



# Swimmer and Parent Handbook

**Storm Aquatics**

*Stormin' the Pool!*

This handbook is designed as a tool to help swimmers and their families understand what competitive swimming is all about. For swimmers who are swimming competitively for the first time, it will explain much of what to expect from training and meets. It also contains rules needed to ensure everyone's safety and enjoyment, swim times and levels, and the rates of our fees and dues.

Please sign and date this page and return to the registration file folder to document that you have received, read and understand the information in this handbook.

Thank you for your cooperation in this effort!

Swimmer \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

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## **Storm Aquatics**

***Feel the rush of your whole team behind you***

Welcome to Storm Aquatics! We hope that you will enjoy all that swimming has to offer! Please check out our website at [www.stormaquatics.net](http://www.stormaquatics.net). There you will find information on practice times, team apparel, coaches and links pertaining to all kinds of swim information. Check the site often as things change. If you have any questions or need any information, please let us know. You can send us an e-mail at [info@stormquatics.net](mailto:info@stormquatics.net). We look forward to getting to know you and your family and having a great time together, enjoying the great sport of swimming! See you on deck!

### **Mission Statement**

Our goal is to provide a diverse program in which swimmers of all levels can strengthen skills and develop a sense of sportsmanship while enjoying healthy competition.

## **General Information**

### **League Affiliation**

Storm Aquatics is league affiliated in order to participate in USA Swimming sanctioned swim meets. Currently, we are members of the following organizations:

### **USA Swimming**

USA Swimming is the national governing body for amateur competitive swimming in the United States. As the national governing body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

### **Pacific Northwest Swimming Association (PNS)**

Because USA Swimming cannot effectively supervise the activities of all the swim clubs throughout the country, it has appointed local governing bodies called Local Swimming Committees (LSC). There are 59 committees in the country and PNS is the LSC for most of Western Washington. All of our locally scheduled meets are held under the jurisdiction of PNS. PNS clubs sponsor many levels of swim meets, from beginners to regional championships. All PNS meets charge fees.

### **Insurance**

Clubs, athletes and adults may all be members of USA Swimming. We are covered under USA Swimming Insurance for all practices, meets and sanctioned fundraiser. For that reason, all coaches, swimmers, club president and Safety Officer are required to become members of and maintain their membership in USA Swimming. If your swimmer's USA Swimming membership is not current, they are not insured and will not be allowed to swim during practices or at meets until they have a current membership.

### **Our Pool**

Lake Stevens High School pool is located in Lake Stevens. The pool is owned by the Lake Stevens School District. Storm Aquatics rents swim lanes and deck space from the district for specifically designated practice times.

The pool is closed on government holidays and periodically throughout the year for maintenance and cleaning. Generally these closures are for one to two days. Occasionally the pool may be closed for an extended period of time for major maintenance and renovations. During these closures, Storm may arrange for an alternate facility. Since access to alternate facilities can vary throughout the year, the regular practice schedule may not be possible. Storm will make every effort to provide a facility in the area with a similar workout schedule.

## **Coaching Staff**

**Head Coach, David Tourigny**, began competitive swimming in 1993 with the Lake Stevens Swim Club, where he learned how to swim, compete, and train hard. During high school he swam for the Cascade Swim Club, where he learned to be a distance swimmer, and competed at Senior Regionals. David attended O'Dea High School, where he became the first O'Dea freshman to go to State in swimming. He scored points at State all four years, and became the co-captain for two years. During high school, in 1996, David got his first coaching experience as a volunteer assistant coach of a summer league team, the Greenlake Gators.

David went to Western Washington University. . He graduated in March of 2004 with a BA in General Studies with minors in Psychology, Sociology and Economics. While at Western, he swam for and coached the Western Washington University Swim Club for four years (1999 - 2003) and competed on Western's water polo team. During the summer, David coached the Sudden Valley Sharks for two years. After college, he continued his coaching career with the Lynnwood Sharks for two years and then in December of 2004 David started coaching for WAVE Aquatics.

In June of 2007 David started coaching for the Greenlake Aquaducks (GLAD), where he is currently the head coach of a competitive master's team that practices from 5 to 6 in the morning. David still competes as a swimmer himself. He has now competed in two Masters Nationals Swim Meets, one in Arizona and one in Federal Way. David is currently an ASCA Level 2 coach and is working on getting his Level 3 certification. In his spare time David enjoys swimming, playing softball, reading, and watching the Mariners and the Seahawks with his wife. David has been with Storm for two years.

**Assistant Coach, Josh Whall**, began his competitive swimming in 1991 with the Lake Stevens Swim Club, coached by Jeff Tinius. While at the Lake Stevens Swim Club, he learned to swim, train hard, swim long distance and to set and accomplish goals. During high school, he swam for the Everett Park Sharks with Chris Erickson as his coach. While with Everett, Josh learned to fine tune his strokes, swim sprints, compete and evaluate his strokes. Josh attended Lake Stevens High School, where he focused on breaststroke and long distance freestyle events until he graduated in 1999. While swimming for Lake Stevens, Josh became a three-time letterman and part of a three-year undefeated streak in dual meets. They were also team district champs three years in a row! During high school, in 1997, Josh got his first coaching experience as a volunteer assistant coach for the Lake Stevens Middle school teams.

Josh attended Central Washington University, earning a BS in Information Technology with minors in Human Resources, Personal Computer Applications and Coaching. As a Wildcat, he swam and was a three-year letterman for the Central Washington University swim team from 1999-2002. Due to injury, he stepped back from swimming for a couple years and, finally, swam for Central Washington Swim Club and Ellensburg Area Swim Club from 2004-2006. During his time at Central Washington University, Josh also competed on the water polo team from 2004-2006. During the summers, Josh would coach the Everett Park Sharks and in the summer of 2000, he swam for Snohomish Valley Swim Club (SVSC).

