

## PROGRAM & PHILOSOPHY

The Euclid Marlins Swim Team is a member of Lake Erie Swimming, Inc.(LESI), Northeast Ohio's affiliate of USA Swimming, the sport's governing body. This is the fifth season for the Marlins, and the third under a parent board. We are a non-profit organization that runs on monthly dues and fundraising.

The Marlins is an age group program. In USA Swimming there are seven recognized age groups, 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18 and Open. While there are no age requirements to be on the Marlins, all swimmers must be able to swim one length of the pool.

The coaches believe that swimming is a sport that must be learned properly in order to reach your full potential. We do not believe in having young swimmers make their improvements merely by having them swim an abundance of yards. It is necessary to learn the proper techniques in order to enjoy success through their entire careers. The Marlin's coaches keep up to date on the latest techniques and implement them into all areas of our program. USA Swimming keeps records of the top 100 all time swimming performances in each event in each age group. It is interesting to note that only 2 swimmers in the top 100 10 & Unders made it to the top 100 in the 17-18 age group. This reflects how things have been done, have the swimmers swim as much as they can and they will get better. While true, it is not effective for swimmers to enjoy long term success. The other important aspect of age group swimming is that it must be enjoyable. We would like our swimmers to enjoy the sport so much it becomes a life long activity for them. Swimming is among the best physical activities, and helps develop important qualities that carry over to life. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate!

## PRACTICE GROUPS

In order to meet the needs of the different levels of swimmers on the Marlins team, all swimmers will be placed into one of four different practice groups. The groups reflect the different ability levels, age and commitment levels of the various swimmers on the team. Each group will have their own coach for the year and will have their own practice schedule.

### Youth Developmental Group

The Youth Developmental Group is for our youngest and least experienced swimmers. Focus will be on developing the basics of swimming including the four competitive strokes, streamlines, undulation, starts, aquatic posture and balance. They will also begin to learn the basics about the pace clock and circle swimming. Swimmers in this group should plan on attending the Developmental Meets and will end their season with the 8 & Under Championships and/or the Bronze Championships.

### Developmental Group

The Developmental Group is for swimmers ages 7-12 who have at least three legal strokes, and have developed the skills of the Youth Development Group. This group will continue to focus on further development of the correct techniques of swimming, and further develop the skills learned in the previous group. While we believe that the development of technique must come before training, this group will be introduced to some endurance and sprint training. Swimmers will develop a further understanding of aquatic posture, balance and buoyancy and their effects on fast swimming. More race specific instruction will take place, and swimmers should plan on attending more meets than just the Developmental meets. Swimmers in this group will primarily be trying to qualify for Silver Championships, Bronze Championships and/or 8 & Under Championships.

### Junior Group

The Junior Group is for our 10 - 13 year old swimmers who have four proficient strokes. Swimmers in this group will continue to work on refining their stroke techniques while increasing the amount of time spent on various endurance training and sprint training. More race specific training including pacing and race analysis will be implemented. Swimmers will continue to work on their aquatic posture, line and balance as a part of every action in the pool. These swimmers will be trying to qualify for Silver Championships and/or Gold Championships as well as Zone Championships.

### Senior Group

The Senior Group is for our older and more advanced swimmers. Ability level and commitment as well as age and technique will determine which swimmers are in this group. Swimmers will work on refining their techniques as well as their aquatic posture and balance. Training will become more important in

this group; however, proper technique will always be a priority. These swimmers should plan on attending meets with qualifying cuts as well as open invitationals. These swimmers will be trying to qualify for High School Districts, High School States, Gold Championships, Zone Championships and beyond.

#### PRACTICE POLICIES

Swimmers should arrive for practice early enough to be ready 5 minutes before their practice starts. If you will have a problem getting there on time, just speak with one of the coaches. Parents should plan on picking their swimmers up 10 - 15 minutes after their practice ends. Swimmers should bring everything they need for practice. The essentials are a suit, goggles, water bottle and a swim cap if necessary. It is never a bad idea to have an extra pair of goggles and an extra cap in your swim bag. If you have other swimming equipment you may bring it and use it on occasion. Never share water bottles.

During practice, swimmers may **never** leave the pool area without a coach's permission. If for any reason a swimmer is unable to complete practice they must return to the pool area once changed. Parents are not allowed on deck during practice unless there is an emergency. Parents are not covered under USA Swimming insurance policies, and the team's policies may be null and void if unregistered persons are on deck. Parents may observe practice from the bleacher area, but please do not try to coach your swimmer.

