

NORTH TEXAS NADADORES Team Handbook



2009 Update

**A member of North Texas Swimming, Inc.
Texas Swimming Association
USA Swimming, Inc.**

**1501 W. Southlake Blvd.
Southlake, Texas 76092
(817) 949-8200**

Dear Swimmers and Parents:

Welcome to the North Texas Nadadores, and congratulations on your decision to participate in the great sport of swimming.

I can assure you that as a coaching staff, we will make every effort to offer the type of program in which a young person can grow and develop in a healthy atmosphere. The pursuit of the highest levels of excellence in the sport of swimming involves numerous stages. Although not every athlete will qualify to compete at the National Championships, each athlete with the proper motivation, patience, and persistence, will have the opportunity to become the best they can be.

I urge you to study the information provided in the team handbook. The following pages will help you to understand many of the philosophies, objectives, and procedures the NTN program embraces. Several of the enclosed articles contain valuable information pertaining to enhancing parental involvement and the development of your children in an athletic environment.

If you have any questions regarding the North Texas Nadadores, or any related matters, please feel free to contact me at the aquatic center (817) 949-8200.

Sincerely,

Bill Christensen
Head Coach
North Texas Nadadores

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I. INTRODUCTION

What are the North Texas Nadadores?

Roughly translated, Nadadores is Portuguese for swimmer. So we are the North Texas Swimmers but Nadadores sounds neater, doesn't it? The North Texas Nadadores are also known as NTN (our club code). The Nadadores are owned and operated by the Carroll ISD, which is why all fees are payable to CISD. For additional support, NTN has a parent booster club. The booster club helps runs meets and provides out of the water activities for the athletes.

NTN is a year-round swim club that practices out of the Carroll ISD swimming pool in Southlake, Texas. NTN is a member of USA-Swimming. USA-Swimming is the National Governing Body (NGB) for the Olympic committee. If your child has dreams of making the Olympics like Michael Phelps or Katie Hoff, NTN is a club that can provide this opportunity.

Only a select few make the Olympic team but NTN strives to create an environment where your swimmer(s) can succeed.

Our mission is to continually work to create an environment which enables all of our swimmers, from novice to the international level, to have equal opportunity to:

- Learn and improve at the fastest rate possible
- Fulfill their maximum potential as competitors
- Develop their highest character as people

NTN wants swimmers to have long-term success even beyond club swimming. Because of this, NTN is a technique and aerobic training based program. NTN Swimmers strive to be well-rounded in all four strokes, IM and all distances. NTN teaches good sportsmanship and working with others.

Just like any good program, NTN is constantly changing: New practice groups are added, new coaches are hired, and new swimmers join. NTN changes to best help our current and future swimmers for the long-term success. As you go through the handbook, you will learn a lot about NTN and hopefully this will make your swimmers participation a positive experience.

Coaching Staff

Nothing has a greater influence on the quality of children's sports than the excellence of the coach. The North Texas Nadadores staff consists of professionally trained coaches. They, as member coaches in the American Swimming Coaches Association, have access to the most comprehensive training and certification program for youth coaches of any sport in the United States.

Bill Christensen is the Head Coach for NTN. Bill coaches the National and Senior groups. The team has placed as high as fifth at Sectionals and has several National and Junior National qualifiers. Previously, Coach Bill was the Head Coach of the Lobo Aquatic Club. There, he had several Junior National Championship qualifiers and Top 16 National Swimmers. Bill was the Head Age Group Coach for the King Aquatic Club in Washington for eight years. Bill graduated with a BS in Economics and swam for the University of Oregon. Bill is an ASCA Level 4 Coach. Bill's e-mail is christeb@cisdmail.com.

Heather Maher is Head Age Group Coach and coaches the Platinum group. Coach Heather has coached several Top 16 swimmers and TAGS Champions, including being the Head Age Group Coach while NTN won back to back TAGS team championships. Prior to NTN, she was Head Coach for NTAC and coached Irving Swimmers. She holds an American Swimming Association Level 3 certification and is a graduate and former swimmer for the University of Houston. Coach Heather's e-mail is maherh@cisdmail.com.

Stuart Smith is the Senior Prep coach. Coach Stuart has coached NTN Swimmers to TOP 16, Junior National and State Championship levels. Prior to NTN, Coach Stuart coached for Longhorn Aquatics, Dynamo Swim Club and Wal-Mart Swim Club. He attended the University of Texas where he was an NCAA Division I All-American Swimmer and received a Degree in Liberal Arts. In the 1984 Olympic Trials, he was a Semi-Finalist in the 100 Meter Breaststroke. Coach Stuart is an ASCA Level 4 coach. Stuart's e-mail is smiths@cisdmail.com.

Tyler Applegate assists with the National/Senior groups and coaches the Gold group. Originally, Coach Tyler is from San Antonio, Texas. In high school, he was All Region for 4 years and Honorable Mention All State for 3 years. In college, Coach Tyler was All Region for 3 years and 1st Team All America. He was Head Coach for the Summer League for Stone Mountain Stingrays for 3 years. He was Head Coach for Trinity Water Polo for 1 year. Coach Tyler's e-mail is applegaT@cisdmail.com.

Lynne Gorman is the Bronze and Silver groups coach. Coach Lynne is also the assistant High School coach for Carroll High School. Nine years before NTN, Coach Lynne was Head Age Group Coach for Swim Tulsa and Assistant High School coach for Union High School in Tulsa. Lynne is an ASCA Level 3 coach and graduate of Oklahoma State University. Her e-mail is gormanL@cisdmail.com

Jessica Miles is starting her second season with NTN and coaches the Bronze and Silver groups. Coach Jessica is an ex-swimmer and a current student at TCU. Coach Jessica had a very successful career in college, club and High School swimming.

Sarah Crouch has coached and taught with NTN and Carroll ISD since the inception of the aquatic center. Sarah swam competitively throughout college. She is also a ASCA level 2 coach.

Kevin Murphy helps with the Bronze group NTN staff and is also the Carroll High School Head Coach. Prior to NTN and Carroll HS, Coach Kevin has coached all levels of swimming from swim lessons to age group swimming to High School swimming and water polo. His e-mail is murphyk@cisdmail.com

Coaching Responsibilities

The coaches' job is to supervise the entire competitive swim program. The North Texas Nadadores' coaching staff is dedicated to providing a program for youth that will enable them to learn the value of striving to improve oneself--"to be the best you can be." Therefore, the coaches must be in total control in matters affecting training and competition.

1. The coaches are responsible for placing the swimmers in practice groups. This is based on the age, social maturity and ability level of each individual.
2. Sole responsibility for stroke instruction and the training regimen rests with the NTN coaching staff. Each group's practices are based on sound principles and are geared to the specific goals of that group.
3. The coaching staff will make the final decision concerning which meets NTN swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into, although this is something the swimmer can discuss with his/her coach.
4. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmers performance. (It is the parent's job to offer love and understanding regardless of their swimmer's performance)
5. The building of a relay team is the sole responsibility of the coaching staff.

