

Merrill Aqua Jays Swim Team

Parent Hand Book

2021-2022

Mission

The objective of Merrill Aqua Jays Swim Team is to promote the sport of competitive swimming in Merrill as a healthful, fun form of recreation. Ideals of good sportsmanship, honesty, loyalty, courage, teamwork, and respect for authority shall be stressed to the youth of Merrill.

Vision

The vision of the Merrill Aqua Jays Swim Team (MAJST) is to offer, through a well-organized competitive swim program, the opportunity for all its members to develop their individual capabilities at all youth levels of USA Swimming. Members will develop a respect for the traditions of teamwork, friendship, life-long learning, and athletic ability to their fullest potential. MAJST will provide an atmosphere where young people can develop confidence, personal responsibility, positive self-image, a healthy body, and an optimistic attitude while having fun. MAJST will employ a highly trained and qualified coach and will strive to achieve excellence as defined by USA Swimming. The coaches, the swim board, and parents will work together to promote a quality swim team and achieve the goals of the entire MAJST swim family.

Club History

The Merrill Aqua Jays Swim Team was established by parents of area families to provide competitive, team oriented swim opportunities to all interested youth swimmers. MAJST depends on parent volunteers and certified coaches and assistants. The Club will operate in accordance with “**CLUB BY-LAWS**”.

How the Club Operates

MAJST Swim Board

Our club is governed by a Board that is comprised of parents, and elected by parents, for one-year terms. Elections are held in the spring at the annual awards Banquet (during a short business meeting.) The Board sets policy, handles finances, and ensures that the club is being run in a manner consistent with the Mission Statement and By Laws of the Merrill Aqua Jays Swim Team. Meetings are arranged according to the needs of the club and are scheduled at least 2 weeks in advance. Parents are welcome to attend these meetings and to run for positions on the board as they open. Copies of the MAJST Bylaws are available upon request from any Board Member.

2021-2022 Board Members are:

President: Rick Miles rdmiles@gmail.com

Vice President: Megan Mueller mharb036@gmail.com

Treasurer: Jenny Jirovec abcjirovec@yahoo.com

Secretary: Ninette Candler ninette.candler@mapsedu.org

Coaching Staff

We are fortunate to have a highly trained, enthusiastic, and motivated coach to work with your children. Our assistant coaches have a strong swimming background and a commitment to encourage your child to reach their goals.

Who to contact should you have a question or concern:

If at any time, you have a question or concern, we would like to address the issue as soon as possible. We ask that your first step be to contact Coach Kristie to discuss the issue. Please be sure to connect with her after practice, or via email or text. Please understand, though, that sometimes your swimmer will be called upon to swim an event or be a part of a relay, or in a relay position that is contrary to what you would have chosen for your swimmer. These decisions are made at the

discretion of the coach in the best interests of the team, and we ask that you honor these decisions with grace.

Kristie Winter: (715) 571-3770 ckwinter1@charter.net

Parents

Parents are an essential part of our organization! Our club would not exist without you! You are your swimmer's best cheerleader and encourager. We also need you to get involved by volunteering and helping with fund-raising.

Volunteering:

As in any parent-run organization there are lots of jobs to be done, especially during a home swim meet! **We require that at least one parent from each family work at least one session in each meet.** This is approximately a 4-hour commitment per meet. There are a variety of positions available, from timer on the deck, to concessions in the cafeteria. We make every effort to be sure that you are able to watch your swimmer compete by assigning one volunteer the job of 'fill in' to cover your position while you come on deck to cheer on your child. Sign up sheets for volunteer positions will be available at the Parent meeting and will be posted on the bulletin board in the pool area for those who need to check dates before signing up. Please note:

- Every swim family is responsible for 1 shift per meet, even if your swimmer is not swimming in the meet.
- If you are unable to work for some reason you need to find a replacement—grandparents, older children(14+), aunts, uncles, family friends.
- If you are unable to find someone to work for you, you need to let a Board member know. We will find someone to work that shift for you.

