

***The Fox Hill Club  
Swim Team Handbook***



**The Fox Hill Club  
1400 East Highway 119  
Longmont, CO 80504  
(303) 651-3777  
*Thefoxhillclub.com***

***Mission Statement***

***The Fox Hill swim team provides an opportunity for your child to participate in the Boulder Valley Summer Swim League***

***The goal of our program is to:***

- \*provide basic swim technique instruction***
- \*encourage individual improvement***
- \*foster a sense of team spirit***
- \*develop good sportsmanship***
- \*have FUN!!!!!!!!!!***

## *Welcome*

Are you ready for an awesome swimming season? This handbook will help your family become familiar with the swim team. It outlines the many meets and activities that have been planned for this summer.

## *Coaching Staff:*

***We are very proud of our coaching staff, which is one of the best parts of swimming at Fox Hill.***

***Angie Banning: 13-18 year olds (Head coach)***

***Debbie Stewart: 9-12 year olds***

***Sam Willett: 8 & under coach and 9-12 assistant***

***Sally Soule and Megan Williams: Pre-team***

## **Fox Hill Swim Team Information and Swimmer Requirements**

The Fox Hill Swim Team is a member of the Boulder Valley Summer Swim League (BVSSL). Swimmers are required to register with The Fox Hill Club, and to provide the coach with a signed BVSSL eligibility form. The BVSSL form states the eligibility requirements of the league. If you have any questions about swim team, any of the coaches would be glad to help you.

## **Team Facts and Swimmer Eligibility**

The BVSSL member teams are: Broomfield Swim & Tennis Club, Elks, Fox Hill , Lafayette, Louisville, Boulder CC, Ranch CC, Boulder Barracudas, MeadowGlen, Meadows, Mesa, and Rock Creek.

The BVSSL is governed by a set of by-laws, which are maintained by consensus vote of representatives from all member teams of the league. These by-laws state the following requirements for swimmer eligibility:

1. A swimmer must attend at least 10 practices prior to the Heating Meeting (Sunday before prelims) to be eligible for the championship meet that year. Also a swimmer must compete in at least two meets from the BVSSL Dual Swimming Meet Schedule that is presented at the spring meeting and approved by the President, to be eligible for the finals that year.
2. A swimmer may participate in stroke clinics, lessons, or workouts during the winter as long as it is not more than two times per week. A swimmer may swim with a year-round team and compete in meets from BVSSL Finals through October 31 From November 1 through May 15, swimmers can work out twice weekly, but can not participate in meets.
3. A swimmer may swim with his or her team and go to swim camps, but he or she may not swim extra workouts with another team on a regular basis. He or she may swim laps on his or her own.
4. A swimmer who competes in swimming at college (as a club or team sport) is NOT eligible to return and swim in the BVSSL.
5. The age group for each swimmer is to be determined by the age of the swimmer on May 15<sup>th</sup>.

**Membership:**

There are three different types of membership that allow swimmers to be part of the Fox Hill Swim Team.

**Fox Hill Golf Membership:** These are the people whose families are full members of Fox Hill Country Club. They have full privileges at the club year round.

**Social Membership:** This membership entitles the family unlimited use of the clubhouse, exercise facility, swimming pool and tennis courts but not use of the golf course. They can golf once a month with a full golf member and they must pay the applicable guest fee.

**Non-Member:** This membership is for any swimmer 7-18 whose family is not a member of Fox Hill, but they would like to swim. This option is NOT available for our PreTeam. We will consider allowing 6 years to swim depending on their swimming ability. Please call if you would like consideration.

**Pre Team**

- Pre Team is an option for our younger swimmers.
- It is a competitive swim lesson.
- Practice is held twice weekly and is only 30 minutes long.
- All swimmers must be able to float.
- Pre Team will mostly be instructed in the wading pool and when individual swimmers become water safe they will move into the lap lanes.
- Competitive strokes and techniques will be implemented.
- Pre Team swimmers may swim at two of our home meets if they are ready.
- Two paid coaches will facilitate pre team practice and at times we will also have the help of our Junior Coaches.

## Equipment You Need

**Practice Suit** - This is a suit worn during practice sessions. They are generally made of nylon, Lycra or stretch nylon. These suits are usually loose fitting and comfortable. The Uglier brand by Dolphin is a great work out suit because it will last much longer than most competitive suits. **DO NOT WEAR YOUR TEAM SUIT TO PRACTICE.** You want to keep this suit in excellent condition for the meets.

**Competition/Team Suit** - A team racing suit is for competition. This suit is usually 1 to 2 sizes smaller than the practice suit to reduce resistance. The material is usually Lycra. Swimmers are responsible for the purchase of these suits. You can contact MI Sports or the coaches if you still need to purchase. Some swimmers choose to wear a "faster" suit at finals. If you do this, make sure to check out the rules for suits that have been approved by our league. You can find this on [www.BVSSL.org](http://www.BVSSL.org)

**Cap** - A latex, Lycra or Silicone swim cap used during a meet or practice to cut down resistance and to protect swimmer's hair from the effects of chlorine. Swimmers with hair that covers their eyes should either wear a cap or pull it back. If your child wears a cap at meets we **REQUIRE** that they wear a Fox Hill swim cap. You can purchase one from the pro shop for \$15.00. We chose a new color this year so it is easier to find our swimmers in the water.