The coaching staff is constantly updating and improving the NTN program. It is the swimmers' and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

NTN Parent Club

The NTN Parent Club is a non-profit support organization to ensure that swimmers have a great all-around activity. The parent club holds meetings to organize meets, support the coaching staff, organize team activities such as the annual banquet. The meetings are held in the events room of the aquatic center. Times and dates are announced through e-mail. Membership is voluntary in the Parent Club.

The specific objectives and purposes of the NTN Parent Club are:

- (a) To enhance the North Texas Nadadores through recruitment, fundraising, information sharing, and publicity.
- (b) To foster and improve aquatic activities, in accordance with the standards, rules and guidelines of USAS.
- (c) To encourage and promote interest in swimming throughout Southlake, the Carroll I.S.D., and surrounding communities.
- (d) To promote and further develop interscholastic swimming within the guidelines of the TISCA, USA Swimming, and USA Masters' Swimming.
- (e) To encourage swimmers, coaches and parents to conduct themselves at all times in a manner that will reflect the highest standard of sportsmanship and character.
- (f) To provide support for both interscholastic and club competitions and programs.
- (g) To provide orientation and information for new families on the North Texas Nadadores.
- (h) To raise money for the exclusive benefit of the North Texas Nadadores through dues and fund-raising events, and through the operation of a concession stand at team events.
- (i) To purchase equipment, gifts, awards, and services for the North Texas Nadadores.
- (j) To engage in other activities related to the support and encouragement of the North Texas Nadadores and of swimming in general.

The affairs of the NTN Parent Club are managed by the five Executive Committee members. The Executive Committee consists of a Chairman, a Vice Chairman, a Secretary, a Treasurer, and a Team Liaison.

The cost to join is \$15 annually (January to December). To join, please contact our volunteer coordinator, Leanda Goss, at ldgoss@verizon.net. When you join, you also receive a team roster phone list. This listing of parent club members' phone numbers and addresses facilitates swimming related and social interaction between swimmers and parents.

Parent Volunteer Requirement

Every NTN family is required to volunteer at NTN hosted events. 100% of the proceeds generated by your hard work and support at each event go DIRECTLY to the benefit of the Aquatics Center, the coaches and ultimately to your swimmer(s), regardless of age group, ability or even participation in the meet. This flow of funds to the CISD also keeps the NTN dues low and precludes the need for participation fundraisers. When NTN hosts an event we make every effort to insure that all meets are well-staffed, run on schedule, and that our visitors enjoy themselves. Each event requires many, many volunteers. The system is designed to insure that every member of the team contributes.

NTN staffs the events by Committee. These Committees are: Clerk of Course, Meet Administration, Hospitality, Safety Marshals, Runners, Awards, Timers, and Concessions. Specifically, the Timing Committee will be responsible for securing all timers for each meet. Likewise, the Administrative Committee will be responsible for staffing all of the “admin” positions required for a meet. Meet staffing will come from the *entire* NTN family of parents and swimmers; Committee assignment will be for the full year. Committee Interest forms are required to be submitted by every family when they join the team.

Volunteer officiating is an integral part of your child's swimming experience. Working a meet can be a fun and rewarding experience, one that allows you to get to know your fellow Nadadore families. We are always in need of parents that are certified referees, starters, stroke & turn judges, timers, safety officials, and HyTek users, just to name a few! We are also ready to help those parents who want to become certified officials. Please contact Bill Christensen or Tracy Johnson to learn about becoming a USAS official. You may also speak to one of our meet directors (Catherine Singley or Joy Roberts) if you are interested in receiving training on any of these other meet administration positions.

Support Staff

NTN's success depends on lots of people helping in different areas. All your billing and office type activities are handled by the secretarial staff. With their hard work, the administrative side of our team runs very efficiently.

Kathy Brockington is our evening secretary. Kathy handles all billing activity. If you have questions about your bill (because you will), she is the one to contact. Kathy works Monday through Thursday from 1:00 to 6:15 pm. She can be reached at 817-949-8200 (ext 0) or brockink@cisdmail.com.

Diane Billmeier is our daytime secretary. Diane handles all CISD communication and aquatic center activity. Diane works Monday through Friday from 7:00 am to 2:30 pm. She can be reached at 817-949-8200 (ext 0) or billmed@cisdmail.com.

D & J Kiosk (Team Store) is a unique opportunity for NTN families to purchase all competitive swimming apparel and equipment. The Team Store is run by Leanda Goss (e-mail is ldgoss@verizon.net). In this instance, Leanda works for D & J swim apparel store www.djsports.com. Hours of operation vary week to week. Hours of operation are e-mailed out on a weekly basis.

Team Communication

NTN is dedicated to providing and encouraging open lines of communication between the staff, parents, and swimmers. Because the dissemination of information is vital to the success of our program, the NTN staff employs several means of communication.

1. Email Notification will be the primary method of communication of the North Texas Nadadores. Weekly Nadadore Notes and meet information is sent out by e-mail.
2. NTN Electronic Newsletter - Published monthly - will include important information on specific groups, competitions, and team functions as well as educational articles.
3. Communication with Coaches - Coaches may be reached by email or by calling the front office (817-949-8200) and leaving a message. The staff welcomes the opportunity to discuss any matter either over the phone or in a private meeting. Please do not try to discuss concerns with the coaches during practice - the swimmers require ALL of the coach's attention at that time!
4. File Folder – In the lobby of the Aquatic Center, NTN has a file folder system for families. If something needs to go out in print or we get awards from other teams, they are placed in these files.

II. NADADORES TRAINING PROGRAM

Team Structure

NTN uses a "progressive" age group program designed to develop the swimmer physically, mentally and emotionally in a systematic fashion. A well-defined, long-term approach of gradually increasing degrees of commitment is essential to reach peak performance levels during a swimmer's physiological prime. The emphasis in the early stages of participation must be placed on developing technical skills and a love for the sport. In the later years, a more demanding physical and psychological challenge must be introduced to the training program. In this respect, "too much too soon" is more often the cause of failure to achieve maximum potential in senior swimming than in the reverse situation.

At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer. The long term goal of total excellence is always in mind. As each child is different, he/she will progress at his/her own rate. The coaching staff recognizes this fact by making team assignments based on a swimmer's physical, mental, and emotional level of development.

NTN is broken into three levels of swimming. Each level is divided into practice groups based on age and ability. The placement of each swimmer within the team structure will be the responsibility of the coaching staff.

NTN Novice Groups are made up of energetic young swimmers ages 6-14 who are willing and capable competitors. It is the introductory stage into competitive swimming. The group entry requirements, season plan and achievements necessary for progression (listed below) create a positive pattern of practice and racing that will help these swimmers maximize their talents in the sport of swimming.

1. **Novice Level** is for teaching basic skills and technique for the beginning level competitive swimmer. Copper, Bronze and Silver groups are part of the novice level and they are competing at the "B/C" level.
2. **Age Group Level** is for the young swimmer that has refined the competitive skills and is striving to compete on a higher level. Gold and Platinum groups are part of this level. Senior 1 prep swimmers compete primarily at age group meets through the age of 14.
3. **Senior Level** is for the older swimmer that wants to compete either on high school level or all the way to the national level. National, Senior 1, Senior 2, and Senior 1 prep groups are in this level.

