



Coaches' Notes

June 2, 2010

Dear Parents and Swimmers:

Please read this information and discuss it with your swimmer.

Communicating to a team as large as ours can be challenging - emails and messages placed in your swim file are the best way we can ensure everyone receives important team communications. Please check both frequently for updates.

Miss-a-Meet: A "Miss-a-Meet" Binder is on the deck daily for you to fill-out if you (1) cannot attend a meet, (2) need to arrive late, and/or (3) need to leave a meet early. This helps us ensure all meets run smoothly.

Meet Check-In: It is important to check-in on time the morning of a meet. Arriving late may result in your child not being able to swim. We scratch/remove from the meet all swimmers not checked-in. It's a good idea to have a couple cell phone numbers of teammates to call in the event your child becomes ill, you have a family emergency, or you are running late.

Meet Day/Meet Etiquette: The beginning of a meet is busy. The coaches are trying to finalize meet events/races, get it printed for team parents, officials, coaches, timers, ready bench, etc. Team parents are scrambling to organize the first relay with only minutes to spare. IT IS IMPORTANT THAT **ALL SWIMMERS ARE IN THEIR DESIGNATED TEAM AREA** AT THIS TIME SO THE TEAM PARENTS CAN GET THEM ON THE CORRECT RELAY AND OVER TO THE BLOCKS. Team parents should not have to track down swimmers. Also, it is important that your swimmer checks-in prior to their race with the team parent if they are not in the team area. They should check-in several events, not heats, before their race.

During a meet it is important to keep our swimmers from running all over the place. The idea is to conserve their energy for their races. It is important for them to eat little snacks throughout the meet and stay hydrated. Don't forget the sunscreen and to make sure you, parents, are eating and staying hydrated.

Do not leave a meet early without checking-in with Coach Brenda, Coach Dee, or Coach Shannon. There have been occasions where a swimmer swimming on the last relay gets sick and we need someone to fill their spot. If you need to leave before your swimmer is done swimming, you must check-in with Coach Brenda, Coach Shannon, or Coach Dee. Plan on meets ending around 2:00 pm. Championships are all day if your child makes Finals or is on the A or B Relay.

At our last meet, we had several swimmers miss their relay race. This caused the three other swimmers per relay to not get to swim. We also had numerous swimmers miss their individual races. ***This is unacceptable.*** The majority of the missed races were because the swimmers were not paying attention and/or playing around. If you miss a race, you need to see a coach immediately.

The A and B Relay Team swimmers are earned spots filled with the fastest swimmers attending practice that week. We try to give the rest of the swimmers a chance to swim a relay. Some of our age groups are quite large and therefore not everyone will get to swim on a relay. Those not swimming on a relay at a meet will get to swim on one at the next meet.

At our last meet, it was brought to our attention that some of our swimmers were displaying poor sportsmanship. **Poor sportsmanship will not be tolerated.** Because we have our good days and bad days, and we all are far from perfect, it is important to support one another. Even Michael Phelps would not criticize a teammate that is trying hard. We are a team and need to stand alongside each other and be supportive. Putting down teammates' efforts will result in being benched for the rest of the meet. If it is the end of the meet, then the swimmer will be benched at the next meet. Although swimming is an individual sport it is also a team sport and everyone depends on each other. So it is important for swimmers to do their best at practice as well as at the meets. Our swimmers, parents, and coaches all need to support one another throughout the season...through the highs and the lows.

On a positive note, we saw a lot of great sportsmanship amongst our swimmers. We witnessed many swimmers shaking hands with the swimmer next to them after a race and we saw swimmers wishing each other good luck on the blocks as their races were about to start. We also saw 600 best times achieved at the Johnson Ranch meet and 78 at the College Greens meet. Great job swimmers! We are very proud to be your coaches!

Personal Best/Piranha Beads: If a swimmer gets a Personal Best time they earn a Piranha Bead. Have your swimmer go to the coach's area for a Piranha Bead after their race. To help keep track of your swimmers' times, write them down from their ribbons or from the Meet Results on the team's Web page. There are also Swim Meet Results Sheets on the Parent's Page on our Web site.

To help your swimmer do their best it is important that they attend as many practices as possible, sleep well, eat healthy and stay hydrated. They need to do this all the time, not just the night or two before a meet.

We ask each of our swimmers to do their best at each and every meet. Their best may be different at each meet. Like everything in life, we have our good days and our not-quite-so-good days. It's the same with swimming. At some meets, your swimmer will get all best times and other times they will look like they can barely get across the pool. If that is the best they have, that is all we can ask. Now, if they are messing around during a race then we will handle it. Please be supportive. Ultimately, a happy swimmer does better than an unhappy one.

Our goals as coaches are to teach your swimmer all there is to know about swimming - proper technique, sportsmanship, work ethic, etc. There is a lot to learn, a lot for the kids to remember, and it takes time for some to make it all work. Together we can help them become the best they can be. We also want them to enjoy swimming. Therefore, as competitive as some of us are we ought to keep things in perspective and remember our swimmers are kids. Discuss goals with them and how to achieve them, but please do not pressure them. Too many youth athletes burn-out by the time they enter high school due to the pressure placed on them. The kids that enjoy the sports and are having fun are the ones that continue to compete in high school and even on to college.

Coming Up: Our next meet is Saturday, June 5th at Wackford. Check-in is at 6:30 am. Warm-ups will begin at 7:00 am.

We have only 8 weeks until Championships. It is important to start sleeping well, eating well and hydrating your body. EVERYONE goes to Championships. Meet of Champs (MOC) is the weekend after Championships and swimmers need to qualify by (1) being on the A Relay - some B Relay swimmers will fill-in - (2) a top ten finish at Championships, or meet the qualifying time. MOC times are posted on a white board and are available to pick-up.

We're looking forward to a terrific season!

PS... **Dry-land Update:** In the event of rain, we will not have Dry-land training.

Thank you...and GO PIRANHAS!

Your Elk Grove Piranhas Coaches