After college, Josh coached the Mountlake Terrace Marlins from 2006 to 2007. Josh is currently working during the days for Snohomish County as a Network Support Specialist and is an ASCA Level 2 swim coach. In his spare time he enjoys swimming, cooking, traveling, fishing; playing: football, baseball, softball, golf, ultimate Frisbee, water polo, and tennis; as well as watching football, baseball and movies with his wife. Josh has been with Storm for two years.



## **Communication**

**Family Files** – Most written communication, such as the newsletter, meet information sheets, schedules and invoices will be put in a file folder on deck that has your family name on it. It is the swimmer or parent's responsibility to check their folder each practice.

**Bulletin Board** – The Storm bulletin board at the pool provides general team information such as different swim levels, swim times, social functions, meet schedules, pool closures, team pictures, and test set results

**Newsletter** – The Storm newsletter is named Storm Report and will be used to communicate information to the swimmer and parent whenever possible.

**E-mail** – E-mail is used to send you important information or changes regarding team events or meets as well as your monthly invoice. **PLEASE CHECK YOUR EMAIL DAILY FOR POSSIBLE IMPORTANT STORM INFORMATION such as pool closures, meet information etc.**

**Web Site** – Please check our web site, [www.stormaquatics.net](http://www.stormaquatics.net) for our meet calendar, specific meet times, contact information, news articles, pictures, general information, sponsor links, USA Swimming and PNS links, pictures and much more.

**Monthly Board/Parent Meeting** – Monthly meetings are held on the 2<sup>nd</sup> Thursday of each month directly following practice. Start time is approximately 6:15pm and last for up to 2 hours. All Chairpersons are required to attend and report on their projects currently being worked on. The Location is to be determined but usually we meet at the High School.

**Record Boards** – Storm Aquatics reviews the records of all our swimmers each spring to determine their best times and compares those times with the Storm swimmers over the last decade. When a current swimmer bests the standing team record for an age group and event, their name and time will be posted on the record board posted at the pool on the wall over the office for all to see.



## **Swim Gear**

During each practice and meet, swimmers need the proper swim gear to get the most benefit.

### **Suits**

We recommend a minimum of two practice suits for each swimmer. This will allow the swimmer to rotate the suits and extend the life of each suit. Storm requires that girls wear one-piece suits and boys wear jammers (knee-length suits) during practice. Suits are expected to be kept in good condition and worn appropriately. Due to the effects of chlorine, practice suits have a tendency to stretch and become thin or transparent over time. Suits should be checked regularly to ensure that they are appropriate for wearing in public.

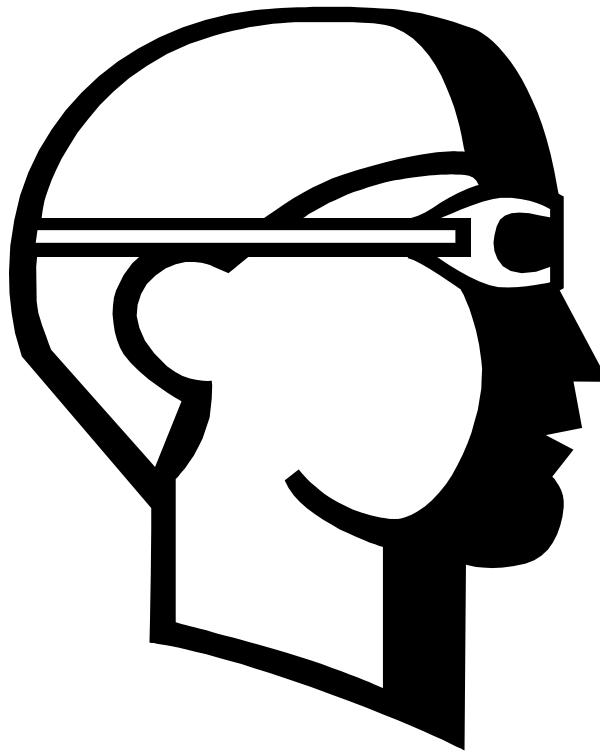
The Storm suit is a black and red suit chosen at the beginning of the season. The suits can be ordered at the pool. Please remember a tight fitting suit reduces drag and will in turn make your swimmer feel fast in the water. A girl's suit is too big if the straps can be pulled above the swimmers earlobes.

### **Caps**

Storm strongly recommends that all swimmers wear swim caps for practices and meets. Swimmers are required to wear their team swim caps during meets.

### **Goggles**

Goggles make swimming much more pleasant for all swimmers. Storm does not provide goggles to swimmers but strongly recommends that they be worn. As there are literally hundreds of goggle styles available. Swimmers should find the goggles that they feel comfortable with. Goggles should be bought in pairs as they are small and easily lost.



## Dues and Fees

### General Information

All swimmers must pay a registration fee that will cover Storm Aquatics administrative fees. This is a non-refundable fee that is due upon registration. **This Storm fee is \$80 for the first swimmer in a family and \$25 for each additional swimmer in a family. In addition each swimmer is required to pay the USA Swimming/PNS membership fee of \$61.00\*\***

Swimmers registering mid-year and new to the team will receive one free week and will pay a prorated dues for the rest of the month. Returning swimmers registering mid-month will also pay a prorated dues at their current training level. Families with multiple swimmers will have a cap on their monthly fee of \$300.

Registration, dues and meet fees can be paid directly to the team treasurer, placed in the payment drop box at the pool or mailed to the address below. Please be sure to specify your swimmers ID number or name and what the payment is for on all payments. Payment slips will be provided for your use. Make all checks payable to:

**Storm Aquatics  
PO Box 171  
Lake Stevens, WA 98258**

The first month's dues are required upon registration. All remaining dues will be required by the 5<sup>th</sup> of each month and will be considered late on the 10<sup>th</sup>. A \$10 late fee will be incurred when payment is received after the 9<sup>th</sup>. If any check is returned a \$30 fee will be incurred. Invoices will be placed in the swimmers files on or before the 27<sup>th</sup> of each month and will be due and payable on the first.