We are very fortunate to have the facilities of Euclid High School available to us. Swimmers are expected to act responsibly and treat the facility with respect. Swimmers are not to wander the building when waiting for rides or any other time.

When at practice swimmers are expected to listen to the coaches and give their best effort towards accomplishing that day's tasks. Swimmers are expected to be supportive of their teammates and act as a positive member of the team. Any swimmer whose actions are found to be detrimental to the team or any of their teammates will face consequences up to expulsion from the team.

## SPECIAL PROGRAMS

There are a couple of programs that we will be participating in this year. One of them is sponsored by USA Swimming and the other is sponsored by our Local Swimming Committee, Lake Erie Swimming, Inc.

The first program is Lake Erie Swimming's *Go the Distance* program. Every swimmer will be given an application form that they will be responsible for filling out. The form contains events that must be swum in meets and others that must be swum at practice. We will hold occasional days when we will offer the time trials at practice.

The other program is USA Swimming's *I.M. Xtreme* program. Participation is as easy as swimming the events listed below for your age level. Once you have swum all of these events in a meet, USA Swimming will automatically tabulate an IMX score for you.

### 9 & Under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

### 11-year olds; 12-year olds:

200 IM, 400/500 Free, 100 Back, 100 Breast, 100 Fly

### 13, 14, 15, 16, 17, and 18 -year olds:

200 IM, 400 IM, 400/500 Free, 200 Back, 200 Breast, 200 Fly

We feel that all of our swimmers should be IM swimmers, and we feel that both of these programs further our goal of developing well rounded swimmers.

## SHORT COURSE SEASON

The short course season is from early September until Championships in early March. During this time of year meets are held in 25 yard pools as opposed to the 50 meter pools used during long course season. There are several different kinds of competitions during the short course season.

Dual Meets - meets in which two teams compete head to head. Team scores are kept, and the number of individuals entered in each event is limited. We will be trying to host a couple of these during the season.

Invitational Meets - Most meets during the season are invitational meets. There are no team scores kept, and swimmers may swim which ever events they choose. Occasionally the coaches will suggest events for the swimmers to compete in. We always like people in the individual medley events! There are several different kinds of invitational throughout the season.

Developmental Meets - These meets have time standards, but the swimmers are not allowed to be faster than the cut-off time. These meets are designed for swimmers who are still in the developmental stage of competition.

Open Invitationals - These meets have no time standards and all swimmers are eligible.

Qualification Meets - Some meets during the season have qualification standards that swimmers must be faster than in order to enter. These meets are more exclusive, and swimmers should enter if they qualify.

District Championships - There are four Championship meets at the end of the season. 8 & Under Championships come first and are open to any 8 & Under swimmer who has swum during the season. Bronze Championships, Silver Championships and Gold Championships each have time standards that swimmers must meet. Once a swimmer qualifies for a higher level Championship meet, they become ineligible only in that event for the lower level meet.

Zone Championships - USA Swimming has divided the country into four zones. We are in the Central Zone, and swimmers can qualify for Zones by achieving a national AAA time. This is an all-star meet at the end of the summer, and swimmers will compete as a member of Team Lake Erie against other states form the Central Zone.

#### MEET ENTRIES

The swimmer or parent is responsible for completing and returning an entry form with payment by the deadline for each meet they wish to compete in. There will be a meet entry folder in the mailbox. Do not give your meet entry to a coach. Meet information as well as deadlines will be placed in each family's mailbox as they come about. Please note that the Marlins will have

an earlier deadline than the meet entry date. This is to ensure that our entries are accepted for the meet. Meet entry forms may be found at the pool in a folder in the mailbox. The meet information will include general information from the host team. Any specific team information will be included in a newsletter or a cover sheet. There are several sections of the meet entry information that you should pay attention to. You will find a meet schedule attached. We will not be attending every meet as a team.

Marlins Entry Deadline - This is the last day that meet entries will be accepted. If we don't get our entries in early, we risk being shutout of some meets.

Entry Fees - These are different for each meet, but generally are between \$3 and \$5 dollars per event swum plus a surcharge of \$3. The surcharge is a onetime charge per meet per swimmer. The Marlins pay all relay fees.

