



Midway Aquatics Club

Parents Hand Book
2005-2006 Season

Mission Statement:

To positively develop student swimmers socially, physically, and mentally through an effective instructional program based on swim stroke development and nutritional knowledge while intentionally advocating team and individual improvement and sportsmanship.

Team Philosophy:

Our purpose is to develop swimmers through goal setting, physical training, knowledge, and strong core values. Through positive reinforcement and challenges the swimmers can become successful athletes.

Group Descriptions:

The Red group practice will consist of 80% technique work, and 20% training work. This group will be used to get swimmers involved and interested in the sport. They will learn all four strokes (Butterfly, Back Stroke, Breast Stroke, and Freestyle), starts, and turns. There will be no practice attendance requirement for the group. They will practice from 5:30pm-6:30pm.

The Black group practice will be the next level and will consist of 60% technique work, and 40% training work. This group's main goal will be refinements of their stroke, and improvement in their ability and knowledge. They will practice from 6:30pm-8:00pm. They will also incorporate an hour of dry land each week. The dry land will be on Wednesday from 6:30pm-7:30pm. This group will have a 70% attendance requirement to participate in championship meets. Each swimmer will individually be accommodated if there are scheduling conflicts.

The Gold group will be our advanced group whom has decided that swimming will be one of, or their only main sport. This group will work on refinement of their technique; learn meet and race preparation skills, as well as practice goal setting through out the season. There practice session will consist of 40% technique and 60% training. This group will practice from 6:30pm-8:30pm each night, and share the pool with the Blue group. There will be an 80% attendance requirement in order to participate in

championship meets. Again each swimmer can be accommodated individually where scheduling conflicts arise.

The Monsters Of The Midway consists of High School swimmers in their off season. The swimmers are welcome to participate in meets (Dual, ISI, and Championship), as long as regular attendance is maintained. Regular attendance is considered three times per week, on average. The High School swimmers are also welcome to just train and not compete if they are only looking to stay in shape in the off season. This group will participate in the ISI that we host as a club. Their time will be from 6:30pm-8:30pm each night, and are welcome to come each night.

Locker Room Rules:

The locker room is a privilege for the swimmers to have. The locker room is for changing and showering before and after practice. The swimmers may use the showers and lockers while they are at the school for practice. Any locker the swimmer uses must be emptied and unlocked when they leave. The swimmers must turn off any showers and faucets that they use while they are at the school for practice. Any horse play that occurs between swimmers and destruction of school property in the locker room will not be tolerated. If a swimmer is caught they will be asked to not use the locker room for the next week. If another incident occurs the swimmer will be out of the locker room for two weeks. If the incident occurs for a third time the swimmer will lose their locker room privileges for the rest of the swim season.

Pool Rules:

When the swimmers are in the pool they must adhere to the following rules:

1. All swimmers must hold onto the wall at all times when they are not swimming.
2. All swimmers must keep their heads above water unless they are swimming.
3. All swimmers must not talk when coach is talking.

If these rules are not followed the swimmers will be asked to sit out of the pool for a period of time. If the behavior continues they will be asked to leave practice for the day, but they may return the next day.

Meet Rules:

All swim meets must be signed up for six weeks prior to the date of the meet. Any swimmers who do not sign up by the deadline will not be allowed into the meet. The coach will sign up the swimmers for events according to the days that they are signed up for. The swimmers need to show up fifteen minutes prior to the start of warm ups, and then not leave the meet without checking with the coach first that they are done. For swim meets that we host, all swimmers will be entered in meets for the whole weekend, unless it is explained to the Head Coach as to why they will not be there in writing.

Parents:

All parents are required to volunteer at the annual swim meet held at the Ratner Center. Each parent is required to volunteer at least two sessions, and more is greatly appreciated. If the parent is unable to volunteer for the swim meet, then they will be required to pay \$100 per session that they miss.

Any parent that is found to be destructive to the club and the program, will be asked to leave the club without refund. They will receive verbal notice from the Head Coach, followed by written notice that they are not allowed to return to practice.

Questions/concerns:

Any and all questions and concerns can be brought to Coach Mike either before or after practice, or they can be e-mailed to him at Hlywd475@aol.com. All questions will be responded to within forty eight hours. If you have a question and do not ask there is no way for Coach Mike to respond to the question.