

Oak Park Swim Team :: piranha expectations



swim attire

Swimmers are expected to wear goggles (prescription goggles are highly recommended if needed and are available at swimoutlet.com starting around \$7) at every practice and meet. Swimmers with hair that touches the tops of their goggles are expected to wear a swim cap at every practice and meet. No surf shirts or other tops may be worn. Shorts worn at practice may not come below the top of the knee. All swimmers are required to wear form-fitting swimsuits at meets (jammers or brief-style suits for all male swimmers). Swimmers not abiding by this criteria will be asked to borrow acceptable attire or step out of practice.

swim test

We encourage any child interested in joining the team to try out swim practice for two weeks at the beginning of the season. At the conclusion of these two weeks, we will hold a swim test. All swimmers must be able to cross the deep end unaided to be a member of the competition team (ie: minnows and above) for the summer. For those unable to cross the deep end at that time, we will welcome them to join the Guppies group. Once a swimmer is able to swim 25 meters unaided they will be moved to the minnows group and able to compete at meets.

swim lessons

Private swim lessons are available outside of swim practice for a fee to help swimmers who need one-on-one teaching to improve their skills. Swim lessons are available for swimmers of every ability level, from guppies wanting to swim 25 meters unaided to our most elite competitors

wanting to improve their technique or speed. Some coaches offer lessons separate to the swim team.

practice attendance

Swimmers are expected to attend one practice per day while they are in town. Swimmers are welcome to attend more practices. We do not need to know when a swimmer is out of town for practice reasons (only for meets; see meet attendance section). It is okay for a swimmer to be at the pool during an evening practice and not be practicing if he/she attended the morning practice. If he/she did not attend the morning practice, we will require them to join the team for evening practice.

meet participation

Every swimmer is expected to compete at every meet while in town. We need to know ASAP if a swimmer is going to miss any swim meet(s). The coaches prepare a lineup for every meet, which includes not only a printed computer-generated version but also a written hand-copy version of every race. It is a chore to change lineups at the last minute, and every effort should be taken to prevent such a change. We expect all swimmers to stay at the pool cheering their teammates until the end of the meet. If you plan to leave a meet early for any reason, you must first check in with a coach.

parent involvement

Running a swim meet is a monumental task which requires many volunteers. Parents are required to volunteer during at least two swim meets. Sign-up early to get the position you are most

comfortable in on our Sign-Up Genius (link on our website). The positions have on site training and won't ever interfere with your ability to watch your child(ren) swim.

event participation

Minnows and above (see swimming groups below) must attempt to swim every event unaided at every swim meet. Kid catchers will not go in front of the ropes to help swimmers except in emergency situations. 15-18s may choose *one* stroke to not swim individually at each meet, granted they are not swimming a main event.

coach interaction at meets

All 7&up swimmers are expected to speak with a coach before and after each race. This gives the coach the opportunity to give the swimmer pointers and reminders about what to focus on during the race. The swimmer should come to the same coach after the race for feedback.

relay bump-ups

Given the size of our team, there are instances where we need to bump up a swimmer to an older age group to make a full relay team. We work to have a relay team for every age group at every meet. The computer-generated meet lineup will list these bump-ups in both the swimmer's age group and in the age group to which the swimmer is being bumped. If a swimmer feels any nervousness about competing as seeded, the swimmer should come and talk to the coaches.

cheering at meets

All swimmers are expected to cheer for their teammates at all swim meets. Swimmers may take a few minutes to rest and relax right after

they have swum. The remainder of the time, they should be supporting their teammates. We encourage older swimmers to take younger swimmers under their wings (fins?) in supporting the races happening in the pool. For the final event of the evening, the freestyle relays, we expect all swimmers to participate in the "ahhh-woosh" cheer.

sportsmanship at meets

We encourage the swimmers to display good sportsmanship at meets, which includes not only avoiding unsportsmanlike conduct but also initiating respectful connections with competitors from the other team. We expect all swimmers to stay in the water until every swimmer competing in a race has touched the wall. Not all teams enforce this rule. Swimmers need to be aware of all swimmers before exiting the pool. We encourage our swimmers to wish other competitors good luck and to congratulate them on a good race at the end of a race as well.

goals of the week

We focus on a goal of the week in preparation for each swim meet. Here they are:

meet 1 (11 June)

streamline & breakouts (tight off of every wall)

meet 2 (18 June)

turns & finishes (reaching for the wall, adjusting strokes accordingly, quick on/off wall)

meet 3 (25 June)

starts (head down / head out / body lunge forward / tight entry)

meet 4 (2 July)

breathing (breathing sparingly and not inside flags on free/fly)

meet 5 (9 July)

body position (rolling shoulders free/back, dolphin motion and timing breast/fly)

meet 6 (16 July)

turnover/racing (awareness of other competitors to drive performance)

wednesday afternoon games

After warm-up at Wednesday night practices following meets, we will have the swimmers rate their performance with 3 criteria from the previous night's meet: goal of the week performance, cheering, and sportsmanship. If they did well in all three categories, we will play a game at the end of practice.

swimming groups

As our team has grown, so has the need to have more defined swimming groups. The groups have much movement through them as swimmers become more proficient through the season. Do not expect to stay in one group the entire season! These groups allow us to make sure like swimming abilities are group together for better instruction.

~ guppies ~

Guppies are swimmers that aren't yet able to swim unaided. For these practices a coach will be in the water coaching. These swimmers aren't yet ready to compete at the swim meets. Swimmers can move up from this group as soon as they are able to swim independently 25 meters.

~ minnows ~

Minnows can move themselves through the water 25 meters unaided. They don't yet know any of the strokes or have very little stroke technique.

~ tetras ~

Tetras know all four strokes and are working towards doing them legally.

~ dolphins ~

Dolphins swim all four strokes legally and can swim 8x50 on a 1:30 interval.

~ barracudas ~

Barracudas swim all four strokes legally and can swim 8x50 on a 1:15 interval.

~ sharks ~

Sharks is the highest swimming group. Sharks can swim all four strokes legally and can swim 8x50 on a 1:00 interval.

equipment

All swimmers must have a full water bottle, 2 pairs of goggles, and a swim cap for every single practice.

For our barracuda & sharks level practices, swimmers are required to bring a full water bottle, 2 pairs of goggles, a swim cap, fins, paddles, buoy*, and kickboard*. *Available at OPK to use.

discipline

We ask that parents support the role of the coaches and encourage their swimmers to talk with coaches directly if an issue arises. If a swimmer does not abide by the guidelines and expectations we have set, we will use reasonable discipline. For example, a swimmer who does not swim an event at one meet will not be permitted to compete in that event or all events at the next meet (depending on the situation), although he/she will still be expected to attend the next meet to support their teammates.