Groups and Practice Schedule (Fall of 2009)

<u>Group</u>	<u>Activity</u>	<u>Times</u>	<u>Days</u>
National Group	Dryland	3:45 to 4:15 pm	M-TH
	Swim	4:15 to 6:15 pm	M-TH
	Swim	3:45 to 5:30 pm	F
Senior Group	Dryland	3:45 to 4:15 pm	M-TH
	Swim	4:15 to 6:15 pm	M-TH
	Swim	3:45 to 5:30 pm	F
Senior Prep	Dryland	3:45 to 4:15 pm	M-F
	Swim	4:15 to 6:15 pm	M-F
Senior 2	Swim	6 to 7:30 am	M-T-TH-F
Platinum	Dryland	4:15 to 4:45 pm	M-F
	Swim	4:45 to 6:45 pm	M-F
Gold	Dryland	5:45 to 6:15 pm	M-F
	Swim	6:15 to 7:45 pm	M-F
Silver 1	Dryland	6:00 to 6:15 pm	T-TH
	Swim	6:15 to 7:30 pm	T-TH
	<i>Swim</i>	<i>5:15 to 6:30 pm</i>	<i>F</i>
Silver 2	Dryland	6:00 to 6:15 pm	M-W
	Swim	6:15 to 7:30 pm	M-W
	<i>Swim</i>	<i>5:15 to 6:30 pm</i>	<i>F</i>
Bronze 1	Swim	4:15 to 5:15	T-TH-F
Bronze 2	Swim	4:15 to 5:15	M-W-F
Copper	Swim	<i>6:45 to 7:45 pm</i>	M-T-TH

****Saturday Practice times will be announced as the season goes along. Saturday practice times will adjust due to meets and other events.**

Spring and summer schedules will be announced about two to three weeks prior to the time the change commences on the NTN website.

Practice Group Descriptions and Requirements

Copper Group:

A. Entry Requirements:

1. Perform legal swim, turns and finishes in the 100 yd free, 100 IM, 50 Back, and at least 25 yds of Breast and Fly.
2. Demonstrate the ability to develop as a competing swimmer by attending Skill meets, GFTG meets and/or Summer League meets.
3. Swimmer should be proficient in swim practice etiquette and habits; such as circle swimming, going 5 or 10 seconds apart, going in correct order.

B. Season Plan:

1. Attend at least 2 practices each week.
2. Race in as many "Go for the Gold" and or Summer League meets as possible
3. Race in at least 2 USA meets each season plus one championship meet (B/C Champs or BB Champs).

Seasons: Short course season spans the fall and winter from Sept. – Feb. and long course season spans spring and summer from March to August.

4. Establish a time in the events listed below (minimum) and work throughout the season to improve those times.
 - 8-unders should swim 25yds each stroke, 50yds free and 100IM (once the 8-under earns a white cap in the 25's, they should begin racing 10-under USA events)
 - 9-12 yr olds should swim 50yds of each stroke, 100's of free, back, breast, and IM.
5. Login to www.usswim.org and establish your swimmer's 'my USA Swimming' account. On this page you will be able to view a swimmer's USA swimming best times and meet results. Also on the site is a wealth of information on nutrition and the parent education is wonderful.

C. Achievements required to be considered for promotion to Bronze group:

1. Earn times in a full list of events (recommended above) at swim meets.
2. Must have attended at least one USA meet plus the team championship meet and attended an average of two practices each week.
3. Must receive Coach Recommendation.

Bronze Group:

A. Entry Requirements:

1. Perform legal Start, breakout, swim, turn and finish in 200yd free, 100 IM, 50's back and breast and at least 25yd fly.
2. Demonstrate their desire to develop as a competing swimmer by attending Skill meets, GFTG meets and or Summer League meets.
3. Swimmer should be proficient in the racing start progression and ready to be USA Start Certified.

B. Season Plan:

1. Attend 3 practices each week.
2. Race in as many "Go for the Gold" and or Summer League meets as possible.
3. Race in at least 3 USA meets each season plus one championship meet (BC Champs or BB Champs).

Seasons: Short course season spans the fall and winter from Sept. – Feb. and

long course season spans spring and summer from March to August.

4. Establish a time in the events listed below (minimum) and work throughout the season to improve those times
 - 8-unders should swim 25yds each stroke, 50yds free and 100IM (once the 8-under earns a white cap in the 25's, they should begin racing 10-under USA events).
 - 9-12 yr olds should swim 50yds of each stroke, 100's of free, back, breast, and IM.
 5. Login to www.usswim.org and establish your swimmer's 'my USA Swimming' account. On this page you will be able to view a swimmer's USA swimming best times and meet results. Also on the site is a wealth of information on nutrition and the parent education is wonderful.
- C. Achievements required to be considered for promotion to Silver group:
1. Earn white 1 time in two strokes and IM or 3 strokes in USA meet; minimum 50 yd swims.
 2. Earn times in a full list of events (recommended above) at USA meets.
 3. Must have attended at least one USA meet plus the team championship meet and attended an average of three practices each week.
 4. Must receive Coach Recommendation.

Silver Group:

- A. Entry Requirements: Silver group is for actively competing swimmers ages 7+ who have:
1. Earned white 1 time in two strokes and IM or 3 strokes in USA meet; minimum 50 yd swims.
 2. Earn times in a full list of events (recommended above) at USA meets.
 3. Must have attended at least one USA meet plus the team championship meet and attended an average of three practices each week
- B. Season Plan:
1. Attend a minimum of 7 practices every 2 weeks.
 2. Race in as many "Go for the Gold" and/or Summer League meets possible.
 3. Race in at least 3 USA meets from Sept. – Jan. plus 1 championship meet in Feb. (BC Champs or BB Champs).
Seasons: Short course season spans the fall and winter from Sept. – Feb. and long course season spans spring and summer from March to August.
 4. Establish a time in the events listed below, earn an IMX score and work throughout the season to improve their times and IMX scores.
 - 10-unders should swim 50yds of each stroke, 100yds of each stroke, 200yds of freestyle and IM
 - 11-overs should swim 50yds of each stroke, 100yds of each stroke, 200yds of freestyle and IM and 500yds of freestyle.
 5. Login to www.usswim.org and establish your swimmer's 'my USA Swimming' account. On this page you will be able to view a swimmer's USA Swimming best times, meet results and IMX score. Also on the site is a wealth of information on nutrition and the parent education is wonderful.
 6. The IM eXtreme or IMX score is an important program of USA Swimming which encourages a swimmer to develop each of their strokes over several distances. 10-u IMX events are 100 fly, back and breast, 200 free and IM. 11-12 IMX events are 100 fly, back and breast, 200 free and IM and 500 free.

C. Achievements required to be considered for promotion to Gold group:

1. Earn Red 2 times in two strokes and IM or 3 strokes in USA meet.
2. Earn times in a full list of events (recommended above) at USA meets.
3. Must have attended at least one USA meet plus the team championship meet and attended an average of three practices each week.
4. Must receive Coach Recommendation.

NTN Age Group Programs are made up of more experienced swimmers between the ages 8 and 14. These athletes follow a seasonal meet and practice schedule, culminating with the appropriate championship meet. The group entry requirements, season plan and achievements necessary for progression are listed below.

