

# WELCOME TO THE LAKE PARK PIRANHAS

## SWIM TEAM



The Lake Park Piranhas is a Non-Profit team established in 2010. This program provides an excellent opportunity for the kids of Lake Park and surrounding communities a safe and fun environment to swim in. The team goal is to promote confidence, discipline, courage, team work and friendships. Families are encouraged to support the team as volunteers. Our swimmers need us to encourage, support and cheer them on. With the community support and family support the team will always succeed.

This booklet is intended to help make your season easier. If you have a question that is not answered, please see the back page for a list of contacts. Any board member or Team Rep will be glad to answer your questions. Let's get started.

### Goals and Objectives

*Lake Park Piranhas'* goals for swimmers are:

- Swimmers should enjoy swimming and have fun
- Swimming should want to come to practice
- Swimmers should show consistent improvement in their stroke technique.
- Swimmers should experience an environment of discipline, where respecting coaches and following directions are expected.
- Swimmers should make friends with teammates and learn what being part of a team is all about.

## **Practice Expectations**

*Lake Park Piranhas* is organized to give each swimmer the needed tools, and resources to be successful. Each swimmer is placed in to their perspective group based on age as of May 31 of the current swim season.

### *Beginning Levels:*

8 & Under

9 – 10 years

11- 12 years

13 – 14 years

15 – 18 years

## **What to Bring to Practice**

Swimmers should wear appropriate swim suits to practice. Swimmers should bring goggles, swim cap, a water bottle and towel(s) with them to every practice.

## **Practice Schedule**

The coaches set the practice schedule for each age group. Practice schedules are communicated at the beginning for the season. We understand that summer vacation can be a conflict with practice schedules and meets. Please notify your coach (es) as soon as you know of any conflicts.

## **Practice Behavior**

1. Swimmers are encouraged to support their teammates, both in practice and competitions.
2. Swimmers are expected to conduct themselves with proper manners and respect at all times. Swimmers are expected to follow all coaching staff's directions at all times.
3. There is zero tolerance regarding disrespectful language, lying, stealing or vandalism.
4. Swimmers may leave practice only with a coach's permission.
5. Swimmers are expected to follow all the rules and regulations regarding the training facility (Lake Park Community Pool).

Our expectations for practice behavior is to create a safe, nurturing, and competitive environment. If you have any questions or concerns regarding the above policies, please see one of the *Lake Park Piranha's Board Members*.

## **Guidelines for Watching Practice**

We encourage our parents to watch practice. Your swimmer often enjoys knowing that you are there; as well as making you aware of what a typical practice may look like. We've outlined some guidelines to watching practice so that we reduce distraction and that every swimmer continues to maximize his/her potential each and every practice.

1. **Swimmer Communication** - Young swimmers want their parents' approval more than anything. To reduce distraction and maximize every learning opportunity we need the swimmer's undivided attention. We ask that you do not communicate with your swimmer during practice and do not compete with the coach for the swimmers attention.
2. **Coach Communication** - Our coaches are professionals and they have a limited amount of time with the swimmers. We insist that parents not interrupt the coaches at anytime during practice. If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group). Please utilize the communication avenues outlined to schedule a meeting with your swimmer's coach.
3. **Trust** - As we stated earlier, our coaches are professionals. At times, you may not fully understand the purpose of a particular activity or drill that is being worked on during practice. Our coaches have dedicated their lives to training and building successful swimmers. Many of their practices and instruction are designed to build on one another. It is imperative that you, as a parent, trust our coaches and their skills. Remember our goal, as coaches and parents are the same thing; to give your swimmer the best opportunity to succeed and have fun.
4. **Parent Coaching** - **DO NOT COACH YOUR SWIMMER!!!** We cannot emphasize this enough. Our coaches have been trained and taught how to maximize every swimmers' potential. Often a coach will ask a swimmer to do a drill that looks unorthodox to the naked eye; however, we can assure you that everything we do both on and off the pool deck has a purpose.