**Goggles** - Lenses worn by swimmers during practices and meets to enhance vision and protect their eyes from the effect of chemicals in the water. Swimmers should only wear goggles at a swim meet if they can dive in with them. This is difficult and requires practice.

**Fins** - Although fins are not required they are used at several practices per week. They aid in doing butterfly the correct way as well as in training. We do have about 15 pairs at FHCC to share, but have your own pair makes it much easier. We recommend the long fins. (not zoomers)

**Cold weather gear** - Some type of warm-up or sweat suit should be worn at meets and to and from practice during cold weather.

**Towel** - A thick, large towel is usually preferred by swimmers. A minimum of two towels is recommended for meets.

## **Practice**

Practice is very important. The only way to improve and learn is to participate. Members are encouraged to attend all practices and to be ready **on time**. Being ready means swim suits on, caps on, and goggles adjusted. Plan on getting to practice ten minutes before it begins. The first few minutes of practice are essential. We cover upcoming events and go over meet lineups at this time.

It is important for all team members to support each other and display good sportsmanship throughout the season.

### ***Summer Practice Schedule:***

May 25 - July 22:	13 - 18 yr olds	7:15 – 9:00 a.m.
	9 - 12 yr olds	8:15 – 9:30 a.m.
	8 & under	9:15 – 10:15 a.m. **on Fridays practice will only go until 10:00

### ***Pre-team swim schedule:***

May 30 – July 13: Tuesdays and Wednesdays	9:30-10:00 a.m. 10:00-10:30 am
---	-----------------------------------

\*\*On May 30 we will test all pre-team swimmers from 9:30-10:30 and then ability group them.

The more advanced pre-teamers will swim from 10:00-10:30 and will be in the Lap lanes only.

## **Inclement Weather/Practice Cancellation**

Swim team is rarely cancelled because of weather. The pool is heated to a minimum of 83 degrees so even with cold morning air, the pool temperature is warm enough for kids to swim. Parents can use their own discretion when deciding whether or not to send their kids to practice on cold mornings. Lightning will close the pool, but with morning practice time, that seldom happens.

## **Swim Meets**

Dual Meets: There are five Saturday dual meets during the season. Swimmers are expected to arrive at the meets by 7:00 A.M. Swim meets begin at 8 A.M. and generally last until Noon-1:00 P.M. All swimmers who are participating, whether it is in one event or five events, are expected to stay until the end of the meet unless prior approval is given by their coach. This promotes team building for all the swimmers.

The Pentathlon is a high level swim meet for swimmers who are competitive and can swim a legal 100 IM. It is an optional meet and there is an entry fee. Fox Hill has hosted this swim meet for the past 29 years.

### **Signing up for events at swim meets:**

Before each dual meet the coaches will ask swimmers which individual events they want to swim. Each swimmer can choose 1-3 individual events they wish to swim. Coaches will do their best to keep swimmers in events they want to swim, however there are times where they may need to put swimmers in different events to fill out a line up. When swimmers sign up they are promised that at least one of the events they have signed up for they will actually swim. The coaches will always take care of filling out the relays.

If a swimmer needs to leave early (like at 10:00) or they are going to be gone altogether this sign up form is the place to indicate that. Next to the swimmers name on the sign up form simply write "not here" or "needs to be gone by 10:00" That way the coaches can work with the information when they are working on their lineups

If you wish to sign up for a meet it needs to be done by the Thursday morning before the meet. This gives the coaches time to get the lineup ready Thursday evening and finalized by practice on Friday morning. If you are planning on being out of town for the week, but will arrive back for the Saturday meet please make prior arrangements to sign up, otherwise the coaches may not put you in the meet thinking that you will be gone.



For Prelims and Finals the coaching staff at Fox Hill believes that ultimately kids will swim best in what THEY want to swim in. Because of this we will allow the swimmers to choose their three individual events at prelims. We will guide swimmers in this decision, but in the end the swimmer will choose their events.

### **Swimmers/ Coaches feedback at swim meets:**

In order for the coaches to watch all of their swimmers they will try to be on the side of the pool. If swimmers would like a pep talk, or want some specific technique, or pacing advice they will need to approach the coach before their events. The coaching staff asks that EVERY swimmer finds out their time when they finish their event and then heads over to their coach for feedback. At this time the coaches can give specific feedback to the swimmers they coach. This is an important part of swimming. Sometimes kids will do things in meets that we don't see at practice and this is the time to discuss things that swimmers are doing well along with ways to improve. With the number of swimmers on the team coaches do not have time to run after individual swimmers and find them after their events.

