



# Flying Fish Parent Handbook 2017

# Cincinnati Sports Club

## Parent Information

Welcome to the Cincinnati Sports Club Flying Fish Swim Team!

The goal of the Cincinnati Sports Club Flying Fish Swim team is to teach and motivate our swimmers in a positive and nurturing environment. We strive for improvement and, most importantly, we hope all participants have FUN while doing so!

### **Registration**

**A registration form must be completed before swimmers can start practicing with the team.**

All new swimmers must do a swim evaluation by a member of the coaching staff.

Swimmers must be able to swim the length of the pool once on their front and once on their back. Swimmers ages 8 and under can stop no more than two times each lap.

Clinics and private lessons should be scheduled before the start of the season for swimmers who need pre-season preparation.

**How many events will my child participate in?** Depending on the size of each age group, the number of events your child can participate in will vary. This is because we have limits on the number of competition lanes available for each event. In the case that an age group is very small, each child will swim an optimal number of events (up to three individual events and two relays.) In the case that an age group is very large, each child will swim a minimal number of events (at least one individual event or one relay.) Exhibition (non-scoring heats) will also be utilized as available to create more competition lanes. This allows all swimmers, no matter their age group size, to be guaranteed at least one event per meet. It is important to keep in mind that the coaching staff will always do their best to optimize a swimmer's meet participation.

**How do I register?** Simply fill out a registration form included with this packet and submit to Sakaywa Grove or drop off at the check-in desk.

**When is registration due?** The deadline for registration is Friday, June 2<sup>nd</sup>.

**What is the refund policy?** Anyone canceling less than a week in advance will receive no refund and will be charged the full amount. Anyone canceling at least one week prior to the start of the session will be given a refund less a \$25 processing fee.

**What are the fees?** The 2017 swim team fee will be \$99/child. No multi-child discount is available. The team fee includes the following: T-shirt, weekly treats, league fees, Championship fees, awards, banquet and ribbons. **\*\*Children must be all inclusive or summer members to participate in swim team.**

## **Cincinnati Sports Club Swim Team Mission Statement**

To provide a quality recreational swim program that will encourage personal improvement and team skills. The swim team experience should promote a life-long active lifestyle while allowing young people to learn about the spirit of fair play while treating others with courtesy and respect.

The Cincinnati Sports Club swim team is dedicated to provide high quality swim training to promote the sport of swimming in a recreational environment. Our goal is to help each swimmer develop their skills as a swimmer along with personal growth.

## **Southern Ohio Swim League**

The Cincinnati Sports Club participates in the Southern Ohio Swim League (SOSL). We follow all guidelines and regulations set by the SOSL league. In order to remain a part of the league we must abide by these guidelines. If concerns arise, please feel free to contact Sakaywa Grove, Youth and Aquatics Director at 513-527-5026 or by email at [sgrove@cincinnatiportsclub.com](mailto:sgrove@cincinnatiportsclub.com). The object of the league shall be to promote pure, wholesome, amateur swimming in the Southern Ohio area. In carrying out this objective, the league shall regulate, supervise and administer the competition among its members.

## **League Rules**

- A swimmer may compete for only one team in the SOSL. The team with which he/she practices as of June 1<sup>st</sup> in any given year shall be his/her team designate. The only time a team change is valid is a bona fide change of address.
- Age is determined for the entire season by the person's age on June 1<sup>st</sup>, including 18 year old swimmers.
- A swimmer must compete in his/her age group in a meet. Exception: A swimmer may swim up one age group in dual meets in a relay only if a relay cannot be completed in that age group. There must be one swimmer that is the correct age of the relay age group. In the Championship Meet, a swimmer can move up age groups in a relay only if a relay cannot be completed in that age group. There must be one swimmer that is the correct age to create the relay.
- Any disqualification that occurs during a dual meet or Championship meet should be explained to the swimmer and/or coach at the end of the meet. **Please do not approach officials during the meet.** Officials will most likely explain to the coach and then have the coach explain the disqualification to the swimmer.
- All teams must present a team roster to the Secretary of the League by the third meet of the season. The roster must have all swimmers listed (first name, last name, sex, age-group, and birth date) to be included in the roster. Additions may be made to the roster up to the fourth week of the season.
- Swimmers must swim at a minimum of two dual meets in order to participate at Championships.