Schedule of events - Most meets are split into morning and afternoon sessions by age group, and the events are numbered in the order they will occur. If you are unsure of which events to enter, ask the coaches.

Maximum number of events - This is the number of individual events that each swimmer can participate in.

Qualifications - As mentioned above, there are meets that have qualifying standards. These are usually listed with the schedule of events.

Relays - Do NOT enter your swimmers in relays. If we have enough swimmers in any age group we will be entering relays. Do not leave a meet until you check if you are in a relay.

Marlins Entry Form - This is a pretty self explanatory form that you must fill out to sign up for any Marlins meet. If you have any questions, just ask the coaches.

#### WHAT TO BRING TO MEETS

For swimmers:

1. Suit, cap and goggles - an extra one of each could come in handy in a pinch.

2. Two towels are a good idea. Most sessions last about four hours and a while after your towel will be wet.
3. Something to sit on like a blanket or sleeping bag. Most pools have a team area where the swimmers can hang out in between their events.
4. Something to keep warm in. Sometimes the team areas are in cold gyms.
5. Something for your feet.
6. Books, travel games or other activities. There will be much time to pass.
7. Food and drink. All pools will have a concession stand, but to ensure you have healthy choices and to save money you should bring your own.

#### For Parents:

1. Comfortable clothes. Most pools are hot and humid in the parents section. You will want to dress for that. Many parents wear a pair of shorts under their pants.
2. If you will be sitting in the team area, you will want some sort of chair. Many parents sit together with other Marlin parents in the bleacher section. Parents are not allowed on deck at a swim meet. Unless there is an emergency that can't be avoided the deck marshals will not let you on deck.
3. Camera or camcorder. If you like to take pictures of your swimmers, there is only one restriction. No flash photography during the start of each heat.
4. Snacks and drinks.
5. Highlighter and pen. You will want to highlight your swimmer in the heat sheet and record your swimmers time.
6. Work, reading material or hobbies. See above, there will be time to pass.

Once you have attended a couple meets, everything will seem very easy. If you have any questions don't hesitate to ask an experienced parent for some help.

#### AT THE MEET

First off, try to arrive 15 minutes before your swimmer has to warm-up. Swimmers may have to sign-in at each meet. In a designated area there will be a sign-in where swimmers must circle their name and/or their events.

After you sign-in check with your coach and they will tell you when to be ready for warm-ups. Get in and swim a quality warm-up with the rest of the team.

During the meet you will have to listen for your event to be on call. There may also be an on call board where the events that are on call are posted. When your event is on call you will have to report to the clerk of course at some meets and to the pool deck for others. Check with your coach to see if you need to report to clerk of course. Always check to see if you are in relays.

It is a good idea to touch base with your coach before you swim, but it is a must after you swim. After each event the coaches want to congratulate you, tell you how great you did and offer advice on improvements.

The most important thing to do during a meet is to have fun. Meets are social events and should be treated as such. Swimmers should plan on having a good time hanging out with their teammates and friends they will meet from other teams. Even the more serious meets should be enjoyed.

#### MAIL BOXES

There will be a mailbox at the pool with a folder for each family. This is how most communication will be distributed during the year. There also will be a mailbox for the coaches, the treasurer, and for meet entries. There also will be a folder for meet entry forms and extras of anything we pass out.

#### QUESTIONS, COMMENTS or concerns

If at anytime you have a question, comment or concern you can always ask a coach. Please do not disturb the coaches during practice. It may be a good idea to set a time before or after practice.

#### NEWSLETTER

During the season there will be several newsletters handed out in the mailboxes that will contain information and updates.

#### DIRECTIONS TO POOL:

Euclid High School is located on E. 222<sup>nd</sup> Street, north of 90. The parking lot for the pool is on the north side of the building, and the building entrance is the northern most doors on the front(west) side of the building.

### WEBSITE

The Euclid Marlins have a website where you will be able to find all of this information and much more! The address is [euclidmarlins.org](http://euclidmarlins.org).

### FIRST TWO WEEKS PRACTICE SCHEDULE

For the first two weeks all of our older swimmers will practice from 5:30 - 7:00. Our younger swimmers will swim from 5:30 - 6:30. After the first two weeks, all swimmers will be given a group and a practice schedule.

“Neither  
your past  
nor  
your present  
is  
your  
potential.”

“We are what we repeatedly do.  
Excellence, then, is not an act  
but a habit.”