\*Please allow our coaches to do their job. If you have a question, comment or concern, please utilize the communication avenues outlined in the handbook.

## **Facility Use Policy**

### **Lake Park Community Center**

We are fortunate to be able to train at our home facility. Coaches, swimmers, and parents are to abide by the following and the Lake Park Community Rules:

#### **Practice**

1. **Swimmers:** You may enter the pool through front gate.
2. **Parents** are not allowed on practice deck during or after practice.
3. **Parents:** The pool is full of distractions and our space is limited. You are welcome to watch practice from the outside of the fence or the adjoining pool. We do ask that you refrain from engaging in conversation with the coaches during practice time; as their focus is on the swimmers at that time.
4. There is absolutely **NO GLASS** allowed on the pool deck.

# Meets

## Meet Entries

The meet sessions are typically split by age group. Each swimmer may swim up to 3 individual events and 1 relay. Coaches will determine relay teams and review at practice. Once a commitment has been made to attend a meet, you must attend that meet. Directions to an away meet can be found on the Great Charlotte Swim League Web site, ([www.qcsl.com](http://www.qcsl.com))

## Day of the Meet

### What does my child need for meets?

- Team Swim suit
- Towels (2)
- **Snacks for themselves** (orange slices, crackers, Gatorade, water)
- Swim Cap and back up cap
- Goggles and Back up Goggles

If your child cannot attend a meet you will need to notify the coach by email in as soon as possible. If you already know dates that your family will be out of town, you may give her those at the beginning of the season. A missing swimmer affects relay teams and may cause a swimmer to miss their chance at swimming that evening, if you know you are not going to be there. We do understand that emergencies happen and if that is the case, please call the coach as soon as possible to let her know so changes can be made.

### What happens at a meet?

Swimmers will compete in stroke events against the visiting team and the clock! Each Meet will have designated age groups per event. Each swimmer may compete in 3 individual events, and 1 relay event. This is their opportunity to have friendly competition with team mates and show off their hard work from practice. We require that the Team sit together as a group and cheer for fellow team members

### To Eat or not to Eat?

EAT! Swimmers burn up a ton of calories at practice and at meets. Now they should not be eating a full course meal before swimming. Any type of carbs, protein and fruits are great to eat about an hour or so before a meet. Your swimmer should also have snacks to munch on after every event. Pretzels, goldfish, crackers, and watermelon, granola bars etc.

### Hydrate, Hydrate, Hydrate!

Water is best. But Gatorade, PowerAde and other sports drinks are ok in moderation. Some have lots of sugar and sodium, so read those labels. Soda's are not the best but can be a quick sugar fix if your swimmer needs it. Swimmers can and often do dehydrate, please encourage hydration. **Swimmers sweat, you just can't see it!**

### **Heat Sheets**

Heat Sheets are emailed on meet afternoon that list the races (heats) for each event. This will provide you with information on which heat your swimmer will swim in.

## Concessions

Concessions are usually available for sale by the host team during the meet. What is available and prices charged vary greatly from meet to meet. Most facilities allow outside food and drinks to be brought into the meet. Most teams concessions are cash only, however, Lake Park offers credit card options for payment.

## During the Meet

Warm ups are typically one hour before a meet begins. Swimmers should check in with their coach before and after each race. If your swimmer needs to car pool to be at a meet on time, please consider contacting another team parent to arrange transportation.

## The Parent's Role in *Lake Park Piranha's Swimming*

### Open Lines of Communication

Communication is the key to any successful relationship and experience. If you have any questions, comments or concerns, please to do not hesitate to contact us as soon as possible.

Most often, general questions can be answered by any coach, board member or veteran swim parent. If you have any specific questions regarding your swimmer please reach out to his/her coach.

