



BROOKLYN AQUATIC CLUB

Parent and Swimmer
Handbook

Philosophy of the Brooklyn Aquatics Club

The Brooklyn Aquatics Club (BAC) is a competitive winter swimming league offered as a satellite of the Mahaska County YMCA. The purpose of BAC is for training, instruction and competition for young people. This program is in place not only to make successful swimmers, but also to promote improved physical conditioning, camaraderie, sportsmanship and self discipline. The goal of the program is to promote a life-long love for swimming while modeling and teaching YMCA/YWCA values and characters that young people will implement into all facets of their lives. To meet these criteria, the following Character Counts Traits that are taught in the BGM School District will be expected of our swimmers.

- **TRUSTWORTHINESS** with parents, coaches, officials and other swimmers
- **RESPECT** for the sport, team, coaches, family and themselves
- **RESPONSIBILITY** for your actions, good sportsmanship and team loyalty
- **FAIRNESS** to themselves in living up to their potential and to other competitors
- **CARING** for themselves and others through personal and team goals
- **CITIZENSHIP** within Brooklyn Aquatics Club and for all

Brooklyn Aquatics Club Board Members

- Stephanie Puls
- Sandy Moranville
- Sandy McAntire
- Dean Knight

Brooklyn Aquatics Club Coaches

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Program Fees

The cost for the season is \$75 per swimmer. There are additional fees throughout the season if the swimmer is planning to attend invitationals with a charge or the Sectional swim meet. They also have the option of purchasing team swimwear, apparel or swim equipment. For families with more than two IMMEDIATE family members, each additional swimmer after two is \$50 per swimmer (i.e. first swimmer =\$75, second sibling=\$75, third sibling=\$50).

First Year Swimmers

For the safety of the swimmers, all swimmers must be able to swim a legal continuous stroke for at least 25 yards in order to join the team. All first time swimmers are required to come to a mock practice prior to the start of the season in order to demonstrate their swimming abilities. A parent is required to be present at that practice to visit with the coaches. The coaches, parents and swimmer will then come to the conclusion if the swimmer is ready to join a competitive league.

Practice Schedule

Monday-Thursday
10 and Under 6:00-7:00 p.m.
11 and Over 6:45-8:00 p.m.

Sundays
All Ages 4:00-5:00 p.m.

THESE ARE TENTATIVE TIMES AND WILL BE ADJUSTED FOLLOWING THE FIRST TWO WEEKS OF PRACTICE. Please try to find three practices a week that fit into your schedule and stick with the same times. The schedule will be adjusted according to how many swimmers are in the pool and utilizing the times.

Communication

Communication and support between parents and coaches is essential for building a strong program. Multiple sources of communication are available to ensure that everyone is well informed. If you have questions or concerns for one of the coaches, feel free to contact them via email or telephone. Otherwise, the coaches will rely on the following to get information and materials to you:

- Team Website
Parents and swimmers can find information about our team at www.gobac.org
Information regarding, schedules, timelines, the handbook, items for sale, practice schedule and cancellations can be found on the website.
- Notes and Memos
An email directory will be set up so that everyone with email can receive notes via email. If you do not have email, it is YOUR responsibility to find someone with email that can

relay the information to you. There will also be copies of the emailed notes posted at the pool for parents' reference. The team website will be updated with messages regularly.

- **Practice Cancellations**
If school is on holiday break or cancelled for any reason, practice will automatically be cancelled. Reminders of scheduled breaks or changes in schedule will be posted on the website and email reminders will be sent.
- **Meet Cancellations**
If a meet is cancelled due to weather or other circumstances, a calling tree will be utilized to contact all members. PLEASE follow the directions on the calling tree! If possible an email will also be sent to parents and the website will be updated.
- **Meet Ribbons/Awards**
Ribbons are most generally available the Monday following the a meet. There will be a crate at the pool with each swimmer's name on a folder. The swimmers are responsible for picking up their ribbons from the crate.

Swim Meet Participation

All swimmers are encouraged to participate in all swim meets however we understand that is not always possible. Any swimmer wishing to swim in the Sectional swim meet at the end of the season has to have participated in at least three sanctioned swim meets by February 1st in order to be eligible. We ask that all swimmers sign up for meets or cancel meets prior to the Tuesday before a meet. They can do this by signing up at practice, a note or phone call to Jennifer or an email to Jennifer. A considerable amount of computer work is required to enter swimmers into meets, so your help in this matter will be appreciated.

If an emergency occurs on the day of a swim meet or the swimmer becomes ill, please contact a coach immediately. Always have the coaches home and cell phone numbers available.

