

2016 Sea Lions Swim Team Information Packet



Visit our website: <http://livingstonsealions.swim-team.us>



Scan to go directly to site.

Parent Meeting: Monday, April 25

Timber Creek Elem. Cafeteria 6 pm

1st Practice: Tuesday, April 26

Livingston City Pool

10 & Under 6:30-7:30

11 & Up 7:30-8:30

Follow Us



www.facebook.com/sealionslivingston



@lslswim

Updates by Text Messages

To receive messages via text, text **@sealions2** to **81010**. You can opt-out of messages at anytime by replying, 'unsubscribe @sealions2'.

Trouble using 81010? Try texting **@sealions2** to **(832) 353-2474** instead.

To:

81010

Enter this number

Message:

@sealions2

Text this message

*Standard text message rates apply.

Our website:
<http://livingstonsealions.swim-team.us>

2016 COACHING STAFF

Head Coach	Mike Chilton	281-795-7195
Asst. Coach	Sarah Ege	
Asst. Coach	Alyssa Chilton	713-614-1840

2016 BOARD OF DIRECTORS

President.....	Suzonna McFarlain
Team Rep.....	Tracy Galloway
Secretary.....	Rebecca Calabria
Treasurer.....	Diahanna Reed
Computer Clerk.....	Jennifer Parker
Volunteer Coordinator.....	Savannah Gerrard

General Members

Hugh and Shiela Myers – Heat Sheets
Shelley Evans – Sponsors/Fundraisers
Christine Teel – Computer Support

PRACTICE

Unless otherwise specified on the practice calendar, 10 and under will swim during the first half of the practice and 11 and up will practice during the second half. There are some days were all swimmers will practice together. The calendar will also be available via our website. **First Practice – Tuesday April 26th.**

SPONSORS

It takes a great deal of money to run the swim team, and we have different levels of sponsorship available. If you know a business owner that would like to sponsor please have them fill out a sponsor form. Please contact Shelley Evans (409-429-4698) if you have questions or would like to be a sponsor.

FUNDRAISERS

Along with asking for sponsors, we will do a few fundraisers to help with expenses. Information about these fundraisers will be given to swimmers as they become available.

PICTURES

Tentative Picture date: **May 12th at 4:30 pm.** More information to come!

PARENT INVOLVEMENT

A very important part of the Sea Lions' success has been parent participation. We need everyone's help in order to enjoy another successful season. There are several jobs that must be filled at each meet for it to run successfully. Those jobs, a brief explanation, and the number usually needed at each meet are listed below:

Position	Description	Volunteers Per Meet
Ready Bench	Help organize swimmers into heats before each event	3
Ribbon Writers	Place labels on ribbons/medals during the meet (mainly 2 nd half of meet)	1-2
Runners	Carry time cards to and from timers and scoring table. Distribute water to officials during meet	2
Computer Helper	Assists the computer clerk with entering times into the computer	1
Time Verifier	Verifies that times entered by computer clerk are correct	1
Meet Check-In	Check in swimmers before the meet starts	2-4
Head Timer	Assist the lane timers by starting 2 watches with every race	1
Timers	Time events and report times to lead timer in lane	Approximately 18
*Starter	Announces and starts each event	1
*Stroke and Turn Official	Judges legal strokes during each event	4-8
Minimum Volunteers Needed per Meet		40-45

*Training classes are required. Courses will be offered during the month of April. The only prerequisite is the willingness to learn and participate. If you would like to attend the training course please contact **Tracy Galloway** at . You can also check the NWAL website for official certification course dates.

All parents and swimmers should stay to help with clean up at the end of each meet. We must have the pool area cleaned and vacated quickly so that the pool can open for the public (by 12:30).

All Volunteer shifts must be verified with our Volunteer Coordinator (Savannah Gerrard) to receive credit for Volunteer Fee.

“It takes a village”



2016 PARENT/COACH CODE OF CONDUCT



Children's sports are supposed to be fun-for the children. Unfortunately, many parent, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. This following **Code of Conduct** is for parents and spectators to abide by at every practice and meet.

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, and caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will remember that children participate to have fun and that the sport is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the sport and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice, or other sporting event. *I (and my guests) will refrain from inappropriate language and dress during all swimming events (meets and practices).
5. I (and my guests) will not engage in any kind of unsportsman-like conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex, or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize meets and competition in the lower age groups.
13. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets, and will take time to speak with them at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events. *Tobacco (including vapor/e-cigarettes) are NOT allowed on city swimming pool grounds.
16. I will refrain from coaching my child or other players during meets and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach and/or head of league organization
- Written warning
- Parental meet suspension with written documentation of incident kept on file by organizations involved.
- Meet forfeit through the official or coach
- Parental season suspension.

****Keep this Copy****

MEET ENTRIES

The coaches will determine what events swimmers compete in each week. In addition to individual meets, up to four relay teams can be entered in each age group. The coaches will determine relay teams. **If a swimmer will not be competing in a scheduled meet, it is important to notify Coach Mike in writing. Please notify Coach Mike as soon as it is known that your swimmer will not be competing in a scheduled meet to ensure timely entries of events. (Entries must be completed by the Wednesday prior to the meet).**

Swimmers must swim qualifying time to compete in the **Invitational Meet**.