Gold Group:

A. Entry Requirements: Gold Group is for actively competing swimmers ages 9+ who have:

1. Earned Red 2 times in two strokes and an IM, or three strokes, at a USA meet.
2. Earned times in a full list of events (recommended above) at USA meets.
3. Attended at least one USA meet plus the team championship meet.
4. Attended an average of three practices each week.
5. Received Coach Recommendation

B. Season Plan:

1. Attend an average of 70% of the practices offered.
2. Race in as many "Go for the Gold" Meets as possible.
3. Race in at least 3 USA meets from September to January, plus one championship meet in either February or March.
4. Establish a time in the events listed below, earn an IMX score and work throughout the season to improve their times and IMX scores.
 - 10-unders should swim 50s of all four strokes, 100s of all four strokes plus the IM, 200s of free and IM, and the 500 free.
 - 11-12s should swim the same as 10-Unders plus at least one other 200 (either fly, back, or breast,) and either the 400 IM, or a distance free event, (1000 or 1650.)
 - 13-overs should swim the same as 11-12s minus the 50s of fly, back, and breast. They should also swim 200s of all four strokes to establish an IMX score, 400 IM, and either the 1000 or 1650 free.
5. Login to www.usaswimming.org and establish your swimmer's 'my USA Swimming' account. On this page you will be able to view a swimmer's USA swimming best times, meet results and IMX score. Also on the site is a wealth of information on nutrition and parent education.
6. The IM eXtreme or IMX score is an important program of USA Swimming which encourages a swimmer to develop each of their strokes over several distances.
 - 10-under events are: 100s of fly, back, and breast, 200s of free and IM.
 - 11-12s are: 100s of fly, back, and breast, 200s of free and IM, and the 500 free.
 - 13-overs are: 200s of fly, back, and breast, 200 and 400 IM, and the 500 free.

- C. Achievements required to be considered for promotion to Platinum group:
1. Earn a Blue cap.
 2. Earn Red 3 times in three strokes plus the IM, or three strokes.
 3. Earn times in a full list of events (recommended above) at USA meets.
 4. Must have attended at least three USA Swimming meet plus the team championship.
 5. Must have averaged at least 70% attendance.
 6. Must receive coach Recommendation.

Platinum Group:

A. Entry Requirements: Platinum Group is for actively competing swimmers ages 11 and over that have:

1. Earn Red 3 times in three strokes and an IM at USA meets.
2. Earn times in a full list of events (recommended above) at USA meets.
3. Attend at least three USA meet plus the team championship meet.
4. Must have averaged at least 70% attendance.
5. Receive Coach Recommendation.

B. Season Plan:

1. Attend an average of 80% of the practices offered.
2. Race in at least 3 USA meets from September to January, plus one championship meet in either February or March.
3. Establish a time in the events listed below, earn an IMX score and work throughout the season to improve their times and IMX scores.
 - 10-unders should swim 50s of all four strokes, 100s of all four strokes plus the IM, 200s of free and IM, and the 500 free.
 - 11-12s should swim the same as 10-unders plus at least one other 200 (either fly, back, or breast,) and either the 400 IM, or a distance free event, (1000 or 1650.)
 - 13-overs should swim the same as 11-12s minus the 50s of fly, back, and breast.
4. Login to www.usaswimming.org and establish your swimmer's 'my USA Swimming' account. On this page you will be able to view a swimmer's USA swimming best times, meet results and IMX score. Also on the site is a wealth of information on nutrition and parent education.
5. The IM eXtreme or IMX score is an important program of USA Swimming which encourages a swimmer to develop each of their strokes over several distances.
 - 10-under events are: 100s of fly, back, and breast, 200s of free and IM.
 - 11-12s events are: 100s of fly, back, and breast, 200s of free and IM, and the 500 free.
 - 13-overs are: 200s of fly, back, and breast, 200 and 400 IM, and the 500 free.

C. Achievements required to be considered for promotion to Senior Prep group:

1. Earn Bronze 3 times in two strokes plus the IM, or three strokes.
2. Earn times in a full list of events (recommended above) at USA meets.
3. Must have attended at least one USA Swimming meet plus the team championship.
4. Must have averaged at least 80% attendance.
5. Must receive Coach Recommendation.

NTN Senior Programs are made up of more experienced swimmers between the ages 13 and above. These athletes follow a seasonal meet and practice schedule, culminating with the appropriate championship meet. The group entry requirements, season plan and achievements necessary for progression are listed below.

Senior Prep Group:

A. Entry Requirements: Senior Prep Group is for actively competing swimmers between ages 13 and 15:

1. Earn Bronze 3 times in three strokes and an IM at USA meets.
2. Earn times in a full list of events (recommended above) at USA meets.
3. Attend at least three USA meet plus the team championship meet.
4. Attend an average of five practices each week.
5. Receive Coach Recommendation.

B. Season Plan:

1. Attend an average of 85% of the practices offered.
2. Race in at least 3 USA meets plus one championship meet per season.
3. Establish a time in the events listed below, earn an IMX score and work throughout the season to improve their times and IMX scores. 13-overs should swim 200s of all four strokes to establish an IMX score, 400 IM, and either the 1000 or 1650 free.
4. Login to www.usaswimming.org and establish your swimmer's 'my USA Swimming' account. On this page you will be able to view a swimmer's USA swimming best times, meet results and IMX score. Also on the site is a wealth of information on nutrition and parent education.

C. Achievements required to be considered for promotion to Senior/National group:

1. Earn a Gold cap.
2. Earn Silver 3 times in two strokes plus the IM, or three strokes.
3. Earn times in a full list of events (recommended above) at USA meets.
4. Must have attended at least three USA Swimming meet plus the team championship.
5. Must have averaged at least 85% attendance.
6. Must receive Coach Recommendation.

Senior 2 Group:

A. Entry Requirements: Senior 2 Group is for actively competing swimmers between ages 14 and 18. This group is designed to complement High School Swimming.

1. Earn Blue 3 times in three strokes and an IM.
2. Attend at least two USA meet plus the team championship meet during the season.
3. Attend an average of two practices each week.
4. Receive Coach Recommendation.

B. Season Plan:

1. Attend an average of 50% of the practices offered.
2. Race in at least 2 USA meets from September to January, plus one championship meet in either February or March.

- C. Achievements required to be considered for promotion to Senior/National group:
1. Earn Silver 3 times in two strokes plus the IM, or three strokes.
 2. Earn times in a full list of events (recommended above) at USA meets.
 3. Must have attended at least two USA Swimming meet plus the team championship.

Senior Group:

A. The Senior Group is for the more advanced swimmer. The goal of the Senior swimmer is to excel to the highest levels of USA Swimming and High School swimming. It is for swimmers 14 years of age and older. To be in this group, swimmers must attend 60% or better of the practices offered during High School season and 80% during non-high school season.

1. Earn Bronze 3 times in two strokes and an IM or be on Carroll HS Varsity team.
2. Attend at least two USA meet plus the team championship meet.
3. Attend an average of three practices each week.
4. Receive Coach Recommendation.

B. Season Plan:

1. Attend an average of 70% of the practices offered.
2. Race in at least 2 USA meets from September to January, plus one championship meet in either February or March.