Fund Raising

MAJST is a family based organization and as such we need to raise all of the funds needed to pay for pool time, coaching staff, our membership dues for the Central Wisconsin Swim Conference, and Officials and

materials needed for meets. We are also helping with upgrades to our PRMS swimming pool which will support competitive swim in Merrill.

Each year we will do at least one fund-raiser during the year. **We require every family to participate in at least 2 fundraisers.** We will have a variety of fundraising opportunities available such as working concessions at the Haunted Sawmill, setup/take down at the Merrill Enrichment Center, and clean up at the fairgrounds. These opportunities are spread throughout the calendar year and details will be shared via email and at the annual Parent Meeting.

Swimmers

Each Merrill Aqua Jays Swimmer is an important part of our team! Swimmers are encouraged to set personal goals and work hard to achieve them. As a Merrill Aqua Jay, swimmers should understand that their actions reflect upon the entire club. All swimmers are expected to act responsibly and maintain appropriate behavior at all times. These standards are clearly defined in the MAJST Code of Conduct, which we require Merrill Aqua Jays Swimmers to sign and abide by. Coaches have the responsibility to remind swimmers of appropriate conduct and to impose penalties for violation of the MASJT Code of Conduct as described in the Code of Conduct.

Swim Club Levels

Levels are designed to give swimmers attainable goals during the swim season, while still having fun. Swimmers may 'test' and move up at any point during the season. The coach oversees all placement levels.

Junior Jays

This is intended for inexperienced swimmers who have an interest in competitive swimming and are at least 5 years old. They should be comfortable in the water, and be able to jump feet first into deep water, recover and return to the wall unassisted. Jr. Jays practice for 1.5 hours a week in small groups, with a coach in the water 50-75% of the time. The focus is to build endurance and water safety with the goal of meeting silver level skills. We encourage our Jr. Jays to participate in our

Home Swim Meet in December (if they are able to swim 25 yards at that time).

Practice is 4:00-4:45 PM Mon/Wed or Tues/Thurs

Silver

Silver swimmers are those who are able to swim 50 yards freestyle with their face in the water, without stopping. They are not intimidated by deep water and can jump off the blocks. Silver swimmers can focus attention for 60 minutes and are encouraged to practice 3 hours a week. The focus for Silver swimmers is to meet Gold levels skills, and to attend mock meets on Fridays before scheduled meets. Silver Swimmers are able to attend all team meets, as well as the Divisional and Conference Championships. The Goal of Silver swimmers is to swim all 4 strokes legally in a meet.

Practice is from Monday – Thursday 4:00-5:00PM

Friday Mock Meets may run a little later.

Gold

Gold swimmers are those who can perform all 4 competitive strokes legally, can dive from the blocks and dolphin kick in the streamline position, as well as perform a legal flip turn. They can swim a practice 200 yard freestyle without stopping and swim a 50 yard freestyle in under 1 minute. Gold swimmers are encouraged to practice 6-8 hours a week, attend mock meets on Fridays before meets, and to attend all team meets, as well as the Divisional and Conference Championships. The goal of Gold Swimmers is to compete at the Conference Championships and beyond.

Practice is from 4:00-6:00PM Monday – Friday.

Practice Attendance

The encouraged practice hours are determined by the level of each swimmer. We do, however, ask that all swimmers arrive on time and prepared with their equipment for the day including caps for anyone with hair that reaches their eyes, goggles that do not leak, appropriate swim suits, water bottles and whatever other training tools that will be used for the day as outlined by the coach.

Practice on Fridays:

Friday practices are Mock-Meet days. We practice our team warm up, cheer, and prepare for the specific events that swimmers will compete in at the Saturday meet. Mock meets are intended to calm jitters and inspire team unity. Gold and Silver level swimmers are encouraged to always attend Friday practices, even if they are not swimming in the meet the next day. Junior Jays should attend if they are signed up to compete in a meet or if they are invited by the coach (getting close to competing in a meet).