A trimester payment option is available with a 7% dues reduction. The first month's dues are required upon registration. The remaining dues will be required in October, January and April on the dates as noted above.

## **\*\*Heidloff Outreach Fund**

In an effort to promote the sport of competitive swimming and encourage diversity, PNS is establishing an Outreach fund. The goal of the fund is to provide more swimmers with opportunities to compete by reducing some of the financial stress on their families.

Initial funding for this program was inspired by the donations received in memory of Jena Heidloff.

An outreach swimmer is any swimmer who qualifies for the free or reduced school lunch program. In the past outreach swimmers have been exempt from paying the USA membership fee, now in addition; these swimmers will receive financial assistance from PNS for meet entry fees for five meets per year within PNS.

Swimmers wishing to draw on the fund need to provide their Club registrar with a copy of the school eligibility notification letter from the School food services office. The \$61.00 fee is

waived and the swimmer will be sent five forms/vouchers for meet entry fees. This voucher will need to be turned in with the swimmers entry information and will be sent to the meet host in lieu of the swimmers entry fees. The swimmer must actually attend the meet they entered or be liable for the total of the entry fees initially waived on the submitted voucher.

### **Leave of Absence**

1. Notify the coach and Board of Directors of the intent to take a leave of absence in writing by filling out a leave of absence form. You may find these online at [www.stormaquatics.net/forms](http://www.stormaquatics.net/forms)
2. Should a swimmer take a leave of absence for any reason, illness, vacation, etc, and returns within a month, the full payment of Storm dues and any fundraising fees that may have accrued during that time must be paid in full.
3. In the event that a swimmer should be absent for a month or more and plans to return, a payment of \$10.00 per month for each missed month is required to reserve your spot on the team. If this payment is not made then the swimmer must reregister and pay the \$80.00 Storm Administrative fee. The \$61.00 PNS registration fee may also apply depending on the length of absence from swimming.

### **Drop Policy**

It is understood that there may be many reasons a swimmer must drop from swimming. Upon notice of intent to drop all accounts must be made current. All late fees apply to any unpaid dues or fundraising balances. No swimmer may return to Storm until their balance due is made current.

## Dues

### Payment Options and Practice Schedule

<b>Level</b>	<b>Monthly</b> Sept – July (11 payments)*	<b>Trimester</b> Due: October, January and April (7% discount)	<b>Practice Schedule</b>
<b>Developmental</b>	\$70.00	\$217.00	MW 5:30-6:15 pm; F 5-5:45 pm  <b>Practices Per Week:</b> 3 times, 45 min
<b>White</b>	\$85.00	\$263.50	MW 6:30-7:30 pm; TTh 5-6pm; F 6-7pm  <b>Practices Per Week:</b> 3 times, 1 hour
<b>Red</b>	\$100.00	\$310.00	MW 6:30-8 pm; TTh 4:30-6pm; F 5:30-7pm  <b>Practices Per Week:</b> 3 times, 1.5 hours
<b>Blue</b>	\$125.00	\$387.50	MW 6:30-8 pm; TTh 4:30-6pm; F 5:30-7pm; Sat 8-10am (check with coach first)  <b>Practices Per Week:</b> 5-6 times, 1.5 hours
<b>Senior Conditioning</b>	\$125.00	\$387.50	MW 6-8 pm; TTh 4-6pm; F 5-7pm; Sat 8-10am (check with coach first)  Practices 2 times a week 2 hours each – see below for times
<b>Senior</b>	\$145.00	\$449.50	MW 6-8 pm; TTh 4-6pm; F 5-7pm; Sat 8-10am (check with coach first)  <b>Practices Per Week:</b> 5-6 times, 2 hours
<b>Dual Sport</b>  Swimmers who belong to another sports team, wishing to supplement their workout schedule.	\$35.00 per month.  Swimmers must submit a Dual Sports form stating the sport, school and the participation dates to the coach prior to approval of a reduced rate.		Check practice times of the developmentally appropriate group
<b>College Break Workouts</b>  Students returning from college on break (winter, spring and summer) who would like to continue training.	\$200.00 per year plus PNS registration (\$61.00)		Check senior level practice times
<b>Drop in Swimmers</b>  Experienced swimmers who want to drop in and swim with the team for an occasional workout during any senior training session.	\$10.00 per session		Check senior level practice times
<b>Leave of Absence</b>	\$10.00 per month **see pg 10 for details		

**\*Family Maximum Monthly Dues are \$300.00**

## **Fundraising**

Storm Aquatics is a non-profit 501(c) (3) organization of parents who, along with the coaches, strive to offer a quality program in which its members of all ages can come to enjoy the sport of swimming. In an effort to keep dues down and continue to ensure a quality program Storm requires its members to participate in fundraising. There will be at least 2 and as many a 4 opportunities to do fundraising as well as a sponsorship option explained below. **All fundraising is nonrefundable and completely tax deductible.** If you earn more in any fundraising event than your minimum amount due, then a credit will be applied to the next month/trimester fundraising obligation. Check with your employer. Many offer pretax contributions to non-profit organizations like Storm or they may also offer matching funds.

### **Obligation**

Each swimmer's **minimum** fundraising obligation is \$300.00. A family with more than one swimmer has a minimum obligation of \$500.00. A leave of absence does not reduce your fundraising obligation.

Swimmers **joining** the team during the year will be responsible for the fundraising amount for the whole month they begin in and all months thereafter.

Swimmers **leaving** the team are required to bring their account current including the complete payment of their fundraising obligation up to and including the month they leave.

### **Fundraising Payment Options**

<b>Lump Sum Due before October 1<sup>st</sup></b>		<b>Monthly 10 payments October – July</b>		<b>Trimester October, January, April</b>	
Individual	Family	Individual	Family	Individual	Family
\$300.00	\$500.00	\$30.00	\$50.00	\$100.00	\$166.67
		If you choose to pay monthly you must have either earned your monthly minimum amount due through a fundraiser or sponsorship or pay the amount due. (Ex. In October your obligation is \$30.00. During the first fundraiser you earn \$25.00. Your obligation is then \$5.00.)		If you choose to pay every trimester you must have either earned your trimester minimum amount due through a fundraiser or sponsorship or pay the amount due. (Ex. In the fall we have one fundraiser and you earn \$85.00. Your minimum obligation is then \$15.00 due in October.)	

