



JCC Barracudas Novice Swim Team



How to be a Perfect Swim Parent

- ***Your Swim Coach***

We want your child to relate to his/her swim coach concerning swimming technique, development and workouts. This relationship and bonding between the coach and the swimmer produces positive results. Although we welcome the feedback from parents, we would like to keep the relationship between swimmer and coach in an educational setting.

- ***Your Swimmer's Workout***

Now that your swimmer is on a swim team, there is a transition that must occur from swim lesson to swim team. Although the swim coach is focused on each swimmer during workouts, there is less one on one interaction with individuals in order to conduct a team atmosphere. Swimmers are more than welcome to still have that one on one lesson experience with the swim coach if desired. Private swim lessons can be scheduled outside of swim practice for swimmers to achieve more one on one attention.

- ***Your Swimmer's Environment***

Because the pool deck is the classroom of your swimmer's workout, we ask that parents sit in the bleachers or closer to the children's pool in order to allow for the swim coach to conduct the proper workout. It is perfectly fine for parents to observe their swimmer, but we ask that the swim coach have the ample amount of space needed to conduct workouts in a comfortable manner.

- ***During Your Swimmer's Workout***

Because we consider the pool and the deck a classroom, we ask that parents refrain from speaking with the swim coach or their swimmer during their workout. The coaching process is much more than just instructing workouts, it is a process of analyzing, watching and noting swimmer's technique and behavior. We ask that any conversation for either the swim coach or the swimmer to be held before or after practice. This insures a complete focus of both parties and allows for a positive experience for both.

- ***Progress Reports & Feedback***

The process for swimmer's to move up to higher swim levels and then to a competitive team is different for each swimmer. Progress reports are conducted 4 times a year and are broken up into different sections to explain strengths and weakness of the swimmer. Once these progress reports are completed, the swim coach will hand them out in each swimmer's folder. If a swimmer is ready for the next swim level or to move to a more competitive team, the swim coach will indicate it on the progress report. Not all swimmers will move up swim levels as fast as parents may expect. We ask that parents remain patient with their swimmer and the coach to ensure that their swimmer moves up when ready as opposed to when it is desired.

- ***Disciplinary Procedures***

We understand that there may be times where swimmers may not behave correctly in the water. Although the pool is a fun environment, we would like to keep it a safe environment for all swimmers. Please allow for the swim coach to provide the proper disciplinary actions in the water. If problems do arise, the swim coach will contact parents to assist in the solution. Again, we ask that parents refrain from getting involved with their swimmer's behavior while in the water. The swim coach will get parents involved if the problem cannot be resolved while in the water.

- ***Support & Respect***

We want the swim team experience to be a positive one. We ask that swimmers, parents and coaches remain respectful and supportive for all parties to thrive.

- ***Communication***

We welcome feedback and communication from parents and swimmers at all times. If parents have questions, concerns or feedback, we ask that they be communicated with the swim coach via email, phone or after practice. Individual meetings can be scheduled if needed to discuss one on one. We greatly encourage and welcome open dialogue for the success for swimmers.



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JCC Barracuda Team Rules for Swimmers

- Swim caps **MUST** be worn if swimmer's falls below ears
- Respect your swim coach. Actively listening by staying close to the wall, keeping your head above the water, and looking at the swim coach when they are giving directions. This also includes engaging in side conversations and speaking out of turn.
- Respect your teammates. Keeping our hands to ourselves, no splashing, giving space to finish swimming into the wall, and not disturbing fellow teammates while they are listening to directions.
- Respect yourself. Doing our best during each practice, setting goals to achieve, and not cheating one's self.
- No handstands, flips, splashing or pushing. Horseplay of any kind is not tolerated during practice.
- Stay off the lane lines. No laying on the lane lines, these are not a toy and can be harmful if broken.
- Be ready to learn. Come to practice ready to swim, learn and have fun! Swim practice can be fun but is not a play time.
- Swimmers must have parent supervision while using the JCC locker rooms. Please be respectful to other JCC members at all times.

JCC Barracuda Behavior Policy

We ask that all swimmers pay attention and listen during swim practice. If swimmers are misbehaving or breaking team rules we will follow the below measures to ensure for safe and positive team environment.

1. Verbal warning from Swim Coach
2. Second verbal warning from Swim Coach and documentation
3. Timeout from Swim Coach for 5-15 minutes
4. Swim Coach will ask swimmer to leave practice for the day
5. Swim Coach will contact Swimmer's parent
6. If Swimmer's continues to demonstrate poor behavior, the swimmer will be ask to leave the team.