WHAT TO BRING TO SWIM PRACTICES AND MEETS

For Practice:

- Swim Suit
- Swim Cap
- Two pairs of goggles (in case one breaks)
- 1 Towel
- Sun Screen
- Water
- Deck Shoes/Sandals (Street shoes aren't allowed on deck)
- Swimmer's Ear drops
- A great attitude and willingness to have fun while learning

For a Meet: (All of the above, PLUS)

- Extra Swim Suit
- Additional Towel
- Clothes to wear between events (sweatshirt/hoody, t-shirt, shorts, etc)
- Healthy Snacks and drinks (NO JUNK FOOD)
- Permanent marker (Write child's name and events on arm)
- Deck of cards, games, or other things to help pass time between events

SWIM NUTRITION

Nutrition is very important for all of our swimmers. Check out what Olympic Gold Medalist Michael Phelps's coach says about kids' nutrition and athletics:

"Take care of themselves away from the field of play or the pool. Proper nutrition, getting enough rest, taking care of their bodies by stretching, and doing some things like that."

Check out this link for the entire interview: http://kidshealth.org/kid/stay_healthy/fit/phelps_coach.html

For more information about swim nutrition, talk to our coaches and/or check out the link below. You can also google Swim Nutrition to find many articles about this topic.

<http://www.nitroswim.com/wp-content/uploads/2013/11/nutritionhandout.pdf>

MEET DAY TO-DO'S

If you are running late or cannot attend a meet that you have signed up for, please call Coach Mike as soon as you know. Relays and other events will be affected if you are not there. Please be courteous to others and respect your teammates.

1. Be on time

Coach will set a time for you to be there prior to the meet start time. This allows for check-in and warm ups

2. Check in with Coach (or assigned check-in person)

Let him/her know you are there. Do not do anything else until you have done this!

3. Get your event numbers (and have them written on arm)

You are responsible for knowing what events you are going to swim.

4. Change into your suit for warm-up instruction and meet teammates/coaches on deck.

You are responsible for your personal items, so store them properly and safely.

5. Warm up

Coaches will provide you with warm-up instructions and then warm-ups will begin.

6. Participate in team cheer/chant led by Coach Mike.

7. Swimmers should be prepared for each event and report to the ready benches when called.

Coaches will try to talk to each swimmer prior to their event.

8. The whole team should display good sportsmanship and is encouraged to cheer on teammates.

9. Do YOUR Best!

10. Each swimmer must let the coach know when they are leaving the meet.

Be safe on the way home 😊

EARN POINTS FOR YOUR TEAM

Each swimmer has the opportunity to score points and win ribbons at each meet. The top six swimmers from each event will receive a ribbon. In addition to earning a ribbon, swimmers in top places earn points for the team. At the end of the meet, the team with the most points wins!

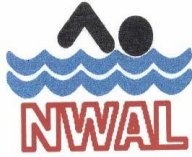
Ribbons from each meet will be distributed the following week at practice. At the end of the season we will have a team party where trophies will be awarded to each child who competes in at least **two** meets.

MY VOLUNTEER CREDITS

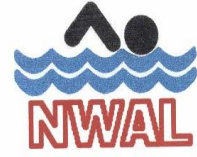
Please sign up with our Volunteer Coordinator for volunteer shifts. **Remember you must work six shifts to get your Family Volunteer Fee refund. (see page 3)**

Meet	My Volunteer Position (circle one):			Shift (circle one):
May 7 Mock @ Home	Ready Bench	Ribbon Writer	Runner	No Shift Change
	Time Verifier	Meet Check-In	Timer	
		Head Timer		
May 14 Away @ Forest Cove	Ready Bench	Ribbon Writer	Runner	First Shift Second Shift
	Time Verifier	Meet Check-In	Timer	
		Head Timer		
May 21 Home vs Oaks	Ready Bench	Ribbon Writer	Runner	First Shift Second Shift
	Time Verifier	Meet Check-In	Timer	
		Head Timer		
May 28 Away @ Newport	Ready Bench	Ribbon Writer	Runner	First Shift Second Shift
	Time Verifier	Meet Check-In	Timer	
		Head Timer		
June 4 Away @ Woodland Hills	Ready Bench	Ribbon Writer	Runner	First Shift Second Shift
	Time Verifier	Meet Check-In	Timer	
		Head Timer		
June 11 Home vs Walden	Ready Bench	Ribbon Writer	Runner	First Shift Second Shift
	Time Verifier	Meet Check-In	Timer	
		Head Timer		
June 18 Away – Divisionals TBA	Ready Bench	Ribbon Writer	Runner	First Shift Second Shift
	Time Verifier	Meet Check-In	Timer	
		Head Timer		

*Invitationals - To qualify for the invitational meet, a swimmer must meet the posted time for that meet.



2016 PARENT/COACH CODE OF CONDUCT



Children's sports are supposed to be fun-for the children. Unfortunately, many parent, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. This following **Code of Conduct** is for parents and spectators to abide by at every practice and meet.

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, and caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will remember that children participate to have fun and that the sport is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the sport and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice, or other sporting event. ***I (and my guests) will refrain from inappropriate language and dress during all swimming events (meets and practices).**
5. I (and my guests) will not engage in any kind of unsportsman-like conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex, or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize meets and competition in the lower age groups.
13. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets, and will take time to speak with them at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events. ***Tobacco (including vapor/cigarettes) is NOT allowed on city swimming pool grounds.**
16. I will refrain from coaching my child or other players during meets and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach and/or head of league organization
- Written warning
- Parental meet suspension with written documentation of incident kept on file by organizations involved.
- Meet forfeit through the official or coach
- Parental season suspension.

Parent/Guardian Signature

Parent/Guardian Signature