### **Sponsor Credit**

We highly encourage you to find sponsors for Storm. This is an easy and quick way to eliminate your fundraising obligation. A sponsor will have the opportunity to have their logo on either a team shirt, sponsor banner, or other item bought for the team as well as being mentioned in our press releases. We will also place a link from our website to theirs. A full sponsor letter will be provided to you explaining the benefits of sponsorships.

If you find a sponsor or several sponsors and they donate from \$300 - \$999.99, then half (\$150.00 per swimmer, \$250.00 per family) of your fundraising obligation is complete.

If you find a sponsor or several sponsors and they donate \$1,000.00 or more your entire fundraising obligation is complete.

**All sponsorships must be received before January 1st of the current swim season.**

## Volunteering/Storm Projects

Storm cannot function without great volunteers. Below are listed many of the ongoing projects that make Storm work. Each parent is required to volunteer to either help or lead at least one project each year. If the project does not get done we are letting down our swimmers.

Please indicate below your preference of projects and positions you would like to fill for this season by placing your name in a blank and putting the numbers 1 – 5 next to them, 1 being your first choice and 5 being your last choice. The board will inform you of your project and position within the first week of the season.

### All Year Projects

Welcoming/ New Parent (Must have 1 yrs USA Swimming experience)

**Chairperson** \_\_\_\_\_ **Renee Stober** \_\_\_\_\_ (Registrar)  
Project Manager \_\_\_\_\_ (Age Group Representative\*\*)  
Project Manager \_\_\_\_\_

Public Relations

**Chairperson** \_\_\_\_\_ **Doug Libra** \_\_\_\_\_ (Website)  
Project Manager \_\_\_\_\_ (Press Releases)  
Project Manager \_\_\_\_\_ (Newsletter)

Apparel

**Chairperson** \_\_\_\_\_ **Brittany Kunz** \_\_\_\_\_ (Swim wear and caps)  
Project Manager \_\_\_\_\_ (outerwear and extra apparel)  
Project Manager \_\_\_\_\_ (Team event shirts  
– team shirts, PNS etc.)

Bulletin Board

**Chairperson** \_\_\_\_\_  
Project Manager \_\_\_\_\_  
Project Manager \_\_\_\_\_ (Update Record Board – Spring only)

Team Pictures

**Chairperson** \_\_\_\_\_ (Yearly Team Pictures)  
Project Manager \_\_\_\_\_ (Meet/social Pictures)  
Project Manager \_\_\_\_\_ (Meet/social Pictures)

Meet and Officials

**Chairperson** \_\_\_\_\_ (Coordinate Officials Training)  
**Safety Officer** \_\_\_\_\_ (Team pays for PNS Registration##)  
Project Manager \_\_\_\_\_ (Travel Meet Coordinator)  
Project Manager \_\_\_\_\_ (Local Meet Coordinator)  
Meet Officials \_\_\_\_\_ (as many as possible)  
\_\_\_\_\_  
\_\_\_\_\_

Local Meet Coordinator verifies the location of our local meets, prints out maps, coordinates arrival (who will save seats and how many) and takes the banner when appropriate...

Meet Officials – The team will pay for the PNS non-athlete registration for anyone completing the course. This also includes the completion of the novice sessions.

**PLEASE SEE NEXT PAGE FOR MORE OPPORTUNITIES**

**Seasonal Projects**

Social /Community Events

- Chairperson**\_\_\_\_\_ (Coordinates all projects)
- Project Manager\_\_\_\_\_ (Fall Banquet/Potluck -Awards)
- Project Manager\_\_\_\_\_ (Winter Banquet/Potluck)
- Project Manager\_\_\_\_\_ (Spring Banquet/Potluck)
- Project Manager\_\_\_\_\_ (Summer– End of year event)
- Project Manager\_\_\_\_\_ (Fall Pool/Community Event)
- Project Manager\_\_\_\_\_ (Winter Pool/Community Event)
- Project Manager\_\_\_\_\_ (Spring Pool/Community Event)
- Project Manager\_\_\_\_\_ (**Summer League**)

**Fundraising**

( ) = suggested events

- Chairperson**\_\_\_\_\_
- Project Manager\_\_\_\_\_ Fall Fundraising (Raffle)
- Project Manager\_\_\_\_\_ Winter Fundraising (Swim-a-thon)
- Project Manager\_\_\_\_\_ Spring Fundraising
- Project Manager\_\_\_\_\_ Summer Fundraising (Car Wash)
- Project Manager\_\_\_\_\_ **Sponsor Banner**

**All Chairpersons are responsible to report to the Board at the monthly Board/Parent meetings and must coordinate all functions through the Vice President. Ultimately, it is the Chairpersons responsibility to make sure their project managers get the support needed to make their project successful and as stress free as possible.**

**\*\* Age Group Representative –**

If you are interested in being the Age group Representative please indicate below.

\_\_\_\_\_

Duties of the Age Group Representative – The Age Group Representative is responsible for communicating between the Board and parents. The Age Group Representative shall actively participate on the welcoming committee.

**## Safety Officer –**

If you are interested in being the teams Safety Officer please indicate below.

\_\_\_\_\_

Duties of the Safety Officer – The Safety Officer maintain pools rules, keeps the teams first aid kit full, brings the first aid kit to every meet, maintains a list of emergency contacts for all swimmers.

-- The above list may be modified throughout the year depending on the needs of the team --

## **General Policies and Rules**

### **Coach's Rules**

As parents and swimmers, it is absolutely essential that we give our coaching staff the respect and authority they deserve. The following list of rules must be adhered to by swimmers during practice and swim meets throughout the swim season.

