



TEAM INFORMATION

Welcome to the Washington Water Jets (WWJ) swim team! You have made an excellent choice; swimming is great exercise for the mind and for the body. WWJ swim team will offer you excellent instructional swimming, plenty of water time and opportunities to improve techniques – at whatever swimming level you may be. Compared to other organized activities, swimming enables youth of all ages to come together to compete individually as well as contribute to overall team scores. Finally, team swimming fosters enriched social development for swimmers and their families.

Team Philosophy

It is our philosophy that any swimmer who practices regularly, works to improve, and meets minimum standards, deserves as many opportunities as possible to swim at meets. The positive support of coaches, parents, and teammates will help all of our swimmers to reach their goals of individual and team improvement. We must not measure success by how someone performs against teammates or opponents, but how each swimmer performs against the clock and his or her own best times. We encourage every swimmer to cheer fellow teammates at meets and at practice. We encourage parents to stress improvement of individual times, and not just winning the race.

Team Goals

- To have **FUN!**
- To teach competitive swimming
- To strive for self-improvement
- To support each other at practice and meets
- To encourage personal goal-setting
- To give every swimmer a chance to participate
- To provide a positive experience

Parent Board

Don't hesitate to call or e-mail us if you have questions or concerns. We are here to help your family have a wonderful season and to answer any and all Water Jets questions! Also, visit the team website for important information:

www.washingtonwaterjets.com.

President

Alison Paui (309)264-6180 ajpauli@yahoo.com

Vice President

Lisa Adams

Secretary

Trisha Crull

Treasurer

Chad Tiezzi

Publicity

Alex McGlaughlin

Computers/Communication

Mandy Mattingly

Fundraising

Scott Strubahr

Practice

Swimmers should be on time for daily practice. Please leave a dated note in the coaches' mailbox (located in the plastic bins near the entrance of the pool area) in advance of vacations or other extended leaves from practice. The team practices Monday through Friday, beginning May 31st. Practice times are as follows:

Ages 11 & Up:

7:00 – 8:15 a.m.

Ages 9 & 10:

8:00 – 9:00 a.m.

Ages 8 & Under:

8:45 – 9:30 a.m.

Parents are welcome and encouraged to watch practices from the picnic/concession area. Please stay off the pool deck and please refrain from talking with the coaches during practice. It is a distraction to the swimmers, coaches, and the other parents. Questions for coaches should be addressed after practice or by writing a note to the coach and placing it in his/her mailbox. If it is a non-specific swimmer question, Board members are available to answer questions.

Swimmers are responsible for their own transportation to practice and to the meets. If a swimmer needs a ride, please make arrangements prior to the meet. Practice will end at the scheduled time. Please pick up your children promptly after practice.

Swimmer Guidelines/Expectations

All swimmers 10 years of age and under will be taught basic stroke mechanics, starts, and turns. Regardless of skill technique, once a swimmer can swim the full length of the pool unassisted, said swimmer will have the opportunity to compete in a meet. The final decision is left to the discretion of the coaching staff.

All swimmers ages 11 & up are expected to have the basic skills and are ready for a more “competitive” environment. The emphasis in this level is teaching and refining competitive strokes, starts, turns, and conditioning.

Good sportsmanship and mature conduct is expected of all swimmers and parents. Foul language, destruction of property or disrespect towards coaches, parent volunteers, or other swimmers will not be tolerated. Proper discipline is at the discretion of the coaching staff, Parent Board, and individual circumstances. Persistent disruptive behavior will result in the swimmer being told to leave the water. If behavior is repeated, the coach may request a conference with the parent and a Board member. In extreme situations, the swimmer will be asked to leave the program.

Swimmers/parents are expected to inform coaches **IN WRITING** of any medical problems that may affect practice/meet performance or attendance. Swimmers who have asthma should bring their inhalers on deck with them to practice. Food allergies must also be noted to the coaches as sometimes snacks are given out and this is not an allergy-free environment.

WASHINGTON WATER JETS SWIM TEAM POLICY

This policy shall govern the Washington Water Jets Swim Team, parents, coaches, and Swim Team Board. Situations not covered by this policy shall be determined by majority vote of the Swim Team Board.

This document should be kept current by annual updates or whenever parents or the Swim Team board deem appropriate. The Swim Team Board has the authority to review and make changes to the Swim Team Policy as needed.

Role of Swim Team Board

1. A member of the Board must be present during interviews for Coaches. The Board member is there to provide counsel.
2. Reviews the by-laws annually and makes amendments where needed. The amended by-laws are then turned into the Washington Park District to have approved at the next Washington Park District Board meeting.
3. Sets Swim Team Policy, reviews Swim Team Policy annually, and amends as needed. Changes in the Swim Team Policy must be approved by the Washington Park District staff or board.
4. Arranges information for parents prior to meet season in policies, schedules, volunteers needed, apparel, swim suits and training opportunities for volunteers.
5. Assigns a Meet Director to all Home meets and invitationals.