### **Parent Volunteers**

Parent volunteers are an essential part of our team. Without them, the program does not exist. It is important to meet your volunteer obligations. While we know that encouraging and assisting your swimmer is your most important job, we do need your help. Many parent volunteers are needed to help with home meets. As a parent of a swim team member, you are expected to volunteer. All families are required to help out at a minimum of two swim meets throughout the summer. This year we are requiring a \$50.00 deposit from each family. Once your family has worked their two meets then the check will either be given back to you or torn up. If your family does not work two meets by the end of the dual meet schedule then your checks will be cashed. We are "trying out" the computer program of Signup Genius this year. Parents can sign up for meets online. The week of upcoming home meets, I will also post a sign up on the guard door that people can sign up for. Because of our small numbers, we HIGHLY encourage families to sign up for as many days and spots as they can.

## **Junior Coaches:**

At Fox Hill we use our older swimmers to help with instruction of the younger swimmers. Without this help it would make coaching all of the swimmers impossible. Every year there are junior coaches who will work at practice with the younger age groups. These young men and women will work under the leadership of the age group coaches and pull swimmers who need specific work in areas such as strokes, turns, and dives. Junior coaches also help out at swim meets by getting the 8 & under relays together and they help in the preparation for the Pentathlon.

## **Communication/Officiating:**

If you have questions about officiating or any other concerns during a meet, please talk to a coach, not the officials. Remember, the judges are volunteers. Even though they try hard, they do make mistakes. No judge really wants to DQ a swimmer. These are difficult calls to make. However, the decisions of the judges are final. Please keep in mind, when we are the visiting team, we are guests at someone else's pool. Please act accordingly. Negative remarks should never be made to officials, swimmers, coaches, or parents of another team. We encourage positive reinforcement & good sportsmanship

## *Meet Events:*

<i>Boy's Event #</i>	<i>Event</i>	<i>Girls Event #</i>
1	8 and under 100 yd medley relay	2
3	9 and 10 200 yd medley relay	4
5	11-12 200 yd medley relay	6
7	13-14 200 yd medley relay	8
9	15-18 200 yd medley relay	10
11	8 and under 100 yd freestyle	12
13	9 and 10 200 yd freestyle	14
15	11 and 12 200 yd freestyle	16
17	13 and 14 200 yd freestyle	18
19	15 and 18 200 yd freestyle	20
21	8 and under 25 yd freestyle	22
23	9-10 50 yd freestyle	24
25	11-12 50 yd freestyle	26
27	13-14 50 yd freestyle	28
29	15-18 50 yd freestyle	30
31	8 and under 25 yd butterfly	32
33	9-10 50 yd butterfly	34
35	11-12 50 yd butterfly	36
37	13-14 100 yd butterfly	38
39	15-18 yd butterfly	40
41	8 and under 25 yd backstroke	42
43	9-10 50 yd backstroke	44
45	11-12 50 yd backstroke	46
47	13-14 100 yd backstroke	48
49	15-18 100yd backstroke	50
51	8 and under 50 yd freestyle	52
53	9-10 100 yd freestyle	54
55	11-12 100 yd freestyle	56
57	13-14 100 yd freestyle	58
59	15-18 100 yd freestyle	60
61	8 and under 25 yd breast stroke	62
63	9-10 50 yd breast stroke	64
65	11-12 50 yd breast stroke	66
67	13-14 100 yd breast stroke	68
69	15-18 100 yd breast stroke	70
71	8 and under 100 yd IM	72
73	9-10 100 yd IM	74
75	11-12 100 yd IM	76
77	13-14 200 yd IM	78
79	15-18 200 yd IM	80
81	8 and under 100 yd freestyle relay	82
83	9-10 200 yd freestyle relay	84
85	11-12 200 yd freestyle relay	86
87	13-14 200 yd freestyle relay	88
89	15-18 200 yd freestyle relay	90

## **Awards**

1. Swimmers participating in swim meets will receive a ribbon for each event they swim where they place 6<sup>th</sup> or better. Participation ribbons are awarded for 8 and under if the swimmer places after 6<sup>th</sup> place.
2. Swimmers placing at the Finals swim meet will be awarded medals from BVSSL.
3. At the end of the season, all swimmers are awarded with a trophy based on their best times. Time standards are based on BVSSL records and are updated yearly. A poster is on display at the pool with time standards and awards.

# **Ten Commandments for parents of Athletes**

## **10 Commandments for Swimming Parents**



by Rose Snyder, Managing Director Coaching Division, USOC  
Former Director of Club Services, USA Swimming  
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

### **I. Thou shall not impose thy ambitions on thy child.**

Remember that swimming is your child's activity.

Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

### **II. Thou shall be supportive no matter what.**

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

### **III. Thou shall not coach thy child.**

You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

### **IV. Thou shall only have positive things to say at a swimming meet.**

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

### **V. Thou shall acknowledge thy child's fears.**

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.



## **VI. Thou shall not criticize the officials.**

Please don't criticize those who are doing the best they can in purely voluntary positions.

## **VII. Honor thy child's coach.**

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

## **VIII. Thou shall be loyal and supportive of thy team**

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

## **IX. Thy child shall have goals besides winning.**

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

## **X. Thou shall not expect thy child to become an Olympian.**

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