- **Individual Events**
Swimmers may request up to three individual events they would like to swim for an upcoming meet in writing with a parent's signature as long as the request is made one week prior to the meet. If no request is made in writing, the coaches will conference with the swimmer and determine the events. A copy of a form that can be used to request is attached. Additional copies will be in the crate at the pool.
- **Relays**
Relays will be at the discretion of the coaches and will be determined by meet performances. Different combinations of swimmers will be used throughout the year, but for the Sectional swim meet, swimmers will be placed according to seed times. As many relay teams as possible will be formed however unfortunately not all swimmers are guaranteed this opportunity. Swimmers are encouraged to worry more about improving their individual times on individual events.

Tentative event lists will be printed and available on the Thursday and Friday practices prior to the week's meet.

Age Groups

Age is determined by their age on December 1st.

8 and Under, 9-10, 11-12, 13-14, and OPEN (12 and older only)

- 5 events per participant, 3 individual and 2 relay
- Swimmers may swim up one level for relay purposes only.
- 11 year olds can only move up to 13-14 age group, not open
- Swimmers must have 3 YMCA sanctioned meets in to participate at Sectionals

To qualify for the State Meet, One must . . .

- Place 1st overall in the event at Sectionals
- Meet or Better the qualifying times at the Sectional Meet
- Lead off splits in relays may not be used to qualify in individual events

Away Meets

Information about upcoming meets (including directions to the pool, warm up times and meet start times) will be emailed to parents on Thursdays prior to the meet. Copies will also be available on the website and a hard copy will be posted at the pool. It is the swimmer's and parent's responsibility to get the information. Swimmers **MUST** be present fifteen minutes prior to our team's assigned start time, otherwise they will be scratched from the meet. If you are delayed in getting to the pool, please call a coach so your child will not be scratched.

Swimmers are responsible for their own belongings at an away meet and are expected to respect the other swimmers' things. Our team is responsible for our holding area and it needs to be left cleaned after each meet. Swimmers are responsible to stay in the designated areas and represent our team positively or they will not be invited to travel with the team.

Home Meets

One volunteer per family is required to assist in our home meets (a list and description of volunteer positions is attached). This could be a shared position among parents, older siblings, aunts, uncles, family friends, etc. Any swimmer who is not able to provide a volunteer must contact the meet volunteer chairperson (to be announced). If a volunteer does not assist, the swimmer will be fined \$20 and will be ineligible to swim until the fine is paid. We would like to continue to offer home swim meets to cut down on transportation; however, this is only possible through volunteer efforts.

Equipment

Swimmers need to come to practice and meets with the required equipment.

- For practice, swimmers are required to have competition goggles, a practice suit (preferably **NOT** the team competition suit unless they a separate one for practice) and a towel. Optional items would include: a water bottle, fins, and paddles. Please label all equipment to ensure that proper equipment stays with the correct swimmer. Often swimmers have matching equipment and it gets confusing.

- For meets, swimmers are encouraged to use a competitive team suit. They must wear goggles and swim caps (unless their hair is a butch cut or shorter). Swimmers will also want two towels, clothes to wear over their suits during the day (in addition to their street clothes), and a sandal type shoe to wear in between events. They may also bring items to occupy down time between events and healthy snacks.

Brooklyn Aquatics Club Swim Wear

Team suits are available for purchase. Swimmers that are interested in purchasing will be sized for a suit within the first couple days of practice. Suits must be paid for before they will be ordered. Swim caps and goggles are also recommended.

Team Pictures

Cory Hall will be taking our pictures this year. Picture packets will be distributed before picture day and parents will have the option of buying pictures. We would like everyone to be in the photo even if they are not planning on purchasing photos.

Rules of Conduct

All swimmers must have a signed copy of the swimmer's code of ethics and the parent's code of ethics on file with the swim coach prior to practicing.

Discipline Action

At Practice:

1st offense: If a swimmer is not following BAC expectations, they will be verbally warned and asked to change their behavior.

2nd offense: They will be asked to sit out of practice for 5-10 minutes.

3rd offense: They will be asked to leave practice for the day and parents will be made aware of their behavior.

Continued problems: The swimmer will be asked to discontinue the program and will not be refunded.

At Meets:

1st offense: If a swimmer is not following BAC expectations, they will be verbally warned and asked to change their behavior.

2nd offense: Parents will be asked to deal with the behavior.

3rd offense: The swimmer will be asked to leave the meet.

Continued problems: The swimmer will be asked to discontinue attending meets.