C. Achievements required to be considered for promotion to Senior/National group:

1. Earn a Gold cap.
2. Earn Silver 3 times in two strokes plus the IM, or three strokes.
3. Earn times in a full list of events (recommended above) at USA meets.
4. Must have attended at least one USA Swimming meet plus the team.

National Group:

A. Entry Requirements: The National Group is for the most advanced swimmer. The goal of the National swimmer is to excel to the highest levels of USA Swimming and High School swimming. It is for swimmers 14 years of age and older. To be in this group, swimmers must attend 90% or better of the practices offered during High School season and 90% during non-high school season.

1. Earn Silver 3 times in two strokes and an IM.
2. Attend at least two USA meet plus the team championship meet.
3. Attend an average of six practices each week.
4. Receive Coach Recommendation.

B. Season Plan:

1. Attend an average of 90% of the practices offered.
2. Race in at least 2 USA meets and a championship each season.

Practice Attendance Policy

1. Plan to stay the entire practice. The last part of practice is very often the most important and often there are announcements made at the end of practice. In the rare event that your child needs to be dismissed early from practice, please have the child inform the coach at the beginning of practice.
2. When a swimmer cannot attend the recommended number of practices for his or her group, we will expect that the parent notify the coach to discuss the situation, or in the case of senior swimmers, they need to speak to their coach.
3. In case your swimmer will be out of the water over a long period of time with an injury or illness, please notify the front office and coaching staff.
4. Occasionally, there will be a need to cancel practice sessions; most of the time advanced notice will be sent out in Nadadore Notes or a special e-mail. In short notice occasions, notices will also be posted on entry doors.
5. The club has an obligation to act as guests while in the CISD Aquatics Center (both swimmers and parents). Every member of the club needs to do everything possible to respect this privilege. Any damages to school property may result in financial liability of the swimmers' parents. Any damage may also result in the swimmer being asked to leave the team permanently.
6. Parents are not allowed on the pool deck during practice unless it is an emergency or they have cleared it with the coach prior to practice starting. If a coach has swimmers in the water, do not interrupt them. The swimmers deserve their full attention at that time.

Parents are allowed to occasionally observe practice from the stands. Do not try to communicate with any swimmer from the observation area. Do not try to coach your swimmer from the observation area. This is not only distracting to the swimmer, but can also be distracting to the entire team as well as the coach.

Drop-off/Pick-up Swimmers Policy

The Aquatic Center staff and coaches are not responsible for unattended swimmers. NTN is fortunate to be in what appears to be a safe area; however there are several ways that children can be harmed if they are not properly supervised. The crowd of unsupervised children seems to be increasing and becoming more disruptive. With this in mind, the Aquatic Center has come up with the following policy.

Swimmers should be dropped off no more than 15 minutes before the start of practice. Please pick up your swimmers, from practice, no later than 15 minutes after the end of practice.

Swimmers are not to be left unattended for more than 15 minutes. During this 15 minutes, swimmers are not to be running in the hallways, playing on the elevators, or disturbing the coaches and patrons. If circumstances arise that you cannot drop off or pick up your swimmer in this time frame, please make other arrangements for the drop off and pick up rather than just leaving your child unattended for long periods of time.

Middle School Morning Practice Guidelines

The coaching staff has designed morning practice guidelines for middle school athletes who are ready to begin incorporating morning practices into their schedule. The table below is the recommended morning attendance depending on their age/grade and the time of the year. Each swimmer should discuss this with their coach.

	<u>Aug-Sep</u>	<u>Oct*-Mar</u>	<u>April</u>	<u>May-Aug**</u>
8 th Grade	up to 2	up to 3	up to 2	up to 3
7 th Grade:	up to 1	up to 2	up to 1	up to 2
6 th Grade:	0	1	0	1

* or after first meet

** Coach's discretion once school is out

A. Other Middle School Morning Practice Guidelines:

1. All morning practices for middle school students are *optional* and should be discussed with their coach.
2. The staff believes that it is beneficial for middle school students to participate in some morning practices if they plan on competing on a high school team in 9th grade.
3. If a swimmer attends a morning practice, he/she should also attend the afternoon practice. Morning practices are a supplement to the afternoon practices, and should not be used as a substitute for the afternoon practice.

Swimmers Training Responsibilities

As a swimmer's level of swimming ability increases so does his/her responsibility. The program is designed to encourage all swimmers to be Senior Swimming bound. As swimmers improve, this is a deep commitment that requires great effort on all parts. A swimmer has responsibilities to the team, the coach, his/her parents, and most importantly to themselves. Swimmers need to prepare themselves for a 100% effort each time they come to practice.

Swimmers will be required to bring specified training accessories and equipment to workouts. See chart below for the training equipment required for each group. It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available. Equipment adjustment and repair will not be accepted as excuse to miss part of a training session.

Practice Equipment

All practice groups are expected to be at their designated starting place with their practice equipment ready to start practice on time. Standard equipment for all groups is a practice swim suit (any make, any color), swim cap (optional), goggles (optional), and towel. Practice Equipment may be purchased through our team shop.

In addition to the following items, all swimmers should put in his or her mesh bag: extra pair of goggles, swim cap, and water bottle

<u>Practice Group</u>	<u>Practice Equipment</u>	<u>Meet Equipment</u>
Copper	Mesh Bag w/ Name Tag Blue and Orange Fins	Team Suit (or Navy suit with or without Gold Trim, NTN Team Cap
Bronze	Mesh Bag w/ Name Tag Blue and Orange Fins GFTG*Swim Cap. If they have not earned a GFTG cap, then they can wear a NTN team cap.	Team Suit (or Navy suit with or without Gold Trim, NTN Team Cap
Silver	Mesh Bag w/ Name Tag Blue and Orange Fins GFTG* Swim Cap	Team Suit (or Navy suit with or without Gold Trim, NTN Team Cap
Gold	Mesh Bag w/ Name Tag Blue and Orange Fins Small or Medium D & J Kickboard HANS Hand Paddles Tennis Shoes for dryland	Team Suit (or Navy suit with or without Gold Trim, NTN Team Cap
Platinum	Mesh Bag w/ Name Tag PDF Fins Medium D & J Kickboard HANS Hand Paddles Tennis Shoes for dryland Pull buoys	Team Suit (or Navy suit with or without Gold Trim, NTN Team Cap
Senior Prep	Mesh Bag w/ Name Tag Kickboard Blue and Orange Fins or PDFs Snorkel HANS Hand Paddles Pull Buoy	Team Suit (or Navy suit with or without Gold Trim, NTN Team Cap For Championship meets, Speedo Racing Suits are required.
Senior 2	Mesh Bag w/ Name Tag Kickboard Blue and Orange Fins or PDFs Snorkel HANS Hand Paddles Pull Buoy	Team Suit (or Navy suit with or without Gold Trim, NTN Team Cap
Senior/National	Mesh Bag w/ Name Tag Kickboard Blue and Orange Fins or PDFs Snorkel HANS Hand Paddles Pull Buoy	Team Suit (or Navy suit with or without Gold Trim, NTN Team Cap For Championship meets, Speedo Racing Suits are required.

*GFTG = “Go for the Gold” caps are based on meet performance. Once swimmers have competed in either “Go for the Gold” Meet or regular meets, they will start to qualify for certain colored caps.