## Inclement Weather Protocol

- Morning practices- In the instance of thunder and/or lightening on the morning of practice, **NO practice will be cancelled.** Swim practice will be re-located inside for a dry-land workout. Please check with the front desk for the location.
- Away meets- In the case of inclement weather during the day please check your email for updates. Sakaywa Grove or the head coach, Kyle Bogenschutz will contact the other coaches if the meet is canceled. If the meet is canceled an email will be sent to the swim team parents. The parents will also be able to contact the club at 527-4000 for information. If inclement weather happens while at the meet, the manager/head coach will meet with the other team coaches to decide on the course of action. It will be up to the coaching team to communicate with the swimmers and their parents exactly what is going on.
- Home meets- In the case of inclement weather during the day; please check your email for updates. Sakaywa Grove or the head coach, Kyle Bogenschutz will contact the other coaches if the meet is canceled. If the meet is canceled an email will be sent to the swim team parents. The parents will also be able to contact the club at 527-4000 for information. If inclement weather happens while at the meet, the manager/head coach will meet with the other team coaches to decide on the course of action. It will be up to the coaching team to communicate with the swimmers and their parents exactly what is going on. At the first sound of thunder the pool, splash pad, and baby pool will be cleared of patrons. Members may remain on the pool deck, but lifeguards will step down from the chair after the pool is cleared, and closely monitor the weather. All staff shall treat recurring/repeating thunder, as well as high intensity thunder the same as lightening and the pool deck will be cleared. Any instance of severe weather determined by the staff of the Cincinnati Sports Club to create a hazardous or unsafe environment will be sufficient to cease all outdoor activities. This could include high wind, heavy rain, hail, etc.

## **Expectations**

Our meets are run by parents and the more help we have, the smoother they run. There are a variety of volunteer opportunities available. Swim meets can be long and the time passes much more quickly when you are working. In addition, it's a great way to meet other parents and get to know the swimmers!

- All swimmers will swim in a minimum of two meets. This is a league requirement for championships and there are no exceptions, even for rain outs.
- In order to swim an event at championships, a swimmer must have completed the event legally in a meet during the regular season. There are also no exceptions to this rule.
- **All parents are REQUIRED TO WORK AT 2 MEETS.** \*\* A fee of \$25 will be charged for each meet not worked, but we would rather have your help than your money!\*\*
- Please don't try to talk with the coaches during swim team practices. It can be very distracting and the swimmers deserve the coach's undivided attention. Please contact the coaches via phone, email, or in person after all practices are completed.
- Please email Sakaywa Grove at [sgrove@cincinnatiportsclub.com](mailto:sgrove@cincinnatiportsclub.com) about any important information. Hard copies are needed for future reference of vacation dates; camp dates, etc. are needed at the beginning of the season.
- Regular attendance and punctuality at practices is expected. Your child will benefit greatly from attending as many practices as he or she can. In addition, we need to be able to see what your child can do to select the events for them to swim in meets.
- We need to know if you are coming to the meet or not. You will be prohibited from just showing up and expecting to participate in the meet. We must know in advance. **No exceptions.**
- Swimmers must have practiced at least once with Cincinnati Sports Club in the week before a meet to swim at the meet unless otherwise cleared by the coaching staff.
- All parents and swimmers will treat the coaches with respect, especially when they disagree with the coach.
- Parents will be enthusiastic and offer encouragement to swimmers at meets.
- Parents will bring any comments or concerns regarding coaching directly to Sakaywa Grove. My direct number is 513-527-5026 or email [sgrove@cincinnatiportsclub.com](mailto:sgrove@cincinnatiportsclub.com).
- In compliance with the SOSL sportsmanship policy, any ridicule, derogatory remarks, taunting, bullying, and/or physical violence by a swimmer or parent toward another swimmer or parent will result in banishment from pool deck and/or swim meets and practices for a period of time to be determined by the

Cincinnati Sports Club management team. There will be no exceptions to this policy as we must ensure a safe environment for all of our swimmers and families.