1. Be on time for all scheduled practices and swim meets.
2. Swimmers must be ready to participate in practice when practice begins; this means that swimmers are dressed and have their equipment poolside.
3. Swimmers should eat an appropriate amount and type of food before practice to allow them the energy to make it through practice.
4. Swimmers should use the bathroom before practice or between events at a meet.
5. Listen and look at the coach when they are speaking to you or the group; disruptive talking and horseplay will not be tolerated.
6. Respect team members and opponents; do not interfere with any other swimmer's ability to practice.
7. Do not push anyone into the pool. No diving into the pool without coach permission or supervision.
8. Swimmers may only enter the water with the coach's permission.
9. At practice, swimmers should be focused on swimming.
10. During meets, swimmers need to be on time to their events. Coaches do not have the ability to ensure that each and every swimmer gets to the proper place on time. Parents should allow the coach to handle discipline, hurt feelings and minor injuries.
11. All swimmers must bring and use a water bottle during practice.
12. All swimmers must obey all the Pool rules in the locker room, on deck and in the pool, or risk losing swimming and/or locker room privileges.
13. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
14. Never interfere with the progress of another swimmer, during practice or otherwise.
15. At all club functions, whether practice, meets or social gatherings, it is expected that each swimmer behaves in such a way that their actions reflect positively on the team.

### **Note to Remember**

When contacting the coaches, please be considerate. The best way to speak with the coaches is to meet them after practice. They usually make themselves available for a short while to answer questions, provide information, etc. Sending a note to the coaches with your swimmer is another good way to get information to them. A PARENT parents and a COACH coaches.

### **General Behavior Policy**

The coaching staff will evaluate each behavior issue as it presents itself and will have the flexibility to make whatever judgment call is necessary to promote the health and safety of the team. Adults (parents, guardians, spectators) are also subject to team discipline for offensive and disruptive behavior at any team events.

### **Penalized Activities**

- First offence – Warning
- Second offence – Removal from pool for ten minutes
- Third offence – Removal from workout. Parent informed of action and offence.
- Swimmers who repeat the third offense behavior within the same month can be suspended from team participation.

### **Penalized Activities Examples**

- Threatening/Intimidating behavior
- Intentionally disruptive lane/workout behavior
- Talking while the coach is talking
- Disrespectful attitude or behavior
- Foul language
- Entering the pool late for warm-up, when at the pool on time

### **Suspension**

- One week or more, determined case by case; dues and fees will not be prorated.
- Length of suspension will be determined by the coach.

### **Suspension Examples**

- Physical violence
- Vandalism or destruction of pool property
- Sexual misconduct
- Theft
- Drug use

### **Locker Rooms**

- Locker rooms are a place of special interest. Swimmers are in close quarters with pool patrons and good behavior is essential for a positive, long term relationship with pool management. We are renters and will lose the ability to use the pool if our swimmers misbehave in the locker rooms; therefore a tough, no tolerance approach must be used.
- Swimmers will receive one warning. A second offense will result in suspension for one week or more.

### **Appeals**

Any appeals to suspension or disciplinary action must be submitted in writing to the coach and board to determine appropriate action.

## **Parent Responsibilities**

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. The greatest contributions you can make to your swimmer's progress are to be a loving, supportive parent. The following article *The Ten Commandments for Parents of Athletic Children*, reprinted from "The Young Athlete" by Bill Burgess, offers useful and sound advice on communicating with your swimmer.

- I. Make sure your child knows that – win or lose, scared or heroic – you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- II. Try your best to be completely honest about you child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- III. Be helpful, but don't coach him or her on the way to the pool or on the way back, or at breakfast and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and, often critical, instruction.
- IV. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his or her swimming skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
- V. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If they are comfortable with you, win or lose, they are on their way to maximum achievement and enjoyment.
- VI. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment with your athlete.
- VII. Don't compare the skill, courage or attitudes of your child with other members of the team, at least within their hearing.
- VIII. Get to know the coach so that you can be assured that their philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under their leadership.
- IX. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
- X. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight, but turn to jelly is a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear.

## **Swim Level Guidelines**

Below are the different levels available for our swimmers. It is the coaches' decision which level swimmers are placed in or moved to. The coach takes into consideration many things, including swimmer's goals, ability, endurance and attitude when placing or moving swimmers. Ultimately placement into a level or movement from one level to another is subject to the coach's judgment. These guidelines are subject to change.

**Developmental**- Swims three times a week for 45 minutes

Swimmers, usually 6 years or older, who can swim 25 yards of freestyle and backstroke easily. This level is where swimmers will gain the basic knowledge of the four competitive strokes, turns and starts.

**White**- Swims three times a week for an hour

Swimmers, generally 8 years or older, who can swim:

6 x 100 Free on or under 3 minutes

6 x 50 Free Kick on or under 2 minutes

Good 100 I.M. Kick

This level builds on the skills from the Developmental level, with an increased emphasis on competitive swimming.

**Red**- Swims three times a week for an hour and a half

Swimmers, generally 8 years or older, who can swim:

10 x 100 Free on or under 2:30

10 x 100 I.M. on or under 3:00

10 x 50 Free Kick on or under 1:45

8 x 100 I.M. Kick on or under 3:45

In this level the swimmers are working to build confidence, endurance and competitive experience while fine tuning basic skills.

**Blue**- Swims five to six days a week for an hour and a half

Experienced swimmers, generally 10 years or older, who can swim:

10 x 100 Free on or under 1:45

10 x 100 I.M. on or under 2:00

10 x 50 Free Kick on or under 1:15

8 x 100 I.M. Kick on or under 2:30

In this level the swimmers are competitive swimmers, refining basic skills and building endurance.

**Senior**- Swims five to six days a week for two hours

Serious, experienced, competitive swimmers, generally 11 years and older, who can swim:

10 x 100 Free on or under 1:30

10 x 100 I.M. on or under 1:45

10 x 50 Free Kick on or under 1:00

8 x 100 I.M. Kick on or under 2:00

**Senior Conditioning**- Swims three days a week for two hours

Experienced swimmers 14 years or older who want some basic training and conditioning.