Swimmer's Responsibilities

At practice:

- Come to practice prepared with swimwear, towel and goggles
- Don't enter the water without permission
- Enter the water feet first unless otherwise told
- Give the coaches your full attention and respect
- Support other swimmers
- Push yourself to do your best at all times

At meets:

- Arrive 15 minutes prior to warm-ups
- Bring appropriate swimwear, goggles and swim cap, snacks and drink – no junk food
- Support your teammates and cheer them on
- Stay in assigned areas at all swim meets
- Don't scratch from any event signed up for unless the coach has told you to
- Report to clerk of course on time
- Report to coaches after each event with your time to discuss the event you just swam
- Clean up after yourself and other teammates during and after all swim meets

Parent Responsibilities

- Volunteer to help run the home swim meets
- Be supportive of your child and coaching staff
- Be patient, just as all kids develop at different paces, swimmers do to
- Make sure your swimmer attends all practices possible
- Be a part of the team, much of swimming is an individual sport, but encourage your swimmer to be a part of the team
- The coach is the coach, please respect this. To increase the learning process, we want your child to build a healthy respect and image for the coaching staff and ask that you allow this to happen. We ask parents to be involved in their child's swimming sport, but please let the coaches do their job. Our coaches are developing a competitive and fun program.
- Please communicate with the coaching staff appropriately. Should you have any questions or concerns that can't be addressed by the coaching staff before or after swim practice, we have a swim board that is here for you. We want you to feel free to open the doors of communication between coaches and parents.
- There is a \$20.00 fine, per occurrence, payable to BAC, for not showing up for your volunteer duty at our home swim meets.
- Swimmers are welcome to come to the school early if there is another practice in session, however they need to be responsible and in the bleachers at the pool. They can't be unchaperoned in the school and the coaches are unable to leave the pool area while swimmers are in the water. If there is a report of swimmers unattended in the school, they will be warned. A second offense means they will no longer be welcome to come early for practice.
- Parents need to be prompt in picking up their children as the coaches have other commitments immediately following practices and cannot be waiting on parents to pick up their children. Please be respectful of this.

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INDIVIDUAL EVENTS REQUEST

We would like to request that _____ be entered into the following three individual events for the meet to be held on _____. We understand that if we decide to switch from these events in future meets, we need to let the coach know in writing one week prior to the meet.

Events:

1. _____

2. _____

3. _____

Swimmer Signature

Parent Signature

Date

BROOKLYN AQUATICS CLUB REGISTRATION FORM

Name _____

Birth Date _____

Grade in School _____

Street Address _____

City _____

Phone Number _____

Parents' of Guardians' Information

First Name _____

Last Name _____

Home Phone _____

Cell Phone _____

Email Address _____

First Name _____

Last Name _____

Home Phone _____

Cell Phone _____

Email Address _____

Other weekly after school commitments:

Please indicate when your swimmer is planning to practice:

	Monday	Tuesday	Wednesday	Thursday	Sunday
10 and under	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	4:00-5:00
11 and over	6:45-8:00	6:45-8:00	6:45-8:00	6:45-8:00	4:00-5:00

Swimmer's Agreement

The purpose of these rules are to clarify the expectations set forth by Brooklyn Aquatics Club and to build individuals and a team that uses good character.

I will:

- Obey all pool rules and the expectations of my coaches.
- Be on deck and stretching prior to practice.
- Enter the water only after permission is given.
- Listen and follow directions.
- Not use pool or team equipment without permission from the coaches.
- Show respect to my fellow swimmers and coaches.
- Attend practice regularly.
- Encourage fellow team mates.
- Be prepared for practice and meets, including bringing all my swim gear.
- Be attentive during practice, no diving under water to play when instruction is being given.
- Enter the water feet first (unless told differently) and look before entering.
- Use the bathroom facilities before practice, instead of during practice.
- Be respectful of other people's property in the locker rooms.
- Pick up after yourself.

Signed by Swimmer

Date

Parent's Agreement

I will:

- Provide positive support and encourage swimming participation.
- Encourage good sportsmanship by demonstrating my own good sportsmanship to all swimmers and officials at any swimming meet.
- Support the decisions of my swimmer's coaches even if I have another agenda.
- Remember that the swim meets are a chance to perform the skills practiced and to improve on previous times.
- Do my best to make swimming fun for my child and not stressful.
- Keep my commitments to the swimming program by attending the meets I have signed my swimmer up for.
- Be a volunteer at the home swim meets and any away meets, where volunteers are needed.
- Read the handbook with my child and discuss team expectations and procedures.
- See to it that my swimmer practices on a regular basis, is on time for practice and is picked up promptly after practice.

Signed by Swimmer's Parent