**Swim team bathing suits**- Uniforms are purchased through Swimville. There will be suit fitting on **Thursday June 8<sup>th</sup> from 8am-10:30am**. You will be able to purchase suits that day, if you are unable to attend, suits will only be available through Swimville.

**Picture Day**- Thursday June 15<sup>th</sup> at 9am.

### **Communication**

In Order that parents, swimmers and coaches have the latest information, the following communication vehicles are used:

- Weekly email
- Website-[www.cincinnatiportsclub.com](http://www.cincinnatiportsclub.com)-flying fish swim team page
- Emailing Sakaywa Grove directly with questions or [concerns;](mailto:sgrove@cincinnatiportsclub.com)  
[sgrove@cincinnatiportsclub.com](mailto:sgrove@cincinnatiportsclub.com) or calling direct line 513-527-5026
- Contact coaches directly by email. List will be provided by the first practice, Monday, June 5<sup>th</sup>. Please do not interrupt the coaches during practice times.

### **Championships**

Championships are held at Mariemont High School. Deck space at the meet is limited so only swimmers, coaches, and registered volunteers are allowed on the pool deck. **Championships are held during the day.**

## 2017 Meet Schedule

### Practice Times

6 & under	Tuesday and Thursday	10:00am-10:45am
7 & 8	Monday – Friday	9:00am-10:00am
9& 10	Monday – Friday	8:00am-9:00am
11 & over	Monday – Friday	8:00am-9:00am

**\*\*Home meets in bold\*\***

TBD

### SOSL Championships

TBD

## Swimming FAQ's

### **What happens if my child gets disqualified during an event?**

- If your child gets DQ'd the official may or may not have time to talk to your child directly to let him/her know what they did wrong. They will fill out a DQ slip and send it to your child's coach, who will then talk to your child.
- Being DQ'd does happen frequently and we will use it as a learning experience. and does not mean your child is a failure. Children get excited at swim meets and that sometimes means they will forget to touch with 2 hands or will turn on their stomach while doing backstroke.

**What if my child misses their event?** Your child's coach or age group parent will get your child to the official who will try to help them get into another heat. However, it is not always possible to get a child into a different heat, which is why it is so important that swimmers and parents are paying attention so their child does not miss an event.

### **I am concerned about the events that my child's coach has put them in. Is my child ready for that event?**

- Coaches enter children in events that they believe the child can do. The event may not always be your child's favorite event or favorite stroke. In fact, it may be the stroke your child struggles with the most. Struggling and being challenged are all part of the learning experience. Coaches try to balance the challenge with the fun so that each swimmer can become a well-rounded swimmer. Please keep in mind that in most cases the parent is more nervous than the swimmer. Be positive around your child.

### **What are reasonable expectations for my swimmer?**

- All you need to expect from your child is that they are doing their best, have a positive attitude and are listening to their coaches. Please leave the coaching to the coaches and just relax and help your swimmer do the same. Also remember to always have FUN!



## **Helpful Hints to Make the Season Great!**

### **Have a well packed swim bag.**

- Team or practice suit
- Goggles if used-have a back-up pair in case they break.
- Team swim cap-have a back-up in case one rips.
- Towels-have at least 2 for swim meets.
- T-shirt or sweatshirt to wear in between races.
- Sandals or flip flops

Bring an old quilt or blanket for kids to sit on between races at swim meets.

Bring deck of cards, book, etc. for entertainment between races at swim meets.

Bring nutritional snacks and beverages.

Have child rest on the day of the swim meet. Avoid spending the day at the pool or outside.

Always provide support and encouragement.

Remind your child to “have fun and listen to their coach”.

Do not compare your child to any other child.

Limit electronics use (phones, tablets, etc.) at practice and meets. It is important to develop friendships and social skills.

**Have FUN, Have FUN, Have Fun!!**