Practice and Meet Behavior

1. Swimmers are encouraged to support their teammates at practice as well as in competition. Working together as a unit for the benefit of all individuals in the group is an important part of the "NADADORES SPIRIT."
2. Swimmers are expected at all times to follow directions of the coaching staff. At no time will disrespectful attitudes be tolerated from any swimmer.
3. Abusive language, lying, stealing, and/or vandalism are intolerable. These behaviors are directly contrary to the objectives of NTN and are detrimental enough to the group to warrant strict disciplinary action.
4. Swimmers may leave practice only with the permission of the coach.

Discipline Plan

Being a club owned and operated by the Carroll Independent School District, NTN uses the CISD Student Handbook and Code of Conduct for 2009-2010 as a guideline for determining misbehavior and the possible consequences. Here is the link to the handbook:http://www.southlakecarroll.edu/files/Handbooks/Student_Handbook_Code_of_Conduct2009-2010.pdf.

Unacceptable behavior at NTN Practices, competitions, and team functions that include, but are not limited to: vandalism, being disruptive in practices or meets, abusive language or behavior, insubordination to members of the coaching staff, office staff, or others, and other acts of misconduct as determined by the coaching staff will be handled in the following manner.

1. Coach warning and/or discipline (including but not limited to time-outs, extra laps or dryland, or clean-up duties). Depending on the number and severity of incidents, will determine when the coach goes to step #2. Some coaches may also set-up procedures to track misbehavior.
2. Parent contact and/or conference.
3. Suspension and/or dismissal.

Drug and Alcohol Policy

Drugs and Alcohol are a major concern threatening our nation's youth. The North Texas Nadadores wishes to take a proactive approach concerning this issue with the young people in our program. It is the coaching staff's position that drugs, alcohol, and tobacco products have no place in athletics. Hence, the goal of the North Texas Nadadores is to provide a drug and alcohol free environment. During team activities, a drug and/or alcohol violation can result in consequences lined out in the CISD handbook.

In consideration of this position, we ask that all swimmers read the NTN Code of Conduct. Each swimmer and a parent will be asked to sign this policy that was attached to your registration paperwork and renew this commitment annually.

The Role of the Parent

Parental influence can have a tremendous impact (positive or negative) on the development and/or performance of the swimmer. Pressure to succeed, applied directly or indirectly by a parent, is a major contributing factor in the failure of individual swimmers to perform well. This pressure will often create a great deal of anxiety and a "fear of failure" that is difficult for the athlete to cope with. It is important that parents encourage their children to honor their program commitments, but performance **expectations must be** administered by the coach. Parents who encourage their swimmers to commit and persevere, who praise them in their victories and support them in their defeats will contribute greatly to their success. For best results, the parent must also appear to support the coach in all coaching matters. Any concerns should be expressed privately to the coach. Obviously, an attempt by a parent to discredit the coach could render that coach ineffective in dealing with the swimmers.

Parents Responsibilities

Please make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. They will serve your children well.

The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent. Below is a reprint of an article called, "Swim Parents at Swim Meets". It offers some very useful and sound advice on communicating with your swimmer.

“Swim Parents at Swim Meets”

Taken from "Parent, Coach and Athlete" by John Leonard. John Leonard is the Executive Director of the American Swimming Coaches Association. He has been involved in competitive programs of all levels and regularly consults club parent groups.

Communication Do's and Don'ts between parents

- Don't talk exclusively about your own child-athlete.
- Do boost one another's spirits during a long afternoon.
- Don't criticize other people's children.
- Do applaud everyone's good swim.
- Don't spend your time as the perpetuator of rumors.
- Do discuss what good things your club has done lately.
- Don't make it an adult party. (The meet represents a very healthy life style).
- Do encourage one another to work at the meet.
- Do behave as adults - you are there to support your athlete!

Communication Do's and Don'ts (Parents-Swimmers)

- Don't talk about swimming technique (that's for the coach)
- Do be sure they are warm, fed, etc.
- Don't ever say "you didn't try".
- Do encourage them to accept responsibility for their swims.

Don't blame performance on the coach (good or bad performance).
Do promote the same philosophy about the meets as the coach.
Don't offer "extra" rewards for a good performance.
Do let them know you love them with good or bad swims.
Don't compare one swimmer's performance to that of another (especially brothers and sisters)
Do ask about the objectives of the swim.
Don't measure by your standards.
Do measure by the standards of your athlete.
Don't embarrass the athlete by extravagant praise or dismay. (you'd be amazed how difficult extravagant praise can be to live up to next time.)
Do be encouraging of TEAM efforts, especially relays.
Do take note of your personal behavior. As an adult, you set the tone.

Problems with the Coach

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach.

1. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 20 to 30 or more swimmers. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short term inconvenience.
3. If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head age group coach or head coach join the dialogue as a third party.
4. If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

NTN Awards and Incentives

COACHES' AWARD - The most meaningful award that a NTN swimmer can receive is the Coaches' award. The award is presented yearly to those swimmers who exemplify outstanding dedication, commitment and team spirit. Coaches' Award recipients serve as role models for all NTN swimmers

ATTENDANCE AWARD - The purpose of the award is to promote regular practice attendance by swimmers, developing a sense of responsibility regarding their participation in the program. Swimmers wishing to qualify for the Attendance Award must attend practice according to the minimum percentage requirement for their practice group. These percentages are:

Bronze	- 50%
Silver	- 60 %
Gold	- 70 %
Platinum	- 80 %
Junior	- 80%
Senior	- 90%

ALL - AROUNDER - This award is given to NTN swimmers who achieve time standards in all four strokes and an IM. Swimmers must attain "A" time standards in all four strokes and the 100 or 200 IM.

SUPER MEET ATTENDANCE - A special award is given to younger NTN swimmers who attend 80% of the USA Meets offered during the season.

SWIMMER OF THE MONTH - At the conclusion of each month, a swimmer in each age group is selected as swimmer of the month. This award is meant to honor swimmers that display a positive attitude, team spirit, dedication, and commitment. The recipient of this award is given a cap and is honored in the monthly newsletter.

III. SWIM MEET INFORMATION

Philosophy of Competition

NTN engages in a multi-level competition program with United States Swimming that, like our training program, attempts to provide challenging, yet success-oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy:

1. We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, he/she is encouraged to do better. The individual's improvement is our primary objective.
2. Sportsmanlike behavior is of equal importance of improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer has both a "good" and a "bad" swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised and rewarded by the NTN coaching staff.
3. A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.

Swimmers are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice to direct their training efforts.

Swimmers are prepared and encouraged to compete in all swimming events, distances, and strokes. This policy promotes versatility and encourages the swimmer to explore his potential in the wide range of events offered in competitive swimming. Oftentimes, a swimmers "best" stroke changes as they mature and his/her body goes through physical changes.

How to Sign-up and other Meet Information

When is my swimmer ready to enter meets? Your swimmer is probably ready once they are in NTN. The requirements to be on the team are harder than be able to attend a meet. If you are unsure, please e-mail your coach.

Which meets should my swimmer attend? For novice level swimmers, they should attend practice meets and B/C Level meets and “Go for the Gold” Meets. These meets are for the novice swimmer. Every quarter a meet schedule is sent out with a meet schedule for each level of meets.