Role of Coaches

1. The coaches are directly answerable to the Park District, not to individual families.
2. The coaches must enforce Swim Team Policy and Board decisions for items not specifically included in Swim Team Policy with Park District approval.
3. The coaches are responsible for:
 - a. Maintaining discipline
 - b. Enforcing consequences of Policies
 - c. Providing opportunities to improve swimmers' skills
 - d. Encouraging the development of good sportsmanship
 - e. Completing all swim meet paperwork
 - f. Placement of swimmers in all events
4. The coaches are responsible for invitational paperwork with assistance from the Board for the financial aspect.

Swimmer Definitions

Novice: A child will be declared a "novice" if he/she can swim the length of the pool using any stroke.

Swimmer: A child will be declared a "swimmer" in an event in which he/she can correctly do the stroke for that event and swim the distance required at a meet. This may be "for points" or in an exhibition heat.

Seeded Swimmer:

1. Individual Event
 - a. Three swimmers placed by the coaching staff, but not necessarily the fastest swimmers.
2. Medley A Relay
 - a. The fastest swimmer of each of the four individual strokes
3. Free A Relay
 - a. The fastest four freestyle swimmers
4. All B & C Relays
 - a. Relays shall consist of all other available swimmers placed by coaching staff

Limited Swimmer Policy

A swimmer is allowed onto the Water Jets team as long as he or she can swim the full length of the pool without assistance regardless of stroke, by time trials. "Assistance" constitutes the swimmer using lane lines, pool edges, or requiring another swimmer's support. The Head Coach can determine when a swimmer is ready for competition based on performance at practice. Swimmers who cannot swim the full length of the pool unassisted may be dropped from the team as this is a safety concern for the coaches. Full refunds less a \$10 cancellation fee can be given from the Washington Park District. Those swimmers are advised to take swim lessons offered by the Washington Park District or through another organization.

Swim Meet Guidelines

Swim meets at the Washington Park Pool will be conducted under USA rules unless suspended by a majority vote of the Swim Team Board. The rules are:

1. A swimmer may compete in no more than three individual events, including exhibitions, unless specific meet entries allow more events.
2. A swimmer must swim in an group based on his/her actual age the day of the meet unless hosting team dictates otherwise.
3. A swimmer may swim up in an age group, but must stay in this group for the entire meet.
4. Individual Races
 - a. Scoring will be seven (7) points for first place, five (5) points for second place, four (4) points for third place, three (3) points for fourth place, two (2) points for fifth place and one (1) point for sixth place for individual events.
5. Relay Races
 - a. Scoring will be eight (8) points for first place and four (4) points for second place
6. Completed meet sheets for both teams must be turned into the Meet Director at least one-half hour (1/2 hour) before a scheduled meet. Changes can be made only with the approval of the coaching staff.

The following additional guidelines shall be observed:

1. Time trials will be held before the first meet to help determine seeding. Records may not be broken at Time Trials.
2. Lane assignment is determined by the coaching staff.
3. All possible lanes are to be filled in each meet by seeded swimmers, unseeded swimmers swimming up or by exhibition swimmers in individual events.
4. In relays, there will be as many exhibition teams and number of available swimmers as lanes permit.
5. Any age group, male or female, which has more than twenty (20) active swimmers, will be split into Orange/Black teams for away meets only. These teams will be alternated at each away meet.
6. Substitutions/additions for signed out members of an orange/black team will be made only with the head coach's permission or invitation.
7. Swimmers are required to notify the coach two days before a meet if they are unable to attend a meet originally signed up for.
8. Swim meet rosters, including exhibitions will be posted the day of a meet.
9. Records will be kept for meter pool times. "Team" records can be broken in any meter pool.
10. If someone is close to breaking a team records, every opportunity should be given to that swimmer to break that record in a meter pool.
11. It will be the coaches' decision which swimmers swim in meets based on the following: ability, attitude, practice attendance and dedication. This noted, some swimmers may swim in more events than other swimmers.

Competition Cancellation Policy

A swimmer who is registered to swim at a meet or invitational must notify the Head Coach via e-mail (coachjamiewwj@gmail.com) 2 days prior to cancelling participation. Leaving early from a competition constitutes cancelling less than 2 days of notice. When a swimmer does not notify the Head Coach in proper time, the consequences are:

-First Offense - Swimmer is issued a warning

-Second Offense - Swimmer may not compete in relays in the next registered competition

-Third Offense - Swimmer may not compete in any races of the next registered competition

Exceptions to cancellation under the 2 day time frame include family emergency and swimmer illness.

