for the days and times they wish to attend practices, but they are held to those days unless first discussed with the coach. "Make-ups" must be cleared by the coach.

How much do I pay?

For members of Summit Athletic Club:

Maintenance level – \$50 per month

Progressive level – \$60 per month

Championship level – \$70 per month

Those who are not members of SAC pay \$20 more per month.

** There is a \$5 discount for a second swimmer and a \$10 discount for a third swimmer.

When are my fees due?

The fees are due by the 5th of each month. A \$5 late charge will be assessed for late payments.

What Does it Cost to Be on SUS A?

Aside from monthly dues, swimmers will need to have a practice suit, a (team) competition suit, cap and goggles. For now, swim fins will be optional but recommended equipment. We encourage everyone to purchase team shirts when we have them available. Meet fees are an additional cost (see below).

In addition, all SUS A swimmers need to register with USA Swimming (Coach Dani will do this for you) and pay the yearly fees. Right now this is \$60 per year. It expires on December 31 of each year. This fee allows swimmers to compete in sanctioned USA Swimming meets throughout the year. It is also the team's insurance, so it is required of all swimmers.

About USA Swimming

USA Swimming is the National Governing Body for amateur competitive swimming in the United States. The headquarters for USA Swimming is located at the Olympic Training Center in Colorado Springs, Colorado. Sixty-six percent (66%) of the revenues of the USA swimming budget come from registration dues from athletes and membership fees from non-athletes and clubs. Year-round swimmers pay an annual registration of \$55. When registered through USA Swimming, each swimmer has both liability and secondary medical insurance coverage.

Do I Have to Compete?

The question should be, "Do I GET to compete?" ABSOLUTELY! Competition is the highlight of swimming! There is no more effective way to gauge the success and quality of training than competition. It can be a rewarding, instructional, and fun experience no matter what level of swimmer you are.

Most of the meets will be held in either Salt Lake or Vegas (for year-round). There are some in St. George and Cedar City as well. We will have designated "TEAM MEETS" every third month or so. These meets are required (unless previously cleared with the coach). We will also offer one optional meet per month, and as long as 6 or more swimmers sign up, a coach will attend.

Costs for meets usually range from \$15 to \$25 depending on the duration of the meet and the number of events swum, in addition to travel costs.

Important Information for Parents

from a Coaching Standpoint

Parents: Let the coaches coach!

To have a successful program there must be understanding and cooperation among parents, swimmers and coaches.

The progress your swimmer makes depends to a great extent on this circular relationship.

The coach gives instruction and feedback, the swimmer applies this knowledge and you, as the parent, support the coach by asking your swimmer about what he or she is learning.

The **coach's job is to motivate and give information** to the swimmer about how to improve. It is **your job to provide love and encouragement** both when a swimmer does well and even when he does not perform as he expected.

However, when "helpful" parents interject their opinions about how the athlete should swim or train, it causes considerable and often insurmountable confusion about whom the swimmer should listen to. If you have a problem, question or complaint, please discuss the issue first with the coaches.

How you can help your child improve:

Training is the most critical aspect of your child's improvement. This means getting to practices regularly, on time and healthy. Please do not be late. We have such a short time to train, it is a shame to waste it. It is extremely disruptive for children to come 10 or 15 minutes late, because we don't have space to allow them their own lane in which to warm up. As other kids are beginning their sets, a late swimmer is only just beginning to warm up.

Training includes more than just pool time. Proper nutrition and adequate rest are critical for kids as they grow – it provides the foundation for building strong bones, muscles and coordination.

Time management is also an important factor. We believe that education is top priority in a child's development. Swimmers must allow adequate time for homework in addition to daily practices. Most young athletes will need your guidance to learn how to successfully manage their schedules.

Make going to meets a priority:

Attend all "TEAM" Meets. We highly recommend that each athlete attend as many as possible.

A swimmer's performance in a competitive environment is the best and most accurate way to gauge his or her improvement. In a stressful situation, an athlete will revert to what is the most natural stroke. Coaches can literally see how our teachings are being applied by the way in which swimmers perform.

That is not to say that a slower time means a swimmer is not learning. In fact, sometimes when we alter a technique, it may take a few races to "work out the knots." Even the best swimmers will have meets in which they do not achieve their best times.

Sometimes the swimmer will have several “poor” meets in a row. These “plateaus” are a normal part of swimming.

As a parent, you can encourage your swimmer to keep a log book of his or her times and any feedback given by the coaches after the race. This can be an extremely useful tool in setting goals and measuring their achievements.