What is a B/C Meet or even a BB Meet? In North Texas, swim meets are set-up by location, age and ability. B/C, BB, and A are all time standards determined by USA Swimming. B/C times are slower than BB, BB times are slower than A times.

If your swimmer has not ever competed in a USA meet then they are B/C swimmers. Until they get to a certain speed in three or more events, they should go to B/C Meets.

Once they get fast enough they go to BB meets and then BB swimmers progress to A meets. The time standards are age specific (when someone ages from 10 to 11, they start over with time standards).

How do we sign-up? 4 to 6 weeks prior to a specific meet, the meet information is sent out by e-mails (attached with Nadadore Notes or by itself) to all families. The meet information contains all the basic information (where, dates, times, cost, and events). The last page is the sign-up form. You fill out the form and return the form to the front office by the deadline. Attach a check (made out to CISD) for the appropriate cost of the meet with the form.

If you have any questions about whether to enter a meet, or which events to enter, always confer with the coach. The coaching staff reserves the right to make the final decision concerning which meets swimmers may attend. The head coach must authorize any exceptions to this schedule.

Is my swimmer on a relay? In North Texas, relays are put together at the meet. The coaches put together relays based on who is attending and present for warm-ups at the meet. When you do your entries, you do not need to enter or pay for relays. If your child does do a relay, your account will be billed after the meet.

How much does it cost to enter a meet? The cost of each meet varies. Practice meets and dual meets are usually set costs. With Invitationals, you pay the number of events you enter. The cost to enter a meet varies from \$5.00 to \$35.00. It depends on the level and location of the meet.

Behavior at Meets

1. Whenever and wherever a NTN swimmer wears any item of the team uniform, he/she should remember that his/her actions and words reflect on the team he/she represents. Swimmers should behave accordingly. Let your actions reflect the pride you have in the NTN program.
2. As a matter of courtesy, all questions swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through proper channels.
3. As a matter of pride, leave the team area in a neat and clean condition at the conclusion of each session of the meet.
4. With regard to which events a swimmer competes in, the coaching staff shall have the final word. Team members are never to scratch or late enter an event without first consulting one of the coaches.
5. In a meet with preliminaries and finals, it is expected that any swimmer qualifying to swim in the finals will do so. If there is a conflict, they need to speak to their coach.

Receiving Awards in Public

Whenever there is a system of presenting awards at a meet, it is customary for swimmers to be prompt and to cooperate fully with dignity and respect at the presentations. If possible, a team t-shirt or warm up is to be worn when accepting the award. It is also customary for NTN swimmers to be polite and modestly thankful for any awards they receive. It is appropriate to congratulate other swimmers and receive the same with poise and a "thank you". Good sportsmanship is essential. If photos are being taken, we ask the swimmer to remain until the shooting is complete, being sure to cooperate with the photographer. Do not ham it up! The picture may be special to someone else. The image a swimmer presents is a direct reflection of the team.

Types of Meets

“Go for the Gold” Meets: In-house meet for the novice swimmers for introduction into competition.

Dual Meets or Tri-Meets: Meets where NTN competes against only 1 or 2 other teams.

Invitational Meets: Meets where NTN athletes compete against athletes from several teams. Invitational Meets can be divided into different levels of competition.

1. **B/C Meets:** Meets for 12 & under swimmers with times below the BB standards.
2. **BB Meets:** Meets for all 13 & over swimmers with times below the A standard, and all 12 & under who have achieved the BB time standard.
3. **A Meets:** Open to all ages of swimmers who have met the A time standard for their age group.

To view current time standard times, please go to this link:

<http://www.usaswimming.org/USASWeb/Rainbow/Documents/b6f5e251-9707-4d80-92c8-c86992c20e00/2008MotivationalTimes-Top16.pdf>

Championship Meets:

“A” Champs, “BB” Champs, and “B/C” Champs: These are the season ending championship meets in North Texas Swimming for the respective divisions.

TAGS (Texas Age Group Swimming Championships): TAGS is for all qualified athletes 14 & under. The meet is the next level up for “A” swimmers.

USA SWIMMING SECTIONAL CHAMPIONSHIPS - One of the higher levels of achievement swimmers strive for is participation in the Sectional Championships. These meets are qualified Senior Swimmers.

USA SWIMMING NATIONAL and JUNIOR CHAMPIONSHIPS - Other than the Olympic Trials, the highest levels of competition for Senior Swimmers is the U.S.A. National Championships. Swimmers meeting these time standards travel to various cities in the United States to compete against America's best swimmers.

Swim Meet Procedures

The following procedures will assist the swimmer and their parents in expediting their time at a meet.

1. The week before the meet, check your entries on the web or the posting on the bulletin board in front of office. Often the coaches will add or delete some of the events you have entered.
2. Arrive ten (10) minutes before the warm-up time, as stated on the meet information. For positive check-in meets (most meets in North Texas), please check-in for all your events before your warm-ups.
3. Obtain a psyche sheet and check to see if you are properly entered in your events. If there is a mistake, discuss it with the coaches so they can take corrective action.
4. Warm-ups are always conducted by a member of the coaching staff. Team members are required to warm-up with the team. It is important the swimmers and parents alike understand that a good warm-up is an essential part of a successful performance.
5. It is customary for the team to have a "team area" at meets and to sit together as a group. This helps promote team unity and team spirit.
6. All swimmers are required to wear the team suit and team swim cap in competition. All other team apparel is optional; however, wearing the complete team uniform promotes team unity and pride and greatly aids spectator recognition.
7. Each swimmer is responsible for knowing which events he/she is swimming and being present on time to swim. It is customary to write a swimmer's event number in ballpoint pen on the back of their hand for easy reference.
8. Before reporting to the starting blocks, each swimmer must confer with a member of the coaching staff to review race strategy and stroke technique.
9. At the completion of each race the swimmer should ask the lane timers for the unofficial time. The swimmers are asked to come immediately and directly to the coaching staff present at the meet. This gives the coaches an opportunity to discuss the race with the swimmer and add positive comments concerning splits, stroke technique, race strategy, etc. If a warm down area is available, swimmers are to warm down first, and then report to the coaches.
10. In between races, swimmers are asked to rest and stay warm. All energy is to be stored up and used in competition. If swimmers must eat, a light snack is recommended.

11. What to bring to the meet (a few ideas): team swimsuit - team swim cap (optional) - goggles (optional) - two towels (or more) – chair or old blanket or sleeping bag - games or books - - money for heat sheets - light snacks
12. Deck entered relays – at most North Texas meets; relays are put together during warm-ups of the session. Coaches put together relays based on speed and if there is more than one relay (A, B and/or C), then maybe to get others involved. If you are at the meet, the coaches expect you to be available for a relay. It is the swimmer's responsibility to let the coach know prior to warm-up if they are not available for a relay at the end of the meet.
13. Pre-entered relays – When NTN enters relays for championship meets, they may be pre-entered. Swimmers will know they are on relays. Pre-assigned relays, that have to be scratched due to a No Show swimmer, may be charged to the No Show families account.
14. Travel arrangements and expenses at out-of-town meets are considered the responsibility of parents. For some meets, the team will provide lodging & transportation by van or bus. The expenses are totaled and billed or collected in advance.