These swimmers will be swimming with the senior swimmers but for less time.

## Meet Information

Swim meets are a great family experience! Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and detailed as we possibly could. Once you have attended a few meets, this will become routine. Please do not hesitate to ask any other Storm parent for help or information.

## Meet Entries

The host club for each meet charges a per swimmer meet entry fee and a per event entry fee. Swimmers will not be entered into a swim meet until all meet entry fees are paid.

**Swimmers who do not enter by the registration due date will not be able to attend the meet.** If you would like to swim at an event and are not available to enter prior to the registration date, please utilize the meet sign up sheet located on page 24. The coach will sign you up for the events he feels are the most appropriate. There are no refunds of meet entry fees after the entry deadline.

## Before the Meet Starts

1. Arrive at the pool at least fifteen minutes before the scheduled warm-up time begins. The warm-up time will be listed in the meet information available to all swimmers or you may check out the meet information at [www.pns.org](http://www.pns.org) choose the tab Meets.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and towels. The team usually sits in one place together, so look for some familiar faces.
3. Find the coach, check in and get a heat sheet (usually for sale for between \$5-\$15)
4. The heat sheet is usually available for sale in the lobby or concession area of the pool. Each swimmer and their previous best time in that event are listed. If the swimmer is swimming an event for the first time, they will be listed at a "No Time" (NT) and will most likely swim in one of the first heats of the event.
5. Read the heat sheet and find your swimmers events. Write each event-number on your swimmer's arm in ink. Sharpie works best. This helps them remember what events they are swimming and what event number to listen for. This is usually written as **Event, Heat, Lane and Stroke**:

<b>E</b>	<b>H</b>	<b>L</b>	<b>S</b>
5	2	3	50 free

6. Your swimmer now gets their swim cap and goggles and reports to the coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day, they need to get the engine going and warmed up before they can go all out.
7. After warm-up, your swimmer should gather their snacks, water, towels and find a place close to the coach to stay.
8. The meet will usually start about ten to fifteen minutes after warm-ups are over.
9. According to USA Swimming rules, due to insurance requirements, parents are not allowed on deck unless they are a USA Swimming member. Similarly, all questions concerning meet results, an officiating call or the conduct of a meet, should be referred to the coaching staff. They will pursue the matter through the proper channels.

Note: The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. Events are held in all of the competitive strokes at varying distances depending on the age group of the swimmer. In addition, there is a combination of the strokes swum by one swimmer called the Individual Medley (IM). Other swimming events include relays, which are a group of four swimmers who either all swim freestyle or each swim one of the competitive strokes in the order of backstroke, breaststroke, butterfly and freestyle.

### **Meet Starts**

1. It is important for any swimmer to know what event numbers they are swimmer; this is why then need to have the numbers on their arm. They may swim right after warm-up or wait awhile.
2. A swimmer's event number will be called, usually over the loudspeaker and they will be asked to report to the blocks. Swimmers should report with their cap and goggles on. Generally girl's events are odd numbers and boys are even.
3. The swimmer swims their race and checks with the timer for their time.
4. After each swim, the swimmer should go directly to the coach. The coach may ask for their time and discuss the swim with each swimmer.
5. As a parent, remember to do the following after each swim:
  - a. Tell them how great they did. The coach will discuss stroke technique; you need to tell them how proud you are and what a great job they did.
  - b. Make sure they get a drink and have something light available to eat.
  - c. Make sure they get back to their towel area to wait for their next event.
6. When a swimmer has completed all of their events they can go home. Make sure to check with the coach before leaving, it is possible that your swimmer is included in a relay event. It is not fair to other swimmers who may have stayed to swim on a relay and one of the relay team members is not there.

### **A Disappointing Swim**

If your child has a poor race and comes out of it feeling bad, talk about the good things you saw. There is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. Immediately start talking about the positive things.

### **What to Take to a Meet**

1. Bring your team swim suit, team cap and goggles.
2. Towels, your swimmer will be at the meet for a while so pack a few.
3. Bring something to sit on like a thick blanket or sleeping bag.
4. Sweat suits, swimmers may want two because they can get soggy
5. A change of clothes
6. Games, books, things to pass the time
7. Food, light snacks and drinks. There are usually snack bars at meets, but the lines can be long.

**Special Parent Note**

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. There is nothing worse than being hot at a swim meet. At some of the meets, the parents are allowed to sit with the swimmers. Feel free to bring folding chairs to sit on.



## **Nutrition**

Reprinted from USA Swimming Website <http://www.usaswimming.org>

### *Nutrition 101 - The Eight Lessons*

Something every swimmer should know before learning about good nutrition is this: Food does NOT make you swim fast. That's right. Food does not make you swim fast. What DOES make you swim fast? Training. Training makes you swim fast. Better yet, QUALITY training makes you swim fast and part of quality training is good nutrition!

Workouts are hard. Yes they are. They're supposed to be. They're designed to tell the body, "This is hard work for me...you better do something to enable me to do it again later." And the body actually responds by becoming more efficient – aerobically and anaerobically. During its time off, the body WILL adapt, but only if you give it the proper fuels.

In general, following these guidelines for incorporating carbohydrate, protein and fat into your day:

- Spread carbohydrate intake out over the course of the day (i.e. smaller meals and frequent snacks). This keeps blood sugar levels adequate and stable.
- Eat some carbohydrate before morning practice. Note: This can be in the form of juice.
- Eat carbohydrates in the form of a carb-electrolyte drink, such as Gatorade or PowerAde, during workout IF workout is 90 minutes or longer. Gels are also acceptable. Stay away from high fructose corn syrups and high sodium sports drinks.
- Eat carbohydrates and protein within the first 30 minutes after practice. This enables the body to replenish glycogen stores and repair muscle tissue. This is perhaps the most important time to eat!!!!
- Eat again (something substantial, like a real meal) before two hours post-practice has elapsed. This is critical to maximizing recovery!
- Incorporate fat into the day at times that are not close to workout. Fat is necessary, but contributes little to the workout or immediate post-workout recovery period.

