

## *BREA Aquatics 2009 Handbook*



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## **1.0 INTRODUCTION AND TEAM PHILOSOPHY**

### **1.1 Welcome**

We would like to take this opportunity to welcome you to BREA Aquatics. We look forward to meeting you and working with your swimmer(s). Our club is a year round competitive swimming team offering instruction, training, and competition to young people of all ages and abilities.

BREA Aquatics is one of the fastest improving teams in the entire United States. The team competes in local, regional, national, and international competition sanctioned by United States of America Swimming, Inc. ("U.S.A. Swimming"), the national governing body for amateur swimming in this country.

This handbook will help familiarize you with all facets of BREA Aquatics and competitive swimming in general. As you look through the following pages, you will be introduced to our history, philosophy, team policies, and to the basic information concerning your day-to-day participation in the BREA Aquatics program. It is our hope that this handbook will help you better understand and enjoy the inner workings of our team and the world of competitive swimming.

### **1.2 BREA Aquatics Facilities**

BREA Aquatics trains at two different pools. One practice pool is on the (MSAC) Mount San Antonio College campus in Walnut, CA. The second practice pool is at Brea-Olinda High School in Brea, CA. We offer Bronze, Silver, Gold, and Pre-Senior levels at both facilities. Swimmers can select to swim at either pool for their training. The select Group and Senior groups practice primarily at the MSAC facility. Practices are normally held Monday-Friday every week of the year. Saturday practices are held at MSAC.

The Mount San Antonio College facility is nestled in the rolling hills of Walnut, California. The pool is 50 meters by 25 yards with nine long course lanes. It is our long course training pool during the long course season. It is also used for short course training. In addition, we have use of the weight training facilities adjacent to the pool.

The Brea-Olinda High School facility is located in Brea, CA and provides spectacular views of Northern Orange County all the way to Catalina Island. The pool is 25 yards long with ten short course lanes and all new lane lines and starting platforms.

### **1.3 General Description and Objective**

BREA Aquatics is a non-profit Corporation governed by a Board of Directors elected from the membership. The Board is responsible for the everyday administration of the team including hiring of coaches, team finances, pool agreements, organization of team functions, and fundraising.

The Coaching Staff are employees of the Corporation and are responsible, under the guidance and supervision of the Head Coach, for all matters relating to the planning, development and implementation of the swimming programs.

The team has been in existence since 1971 and merged with Gemini Aquatics in 2003.

We are a Silver Medal Club Excellence Team for USA Swimming.

### **1.4 Team Philosophy**

When a young person becomes a member of Brea Aquatics he/she learns the values of sportsmanship and teamwork. Swimming with Brea Aquatics, provides physical, emotional, and intellectual skills that will last a lifetime.

BREA Aquatics is a family-oriented team with the primary goal of providing swimmers of all ages and abilities the opportunity to be part of a top-quality swim team. We recognize and emphasize that it is not necessary to be a top swimmer to be part of a top team. On the other hand our aim is to build a framework within each swimmer is able to achieve his/her full potential as a competitive athlete.

The involvement of parents in the activities of the team is encouraged, in fact it is expected, since we feel that their participation and support is essential for the lasting success of any youth organization.

### **1.5 Coaching Philosophy**

The coaching philosophy is encompassed in the words **COURAGE** and **PERSEVERANCE**.

**COURAGE** is the willingness to accept risk(s) and endure failings. Courage does not exist unless there is a situation that presents the opportunity for success. We encourage our athletes to embrace these opportunities and not fear the outcome.

**PERSEVERANCE** is the backbone of success in any endeavor in life. One cannot succeed at the highest levels without enduring some setbacks. These difficult times can create a lack of faith, low self-esteem, and an obvious drop in enthusiasm. Perseverance is the quality that transcends these difficult times. It allows the individual to find the true strength of their character.

Brea Aquatics Coaches believe that **COURAGE** and **PERSEVERANCE** developed by swimming will prepare the individual for the challenges they will face in life.

## **2.0 COACHING STAFF AND TEAM STRUCTURE**

### **2.1 Coaching Staff**

Nothing has a greater influence on the quality of children's sports than the excellence of the coach. The Brea Aquatics staff consists of professionally trained coaches. They have access to the most comprehensive training and certification program for youth coaches of any sport in the United States. Certified coaches in U.S. Swimming programs possess training and experience in the physiology and psychology of adolescent development. Our coaching staff provides the assurances that the time your children spend in swimming will be quality time.

#### **2.1.1 Jim Johnson – Head Coach/CEO**

Jim came to Gemini Aquatics, early in 1991. After the merger of Brea Aquatics and Gemini Aquatics, Jim became the head coach of the new Brea Aquatics.

Jim graduated from the University of California, Berkeley with a B.A. in Physical Education and has been a certificated teacher for the past 14 years.