Appendix

Financial Obligations and Considerations

2009-2010 Fee Structure

Group	Annual	Qtr 1	Qtr 2 & 3	Qtr 4
Copper	\$593	\$140	\$170	\$55/monthly
Bronze I & II	\$593	\$140	\$170	\$55/monthly
Silver I & II	\$704	\$170	\$200	\$55/monthly
Gold	\$810	\$190	\$230	\$230
Platinum	\$920	\$220	\$260	\$260
Senior Prep	\$920	\$220	\$260	\$260
Senior II	\$704	\$170	\$200	\$200
Senior	\$948	\$220	\$260	\$290
National	\$948	\$220	\$260	\$290

USA Swimming Registration Fee: \$56

1. Non-residents pay a 10% surcharge and CISD full time employees receive a 10% discount. Annual payments receive an 8% discount.
2. Subsequent swimmers in the same family receive a \$10 discount monthly or \$30 discount quarterly.
3. Fees are due by the 15th of the first month of each quarter.
 - Family Cap \$700 quarterly
 - Qtr 1: Aug/Sep/Oct; Qtr 2: Nov/Dec/Jan; Qtr 3: Feb/Mar/Apr; Qtr 4: May/Jun/Jul
 - A \$15 processing fee is assessed to all swimmers that become inactive and then return within the 2009-2010 season. Swimmers returning during any part of a quarter will pay pro-rated dues assessed in one- month increments based on each practice group's monthly fee structure.
 - Families are obligated for all dues assessed prior to written receipt of inactivation notice.
 - No refunds will be given on quarterly dues to swimmers who go inactive unless they meet the following criteria:
 - Swimmer moves from current address to a residence more than 20 miles from the Aquatic Center.
 - Swimmer becomes ill or injured to the extent that the swimmer will be unable to swim for at least 4 consecutive weeks.

NTN Swimmer Code of Conduct

I, _____ as a member of North Texas Nadadores, I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of North Texas Nadadores.

1. I promise to show respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice and/or competition.
2. I promise to demonstrate good sportsmanship during all practices, competitions and team activities.
3. I will be an active participant in all team practices, competitions, fundraising events and other team activities.
4. I will come to all team sponsored events in the appropriate attire.
5. I will respect the coaches' and officials' instructions and will make every effort to be on time for workouts, competitions, and team events.
6. I will refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, defamatory, or foul language, inappropriate sexual conduct or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.
7. While on team trips, I will abide by the NTN Code of Conduct for Travel.

PART 1 - GENERAL CONDUCT

The undersigned athlete/coach participating with/for the North Texas Nadadores agrees to abide by the guidelines outlined below in addition to those established by the staff. Any additional guidelines regarding conduct will be presented at the first team meeting.

1. All athletes are expected to follow the directions of the staff.
2. Curfews established and distributed by the staff will be adhered to each day.
3. All swimmers and staff members are required to attend all team meetings and training sessions unless excused by the staff.
4. The possession or use of alcohol, tobacco, or non-prescribed drugs is prohibited.
5. Sexual misconduct and/or possession of pornography is prohibited.
6. Dishonesty, theft, and/or vandalism will not be tolerated.
7. Indiscreet or destructive behavior will not be tolerated.
8. Every effort should be made to avoid guilt by association with such activities as those listed above.

PART II - VIOLATION OF THE CODE

The coaches and chaperons have the power to impose the following penalties for violation of the NTN Code of Conduct. The penalties include, but are not limited to, the following:

1. The swimmer will forfeit his or her privilege of participating in future team travel events.
2. The swimmer will be sent home immediately at his/her own expense with travel arrangements to be made by his/her parents.
3. The NTN Review committee is responsible for reviewing any and all alleged violations of the Code of Conduct and for determining if any further disciplinary action is to be taken.

I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, my parents and the CISD Handbook, which may include suspension and/or expulsion from the team.

I have read and understand NTN's Swimmer Code of Conduct and have reviewed it with my parent(s) or guardian before I signed this document

Swimmer's Signature

Date

Parent's/Guardian's Signature

North Texas Nadadores

NTN Parent Code of Conduct

I/We, _____ as parent(s)/guardian of a swimmer who is a member of the North Texas Nadadores, recognize that my child is a part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I/We agree to follow the rules for behavior and sportsmanship while my/our son/daughter is a member of North Texas Nadadores.

I/We promise to set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice and/or competition.

I/We promise to demonstrate good sportsmanship during all practices, competitions and team activities.

I/We will be an active participant in all fundraising events and other team activities and will encourage and support my child by permitting them to be timely for practices and competitions.

I/We recognize that NTN's coaches are professionals and will allow them to coach my child without interference during work-outs and meets, including not being present on deck during practice or competitions unless I/We are working at a meet.

If I/We have a concern or problem, I/We will address it with the appropriate staff member.

I/We will insist at all times that my child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, defamatory or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

I/We agree that if I/We violate any of these rules, I/We will be subject to disciplinary action determined by the coaches and the NTN Review Committee, which may include my child's expulsion from the team.

I/We have read and understand NTN's Parent Code of Conduct before I signed this document and I agree to abide by the rules stated therein.

Parent's/Guardian's Signature

Date

Parent's/Guardian's Signature

Date

North Texas Nadadores Team Travel Rules

The coaching staff and chaperones hold the final word on any rules, regulations, or disciplinary action.

1. No Team members may be out of their room after the assigned bedtime. Permission must be obtained from the coach to leave the room past bedtime.
2. At no time will male and female athletes be in the same room together with the door closed (unless coach approves due to safety issues). This applies to our athletes and other members of any team or organization.
3. A Nadadore Athlete shall not be in possession, or use alcohol, smoking or chewing tobacco, or any illegal drug or substance. During a team activity a Nadadore Athlete cannot be in the **presence of others** who are either possessing or using the above substances.
4. A Nadadore Athlete cannot break any other rules or laws established by other teams, organizations, or facility.
5. A Nadadore Athlete shall not vandalize, steal, destroy, or damage any property. Any damages or theft incurred at team lodging will be at the expense of the swimmers assigned to that room.
6. No loud or boisterous behavior will be tolerated in the hallways, public areas or hotel rooms.
7. No long distance phone calls on the hotel line. All long distance calls must be collect or on a phone card. No Movies, TV, games or any other chargeable activity may be made without prior coach approval.
8. All Nadadore swimmers will be polite in restaurants and leave at least a 15% tip. If there has been a problem with the service or food, see the coach.
9. No team meetings may be missed. Be punctual to all meetings and warm-up times.

Violating any of the above rules may result in either a swimmer being sent home early (at his/her expense), suspension from further travel meets, suspension from Nadadore team activities or dismissal from team. The type and length of punishment will be based on the severity of the swimmers actions.

North Texas Nadadore athletes and their parents will also be responsible for all fines and fees associated with their actions. There will be no refund of dues or fees to North Texas Nadadore members during suspension or dismissal.

Return this form, signed and dated by the time of departure. By signing and dating this form, you are stating that you have read the above rules. You are also agreeing to abide by these rules and associated penalties.

Parent Name: _____ Swimmer Name: _____

Date: _____