Communications

We will be utilizing the team Facebook page, Washington Water Jets Swim Team, as our main communicator. Additionally, we will be updating our team website www.washingtonwaterjets.com. For more updated information on practice or meet cancellations or time changes, you may call the Washington Park District Cancellation Number at 309-366-2413. We will also use the REMIND app for weather cancellations. Text the message "@74e36" to "81010" to register.

The next biggest communicator is the mailbox system. At every practice and meet, there are plastic mailboxes consisting of marked folders for each swim family. In these folders, coaches and Board members will put important paperwork for the team that may be needed through the season as well as any awards swimmers earn at meets and invitationals. Swimmers should check their folder at least once a week and if parents do not notice any papers or ribbons coming home, they should remind swimmers to check their folders.

The coaches and the Board have mailboxes as well. Parents who wish to talk to the coaches are advised to leave a note in the coaches' mailbox. Include a phone number and the best time for them to reach you. The coaches will make every effort to try to reach you within 24 hours. Following this procedure allows the coaches to concentrate on the swimmers during practice.

The team's Facebook page is managed by a member of the team Parent Board as well as the Head Coach. Messages to the page will be attended to within the 24 hours timeframe as well.

Weather Considerations

The minimum air temperature and water temperature is 68* for any swimmer to get in the water for practice or meets. If it is just raining in the morning, swimmers should still report to practice. VISIBLE lightning will cancel practice or meets. Practice may consist of stretching, dry land activities, and/or running. We will post cancellations on the team Facebook page, through the REMIND app, as well as the team website. If you suspect practice or a competition may be cancelled or delayed you may call the Washington Park District Cancellation Number at 309-366-2413. Practice is RARELY cancelled.

Not attending a meet or invitational due to weather when it has not been cancelled constitutes the swimmer cancelling with less than the required 2 day notice and the swimmer will receive the appropriate consequence as stated under the Competition Cancellation Policy. A cancellation notification must be issued for a competition to officially be cancelled. Check with the team Facebook page or the Washington Park District Cancellation Number.

SWIM MEET INFORMATION

Strokes & Events

- Each dual meet generally consists of 80 events, with as many as six swimmers or relay teams per event (3 per team in a dual meet). There will be 10 events of the same stroke/relay divided into girl and boy age groups. Swimmers' age is determined as of the day of the meet.
- One length of our pool is 25 meters. In each individual event, the 8 & under girls and boys will swim 25 meters each, except in the long free (50 meters) and individual medley (100 meters). Swimmers ages 9 & up will swim 50 meters for individual events except in the long free and individual medley (100 meters). Some pools we visit are 25 yards long, so the distances are slightly shorter.
- Each swimmer is limited to three individual events and two relay events per dual meet. If a swimmer is asked to "swim-up" into the next age group (usually done to fill holes in that age group and complete a relay team), he/she will have to swim the entire meet in that age group. Points earned will still be counted in their own age group.
- Coaches will determine the swim meet line-up based on times, lane availability, and attendance at practice.

Age Groups

All swim meets are divided into age groups for boys and girls as follows:

- 8 & under
- 9&10
- 11&12
- 13&14
- 15&up

Points & Scoring for Dual Meets

Ribbons are awarded for 1st through 6th place for individual events and relays. Ribbons will also be given out for all exhibition events. Water Jets ribbons can be picked up from the swimmer's mailbox after practice the day following the meet. Points are earned as follows:

Individual Events:

1st place = 7 points, 2nd place = 5 points, 3rd place = 4 points, 4th place = 3 points, 5th place = 2 points, 6th place = 1 point

Relay Events:

1st place = 8 points, 2nd place = 4 points

Relay teams receive only 1st and 2nd place points. One team cannot earn both places.

Home Meet Event Order

The home team swims in lanes 2,4, and 6. The visiting team swims in lanes 1, 3, and 5.

Event

- 1 – 10 **Long Free** – 50 meters 8 & under, 100 meters 9 & up
- 11-20 **Medley Relay** – Four member team each swimming one of the four strokes; backstroke, breaststroke, butterfly, freestyle. Ages 8 & under each swim 25 meters of one of the four strokes. 9 & up each swim 50 meters of one of the four strokes
- 21-30 **Short Free** – 25 meters 8 & under, 50 meters 9 & up
- 31-40 **100 IM** – 25 meters each of fly/back/breast/free , all age groups
- 41-50 **Backstroke** - 25 meters 8 & under, 50 meters 9 & up
- 51-60 **Breaststroke** - 25 meters 8 & under, 50 meters 9 & up
- 61-70 **Butterfly** - 25 meters 8 & under, 50 meters 9 & up
- 71-80 **Free Relay**- Four-member team all swimming freestyle, 25 meters each for 8 & under, 50 meters each 9 & up