Philosophy:

We do not see the first-place person as the only winner. Rather, we look to see who behaves like a winner. The characteristics of a winner, no matter where they place, are:

Hard work

Coachability (allowing coaches to correct you)

Attention to detail (always working on what the coaches tell you, even if they aren't looking or reminding you!)

Listening

Goal-setting

Good Sportsmanship (treating team members, coaches, and other teams with RESPECT!)

In competition, the real measure is not who collected the most medals, or even who improved the most seconds. It is who learned the most from the competitive experience.

Athletes will eventually forget the medals, records, or other material benefits. They will, however, remember the development of interpersonal skills, discipline, communication skills, time management, goal setting, and enhanced self-image. These are the things that make a swimmer a more successful person with a better chance of living a life closer to their peak potential. These are the swimmers who will contribute so much to their community and the world in which we live.

Basic Competition Rules

(in other words, what are the common mistakes that will get me disqualified from my race?)

IN ALL EVENTS:

A swimmer will be DQ'd if:

- He or she touches the pool bottom during an event
- He or she pulls on the lane line at any time during an event
- He or she fails to swim the correct stroke
- He or she does not complete the designated distance of the race
- He or she jumps from the blocks prematurely ("false-starts")

In addition, a swimmer may also be DQ'd for breaking the following rules (this is an abbreviated list):

▶BUTTERFLY

- If the arms do not go around at the same time
- If the feet do not stay together and kick at the same time
- If the swimmer fails to touch the walls with two hands simultaneously
- If the swimmer does flutter kick underwater

▶BACKSTROKE

- If the swimmer turns onto their stomach, except for during the turn
- If the swimmer takes more than one stroke on his/her stomach on the turn
- If the swimmer glides on his/her stomach into the turn
- If the swimmer pushes off the wall other than on his/her back

▶BREASTSTROKE

- If the swimmer takes more than one underwater pull
- If the swimmer's arms fail to be symmetrical or of breaststroke form
- If the swimmer does any kick other than symmetrical breast kick
- If the swimmer fails to touch the walls with two hands simultaneously

▶FREESTYLE

- If the swimmer fails to touch the walls on the turns.

▶INDIVIDUAL MEDLEY (IM)

- If the swimmer fails to start, swim or finish in the correct order (FL, BK, BR, FR)
- If the swimmer does a flip turn from the Back to Breast transition

It is common courtesy for a swimmer to stay in the water following his/her event until the next heat has started, except in Backstroke events.

Competition is the highlight of swimming. It is the ultimate test of skill and endurance. It is the measurement of successful training. And it is FUN! It can also be an intense event...which means everyone must do everything he or she can to ensure that the meet runs smoothly. For this reason, there are a few guidelines that each swimmer must follow at each meet.

1. First, as soon as you arrive at the meet, **check in** with your coach. When the meet is a positive check-in, there will likely be a check-in table (this occurs mostly outside of Utah).
2. You MUST warm up and stretch out. To do this, you must **be on time** (15 minutes **before** warm-up begins).
3. **YOU** are responsible for knowing when you are up. Be attentive to which event is in the water, and what your event number is. Some swimmers find it helpful to write their event numbers on their hands.
4. Assume that your coach will not have TEAM caps or extra goggles with her or him. Bring at least **two pair of goggles and an extra cap**.
5. **Get your time** after each swim. If there is a timing system, look on the board. Otherwise, ask one of the lane timers.
6. If you get DQ'd, bring the slip to me. Do not put it in your bag.
7. *****ALWAYS talk to your coach after each event you swim!** Also, talking to your coach **before** each event is a good way for him/her to remind you to do certain things.
8. **Warm down** (when possible) after each swim. Warm showers are good enough if there is no warmdown area (5 minutes max!). **Stretch out, relax and drink something** after your swims (try chocolate milk!).
9. Evaluate your swim – but do not dwell on a poor swim. There is always a chance to do better later.
10. **NUTRITION:** Drink a lot of fluids! Water, Gatorade, Powerade, Propel, and the like are good replenishers. Juice and pop or any sugary drink are bad ideas.

ABSOLUTELY no junk food! No greasy pizza, chips, french fries, hamburgers, etc. Try to stick to carbohydrates and proteins until after the final day of the meet. Good ideas for meets are crackers, power bars, bagels, bananas.

NO CANDY – even if they give it out! If I see it, I will take it away. You can have it after the meet.