## Eating on the Go

### **Examples of High-Carb Breakfast Meals**

- At Home:  
Orange juice, Fresh fruit, Low-fat yogurt, Pancakes with syrup, 2% or skim milk  
or  
Plain English muffin, Strawberry jam, Scrambled Egg, Orange juice, 2% or skim milk
- At a Fast Food Restaurant:  
Hot cakes with syrup (hold the margarine and sausage), Orange juice, Low-fat milk  
or  
Cold cereal with low-fat milk, Orange juice, Apple, bran or blueberry muffin
- At a Convenience/Grocery Store:  
Fruit flavored yogurt, large bran muffin or pre-packaged muffins, Banana, Orange juice, Low-fat milk
- At a Family Style Restaurant:  
Pancakes, waffles or French toast with syrup (hold the margarine, bacon and sausage), Orange juice, and Low-fat milk

### **Examples of High-Carb Lunch or Dinner Meals**

- At Home:  
Large turkey sandwich on 2 slices of Whole-wheat bread  
Slice of low-fat cheese  
Lettuce, Tomato  
Fresh vegetables (carrots and celery strips)  
Low-fat yogurt  
Fresh fruit or fruit juice
- Minestrone Soup  
Spaghetti with Marinara Sauce  
Salad Italian Bread  
Fresh Fruit  
2% or skim Milk  
Sherbet
- Chili on a large baked potato  
Whole grain bread or muffin  
Low-fat chocolate milkshake  
Fresh fruit  
Thick crust cheese and vegetable pizza  
Side salad  
Fresh fruit  
2% or skim milk
- Lunch/Dinner at Fast Food Restaurants  
McDonald's - 500 kcal  
Chicken fajita  
Vanilla low-fat milkshake

McDonald's - 700-750 kcal  
Hamburger  
Side salad with low calorie dressing  
Strawberry low-fat milkshake

McDonald's - 1,000 kcal  
McLean Deluxe with cheese  
Medium fries  
Chocolate low-fat milkshake

Burger King - 500 kcal  
BK Broiler with BBQ sauce  
2% milk  
Orange juice

Arby's - 700-750 kcal  
French dip  
Side salad with lite Italian dressing  
Jamocha shake

Taco Bell - 700-750 kcal  
Bean burrito with red sauce  
Plain 10" tortilla  
Low-fat milk

Pizza Hut - 1,000 kcal  
2 slices medium cheese pan pizza  
6 breadsticks  
Beverage

Wendy's - 1,000 kcal  
Plain baked potato  
Chili  
Side salad  
Small frosty

Swimmer: \_\_\_\_\_ Date: \_\_\_\_\_

## 2009/2010 Short Course Meet Schedule

Swimmer plans to attend	MEET	DATE	SESSION 1    SESSION 2		SESSION 3    SESSION 4		Time Standard
			Usually Saturday		Usually Sunday		
	Bellingham – October Challenge	10/17 10/18	All 10 & under Girls 11-12	Boys 11-12 All 13 & older	Girls 11-12 All 13 & older	Boys 11-12 All 10 & under	No time standards 5 events per day max
	Chinook Pentathlon Mary Wayte Pool, Mercer Island	11/1	X	X	TBD	TBD	No time standards
	WEST Distance Meet Kamiak	11/15	X	X	TBD	TBD	Senior and Blue group only
	Kamiak – November Age Group Invitational	11/21 11/22	All 12 & under	All 13 & older	All 13 & older	All 12 & under	Gold time standard 4 events per day max
	Divisional Champs Kamiak	12/5, 12/6	TBD	TBD	TBD	TBD	
	PNS 14 & under Champs Federal Way	12/11,12,13	TBD	TBD	TBD	TBD	PNS Time Standards
	Washington State Champs Federal Way	12/17,18,19, 20	TBD	TBD	TBD	TBD	Senior PNS Time Standards
	Kamiak – January Challenge	1/16 1/17	All 10 & under Girls 11-12	Boys 11-12 All 13 & older	Girls 11-12 All 13 & older	All 10 & under Boys 11-12	No time standards 5 events per day max
	Anacortes – February Challenge	2/6 2/7	All 10 & under Girls 11-12	Boys 11-12 All 13 & older	Girls 11-12 All 13 & older	All 10 & under Boys 11-12	No time standards 5 events per day max
	WEST February Distance Meet Kamiak	2/21	X	X	TBD	TBD	Senior and Blue Groups only

Swimmer: \_\_\_\_\_ Date: \_\_\_\_\_

	Age Group Invite Kamiak	2/26 2/28	All 12 & under	All 13 and older	All 13 & older	All 12 & under	Must have PNS champs time standards 4 events per day max
	Senior Sectionals Location ??	3/10 - 14	TBD	TBD	TBD	TBD	Senior Sectional Times
	NW Age Group Sectionals Federal Way	3/18-21	TBD	TBD	TBD	TBD	Age Group Sectional Time Standards
	Divisional Champs Federal Way	3/27 3/28	TBD	TBD	TBD	TBD	TBD
	Painterman Invitational Marysville	4/17 4/18	TBD	TBD	TBD	TBD	Disqualifying time Standard - Silver

Please mark the far left column indicating the meets your swimmer plans on attending. If for some reason you are unable to register your swimmer for any meet you have indicated your intention to attend then the coach will register your swimmer. You are responsible for all meet fees regardless if your swimmer attends the meet or not if you have indicated your intention to attend and have not informed the coach otherwise. **Storm Aquatics may add or delete meets as need arises. Meet standards and locations are subject to change.**

## **Directions to Area Pools**

### **Anacortes – Fidalgo Pool and Fitness Center**

1603 22<sup>nd</sup> St, Anacortes 360-293-0673

Take Burlington / San Juan Ferries exit off I-5; turn left at stoplight. Follow Hwy 20 into Anacortes. The road makes a right turn onto Commercial St. Go to 22<sup>nd</sup> and turn left. Go up the hill; the pool is on the left side of the street.