### Avenues of Communication

**E-mail:** Please make sure your contact information is correct. Often the information we need to reach you can be communicated through e-mail. \*This is the preferred avenue of communication

**Group E-mail:** At times your swimmer's coach may need to communicate something directly to a specific training group. Again, make sure your contact information is correct so that we can reach, and communicate to you effectively.

**One-on-One meetings:** Our coaches want to be accessible. If you would like to set up a time to speak with your coach about a specific question or concern please contact them via e-mail to set that time up. We encourage you to schedule a time, due to the nature of our scheduling, our coaches often transition from one training group to the next; leaving little-to-no time to address any outside issues.

**RainedOut Text Messages:** Free text messaging service so team can send urgent messages directly to team. Receipt of texts only. Requires parents registering their mobile number in order to receive. Information is found on our team website.

**Board Of Directors:** Once a month *Lake Park Piranha's* host a Board of Directors meeting. Typically this meeting is scheduled on the 3rd Sunday of each month. If you are interested in attending please contact us via email to the current President. Email contacts are listed on contact page.

## **Supporting Your Swimmer**

The sport of swimming can be a great tool for teaching and learning life lessons. Our coaches are invested in the success of each swimmer. It is the coach's job to critique, train and prepare the swimmers for success. It is the parent's job to create and provide a loving and encouraging environment where the swimmer can feel good about the work they are doing and the successes they see; and will see in the future. Be the person your swimmer can turn to for that constant support and encouragement. Everyone learns differently and at different rates. It is the coach's job to reach the swimmer effectively. Some swimmers take longer than others and it is the patience and dedication to the swimmer and the sport that makes our team successful.

As a parent, you can provide such an environment by making sure that you bring your swimmer to every possible practice and competition. It is imperative that we do not rob the swimmer of an opportunity to be great. Be enthusiastic about taking your swimmer to the pool, practice or competition. Motion creates emotion. If your swimmer sees you excited about taking them to the pool you'll be priming them for success. We ask that you continue to build a positive, and supportive environment. It can be difficult at times; but we ask that you avoid comparing your swimmer to anyone else. Just like anything else swimmers and athletes progress differently physically and psychologically at different ages. What may be the weakest swimmer today may be leading their lane and practices in the future. The beautiful thing about swimming is that regardless of the rankings we can always win.

The team goal is to promote confidence, courage, team work and friendships. The season is FAST and FUN! Enjoy watching your swimmer become the best they can be.

Lake Park Piranha Board Members  
2019

President – Mitch Shaw

Email: lakeparkswimteam@gmail.com

Mobile phone: 704-560-4508

Vice President – John Barnes

Secretary –

Treasurer – Russ Johnson

Nicole Bell

Daphne Bridges

## Glossary of Terms:

**Block** – The platform from which the swimmers begin a race.

**DQ (Disqualified)** – Occurs when a swimmer commits an infraction against the USA Swimming guidelines. DQ swimmers are not eligible for awards, nor can their time be used as an official time.

**Drill** – An exercise involving a portion or part of a stroke used to enhance overall stroke technique.

**Dry Land Training** – Training done out of the water that aids in swimming performance. I.e. stretching, calisthenics, etc.

**False Start** – Occurs when a swimmer is moving during the start of a race, leaving before the signal to do so.

**Heats** – A division of an event in which there are too many swimmers to compete at one time.

**Heat Sheets** – A listing of all swimmers, broken down into heats with lane assignments and event numbers. They are available for purchase at the beginning of the meet.

**I.M.** – Abbreviation for Individual Medley, an event in which the swimmer completes each of the four competitive strokes: fly, back, breast and free.

**Starter** – The USS official at a meet responsible for initiating the beginning of a race. He/She also calls the competitors to the start blocks.

**Streamline** – The position used to gain maximum distance and speed after the start and off each wall following the turn.

**Stroke Judge** – A certified official who determines the legality of a swimmer's stroke. This individual has the power to DQ a swimmer because of improper technique.

**USA Swimming** – The international governing body of amateur swimmers in the United States.