Daily Practice Guidelines

- Be Early. Know when your practice starts. Fill water bottles and get to your level's assigned area.
- Know what you can do and do it well.
- Know what you can't do and work to improve that skill.
- If school is cancelled due to inclement weather, the pool closes and the Aqua Jays will not practice.
- The Locker Room will be kept clean. Remember you represent our team. *Pool and Locker room usage is a privilege, not a right.* No horseplay or foul language will be tolerated in the locker rooms and will be taken seriously. 1st offense you will be spoken to, and your parent will be notified, 2nd offense you will lose locker room privileges for 1 week, 3rd offense you will have to be supervised by a parent for the rest of the season.

- **Be mindful that several other teams share the locker rooms, so lock your items or bring them out on the pool deck during practice.**
- You will experience some aches and pains at some point during the season. You need to know the difference between being tired and being injured. If you are tired, swim through it. If you are injured, you need to tell a coach immediately. One thing that will help is adequate water consumption! PLEASE do not go all day at school without drinking and then expect to swim for an hour or two on whatever small amount you drink at practice; that usually won't cut it. You need to hydrate BEFORE and DURING an intense workout. We ask the younger swimmers to bring water bottles and follow this practice as well so they can begin to form good habits.
- Be ready to learn. Understand that coaches are here to make you better. Listen to and do what they say to the best of your ability.
- Monday-Thursdays Coach Kristie will leave promptly at 6:00 PM. There will be lifeguards in the pool if a swimmer needs a phone to call home.
- Fridays- swimmers will be released by 5:45 and must be picked up by 6pm. If you pick up your swimmer after 6:15 there will be a penalty charge of \$30. The pool is not open after this time so Coach will stay until everyone is picked up.

Swim Meets

MAJST is a member of the Central Wisconsin Swim Conference. We compete against other swim clubs from across central and northern Wisconsin. Silver and Gold level swimmers are encouraged to participate in every meet. Entries for each meet must be completed on-line (on our website) and must be done before the cut off time/date posted on our website and at the pool. Coach Kristie will not be able to include your swimmer in a meet if she has not received the online entries. Parents are responsible for transportation to the swim meets which are held on Saturdays. This year's schedule is as follows:

2021-2022 Winter Season Schedule

\$ Meets in red are invitational meets. Swimmers are responsible for their own entry fees.

\$\$ Meets in yellow are NLAC only meets, USA membership Required and swimmer pays own entry fees.

Meets in Blue are CWSC Regular Meets

November 6, 2021	Lakeland Sprints
\$ November 13, 2021	Ladysmith FAST Pentathlon
\$\$ November 19-21, 2021	OSHY Champion Meet
December 4, 2021	Rhineland
December 11, 2021	Home
December 18, 2021	Lakeland- Minocqua
January 8, 2022	Rice Lake
January 18, 2022	Antigo
January 22, 2022	Lakeland
January 29-30, 2022	Divisionals- Medford
February 5-6, 2022	Conference- Home
\$\$ February 18-20, 2022	Regionals- Fond Du Lac
\$\$ February 25-27, 2022	12 & under State- Brown Deer *
\$\$ March 3-6, 2022	13 & over State - Waukesha *
\$\$ March 26-27, 2022	Midwest Regionals- Minneapolis *

* *Must achieve a qualifying time at a USA approved meet and be a USA registered swimmer.*

Swim Meet Guidelines

Swimmers will dress as a team for meets. Swimmers must wear their A3 suit to compete in CWSC meets. Bring and use your team cap. If you need a replacement cap they are available for purchase.

Swimmers need to be present and participate in our warm up times.

If, due to sickness, you are unable to attend a meet you signed up for, PLEASE contact coach so that we know to pull you from a relay and find a substitute. There are 3 others counting on swimming that event.

You are representing yourself and your team when you are at a meet. Please conduct yourself in a way that you give no one cause for question. Cheer on your teammates, even those you don't know very well. Invite a newbie to join your group, ask someone who is sitting alone to sit with you, make a new friend. Respect the others sitting in the gym and pool, your coaches, your parents, each other. Respect yourself and the time you've put in by doing your absolute best each time you step on the block.

Come and see your coach after your event. This is a great time to learn what you did well and what you could have done differently. Know the time you just swam and if it was a best time. Be prepared to do well!