### **Bainbridge Island – Ray Williamson Memorial Pool**

Madison Ave NE and NE H, Bainbridge Island 206-842-2302

Take ferry from Seattle to Bainbridge Island. Upon leaving the ferry, you are on Hwy 305. Stay on 305 for about one mile and turn left at the second stoplight on to High School Rd. Go to next intersection at the traffic circle and take a right on to Madison Ave. Go 1 block and take the first left to the pool entrance.

### **Bellingham – Arne Hanna Aquatic Center**

1114 Potter St, Bellingham 360-647-7665

Take I-5 north to Lakeway Dr, exit 253. Go straight through two stop signs to Potter St. The pool is on the right side by the grade school.

### **Bremerton – Olympic Swim Center**

7070 Stampede Blvd NW Bremerton 360-662-2888

Take Edmonds / Kingston Ferry. Go north on SR 104 out of Kingston. Turn west on Bond Rd NE (SR 307) to SR 305. Take a right on SR 305 and continue to the on-ramp to go south on SR 3. At Silverdale, take exit to NW Waaga Way (SR 303). Take Central Valley Rd NW exit off of SR 303 and turn left onto Central Valley Rd NW. At NW Fairgrounds Rd turn right and continue west to Stampede Blvd NW. Turn left and continue south to pool at Olympic High School.

### **West Seattle – Colman Pool at Lincoln Park**

8603 Fautleroy Way SW, Seattle 206-684-7494

Take I-5 S to Seattle. Take exit #163A West Seattle Bridge onto West Seattle Bridge. Continue on Fautleroy Way SW, go 3.0 miles to the pool on the right. Park where space is available near the south end of the park and take trail #1 from the south parking lot to the pool, about a third of a mile.

### **Federal Way – Weyerhaeuser King County Aquatic Center**

660 SW Campus Dr, Federal Way 253-927-5173

Take I-5 South to exit 142B. Go west on 348<sup>th</sup> (becomes Campus Dr after crossing 1<sup>st</sup> Ave). Pool is on the right about a mile and a half from I-5.

### **Kirkland – Juanita High School**

10601 132<sup>nd</sup> Ave NE, Kirkland 425-823-7600

Take I-405 to exit 20B. Go west on W 124<sup>th</sup> to 116<sup>th</sup>. Turn right (north) and go to NE 132<sup>nd</sup>. Turn left (west) and follow NE 132<sup>nd</sup> until you begin to go down a hill. Juanita High School is on the left about a quarter of the way down the hill on its own road.

**Marysville – Maysville-Pilchuck High School**

5611 108<sup>th</sup> St NE, Marysville 360-653-0600

Take the 88<sup>th</sup> St exit off of I-5 and to east. Turn north on 51<sup>st</sup> Ave and follow to 108<sup>th</sup> St. turn east; the pool is on the north side of 108<sup>th</sup>.

**Mercer Island – Mary Wayte Pool**

8815 SE 40<sup>th</sup> St, Mercer Island 206-296-4370

Take I-405 to I-90 west. Take Island Crest exit and turn left up the hill to 40<sup>th</sup>. Take a left on 40<sup>th</sup>. The pool is on the right about two blocks down the road.

**Mukilteo – Kamiak High School Pool**

10801 Harbour Pointe Boulevard, Mukilteo 425-356-6620

Take I-5 to SR 526 (Boeing/Mukilteo Freeway). Follow to the end and turn left onto the Mukilteo Speedway (SR525). Turn right on Harbour Pointe Blvd (first light). Follow the road past the first station and middle school. Kamiak High School is on your left after the curve near the middle school.

**Port Angeles – William Shore Memorial Pool**

225 E 5<sup>th</sup> St, Port Angeles 360-417-4595

Follow Hwy 101 west into town to Peabody St. Turn left (south) to 5<sup>th</sup> St. At 5<sup>th</sup>, turn right (west) and continue a half block to the pool on the north side of the street.

**Renton – Hazen High School**

1101 Hoquiam Ave NE, Renton 425-204-4200

Take I-405 to Sunset Blvd. Go east to 142<sup>nd</sup> Ave SE (Hoquiam Ave NE). Turn right and go to the end to the high school. Pool entrance is at the end of the parking lot.

**Shoreline – Helene Madison Pool**

13410 Meridian Ave N, Seattle 206-684-4979

Take I-5 to 145<sup>th</sup> St Exit and turn right (west) on 145<sup>th</sup> to Meridian (second light). Turn left (south); the pool is on the right at 134<sup>th</sup>.

**Tacoma – Titlow Pool**

8355 6th Ave, Tacoma 253-564-4044

Take I-5 S to Tacoma. Take exit #132 onto WA-16 W toward Sprague Ave. - go 4.6 miles. Take exit #4/Jackson Ave. turn left on N Jackson Ave. Turn Right on 6<sup>th</sup> Ave. The pool will be on the right.

## **Time Standards**

The next several pages are lists of times standards used in the various meets we attend. You can find the most up-to-date standards at [www.pns.org](http://www.pns.org) choose the tab Fast Times and look down for 2009 – 2010 Time Standards.

At the time of the printing of this handbook the neither gold and silver times for yards nor the meters standards were available but should be at some time in September.

### Yards:

- PNS Short Course Gold/Silver
- PNS Short Course 14 and Under
- PNS Short Course Seniors
- PNS Sectionals 14 and Under
- PNS Senior Sectional
- Junior National
- National

### Meters:

- PNS Long Course Gold/Silver
- PNS Long Course Age Group
- Zone
- Junior National
- National
- Olympic

Time Standards  
were not available  
at the time of  
publishing. Please  
check [PNS.org](http://PNS.org).  
Time standards  
should be published  
in September.