What to Bring to A Swim Meet

Black Team swim suit – A3 Team suit required

Team Swim Cap and goggles (bring extras in case one gets lost/broken)

Towels (at least 2 so you have a dry one later in the day)

Warm sweatshirt and pants (they will get wet during the day)

Flip-flops or crocs

Blanket or something to lay all of your 'stuff' on as your 'home base' in our assigned area in the gym or pool deck

Dry clothes to change into after the meet

Water bottle, lunch, and snacks or money for those items at concessions

A sharpie pen – most swimmers like to write their events on their arm

A highlighter marker – most parents like to highlight their swimmer's events in the heat sheet

Money for a heat sheet – these cost between \$3-\$5

Books, games, ipod, etc. to have something to do during the down time between your events

Lawn chairs to use in our team area in the gym

A GREAT ATTITUDE

Team Spirit

MAJST Goals

“Winning is NOT what is most important.

What's most important is who you are and

How you are in the process of the competition!

Who we are:

An athlete with integrity, a team player, a hard worker.

Someone who lets their actions speak for themselves.

A work in progress, always learning and improving.

How you are:

Focused, Patient, Collaborative, Postitive, Enduring

Motivated, Confident,
Giving your absolute all until the very end.
These are the traits of a Winner and a Champion!"

Dr. Alan Goldberg—Peak Performance for Athletes, Coaches and Parents

Tech Suits for MAJST/NLAC Competition

USA Swimming has banned all techs suits for those ages 12 and under effective 9-1-2020. The main rationale for the bans has been economic: tech suits are a pretty sizable investment, especially for growing age groupers who may not stay the same suit size for long. In addition the tech suits are designed to only be worn a few times before they lose their effectiveness.

Definition of a tech suit -Suits with bonded seams, kinetic tape or meshed seams, or woven material – woven material is not stretchy at all.

Tech suits work in 2 ways.

1. **Compression** – The bonded seams/woven material allow for a very tight fit. By holding the muscle tight it allows muscles to fatigue a slower rate by keeping the lactic acid from pooling.
2. **Water resistance** – The technical suits are made of material that resists water and there for makes the swimmer more stream line in the water and produces less drag.

Governing bodies in USA swimming and the investigative team feel that these effects are not strong enough for most young swimmers to outweigh the cost. Young swimmers typically do not have enough muscle mass to be helped by the compression and/or are purchasing suits that are too large and not effective. The focus should be more on technique and personal improvement then a suit in our young swimmers.

Below is a list of Banned Suits and Approved Suits – Please note YOU ARE NOT REQUIRED to buy a suit on the approved list. It is just a list of high quality suits that should not be banned in the future if you are interested in a higher quality suit.

If you are unsure of what kind of suit to purchase for your swimmer please feel free to contact coach, she can help with suggestions, pros and cons of suit types and sizing.

TECH SUIT RESTRICTED LIST Updated as of 2/23/17

BLUE SEVENTY, NERO
JAKED:J12 WATER ZERO, LIMITED EDITION J11 STEEL, J11 WATER ZERO, JKATANA, JKEEL, JRUSH
SPEEDO: LZR X, LZR ELITE, LZR ELITE 2
TYR TRACER SERIES,
AVICTOR, AVICTOR PRELUDE,
AP12 COMPRESSION
NIKE SWIM, NG
ARENA POWERSKIN OPEN BACK,
ALL ARENA CARBON SERIES (AIR, PRO, ETC)
DOLPHIN TITANIUM
AQUASPHERE MP EXPRESSO
FINIS VAPOR
HUUB FINA TECHNICAL
A3 LEGEND or VICI

COMPETITION SUITS APPROVED TO WEAR

(classic hip cut or kneeskin)

SPEEDO: AQUABLADE (male & female), POWER PLUS (female), FASTSKIN 2/FSII (male & female), LZR PRO (male & female)

ARENA: POWERSKIN ST (male & female), POWERSKIN XP

TYR: FUSION 2, THRESHER

DOLPHIN: GRAPHLITE SERIES, LTF PRO SERIES, PLATINUM 2PRO

A3 NOVA