Prior to joining Gemini Aquatics, Jim was Assistant Men's Swim Coach at CSU, Chico and Head Coach of the Paradise Piranha Swim Team in Northern California. He also spent 3 years as Head Coach of the Swim Team of Placentia.

Jim has had the opportunity to learn from some of the greatest swimming coaches in the world. He has developed his coaching philosophy from the likes of two-time NCAA Champion and Hall of Fame Coach Nort Thornton, Coach Ernie Maglischo, a 13 time NCAA winning coach and author of the greatest book ever written on swimming, "Swimming Even Faster", and Mike Hastings coach of Olympians John Naber and Summer Sanders.

Jim's coaching credentials are equaled only by his achievements as a swimmer. He was a High School All-American for 2 years, a NCAA Div. I All-American for 3 years, two-time Pac-10 Champion, a member of the University of California NCAA and Pac-10 Championship teams, a member of the United States National Team from 1976-1981, and an Olympic Trials finalist in 1980. The extensive experience as a coach and as a swimmer that Jim has brought to Brea has already borne fruit, with two Olympic Trials Qualifiers, 4 Senior National Qualifiers, numerous Junior National Qualifiers, scores of CIF Champions and outstanding performances by our team at Junior Olympics and Sectionals. Under Jim's guidance Brea Aquatics has become one of the top teams in Southern California.

You can contact Jim at [CoachJim@breaaquatics.com](mailto:CoachJim@breaaquatics.com)

### **2.1.2 Assistant Head Coach**

Our assistant head coach is Jodi Lepp who is charge of club activities at the Brea High School pool. You can contact her by emailing her at [CoachJodi@breaaquatics.com](mailto:CoachJodi@breaaquatics.com) or calling her at (909) 615-7643 if you have any questions about the club or the swim meets.

Please visit our website [www.breaaquatics.com](http://www.breaaquatics.com) for a Bio on each of our Coaches.

## **2.2 Coaches' Responsibilities**

The coaches' job is to supervise the entire competitive swim program. The BREA Aquatics coaching staff is dedicated to providing a program for youngsters 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.

The coaches are responsible for placing youngsters in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/ she will be placed in a more challenging training group by the coach.

Sole responsibility for stroke instruction and the training regimen rests with the BREA Aquatics coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.

The coaching staff will make the final decision concerning which swim meets BREA Aquatics swimmers may attend. The coaching staff also makes the final decision concerning which events a swimmer is entered into.

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 youngster's performance)

The building of a relay team is the sole responsibility of the coaching staff.

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

### **2.3 Team Levels**

Brea Aquatics uses a "progressive" age group program designed to develop the child 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 is the reverse situation.

In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals. Unfortunately, this is not always the most convenient approach to take, but it is always the most productive.

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 group assignments based on a swimmer's physical, mental, and emotional level of development.

#### **2.3.1 BRONZE GROUP**

(Ages 5-12)

This swim program is designed for children 12 and younger who are new to the sport of swimming. The only requirements are to be water safe and able to swim 50 yards of freestyle without stopping. Swimmers are taught the basics of the four competitive strokes and competition starts and turns, while building their endurance. Swimmers in this group experience the fun of competition in team swim meets. Emphasis is placed on developing positive self-esteem, making new friends and having fun! The Bronze Group swims year-round and practices are offered four-five days per week for 45-60 minutes. There is no attendance requirement.

#### **2.3.2 SILVER GROUP**

(Ages 7-12)

Swimmers in this group have a basic understanding of swimming skills. Refinement and continued development of these skills are the main objective of this group. All of the swimmer's other activities, such as soccer, baseball, dance, etc. are still encouraged. The basic points of emphasis are swimming satisfaction, fun, stroke technique and beginning competition. Swimmers generally compete in "Blue/Red/White" level swim meets and are encouraged to attend at least three of the six one-hour practices offered each week. Move-up requirement is determined by the coaches, usually requiring 8 and under "A" level times.

#### **2.3.3 GOLD GROUP**

(Ages 9-13)

Swimmers in this group have a high level of competitive swimming experience. Endurance, conditioning and stroke refinement are emphasized. In addition, race strategy, competitive skills, goal setting and an understanding of time standards are emphasized. Swimmers generally compete in "Blue" level swim meets and are expected to attend at least four of the six 1 1/2 - 2 hour practices offered each week. Move up requirement is determined by the coaches, usually requiring 10 and under "A" times.

### **2.3.4 SELECT GROUP**

(Ages 9-14)

Swimmers in this group are competing at the highest levels of age-group swimming. Dry land training, endurance, conditioning and stroke refinement continue to be emphasized. Swimmers in this group are very competitive and train at high intensity levels. Swimmers generally compete in "Blue" level meets and higher. Swimmers are expected to make all practices and are required to attend 5 practices per week. Move up requirement is determined by the coaches, usually requiring 10 and under "AA" times.

### **2.3.5 PRE-SENIOR**

(Ages 13&up)

Swimmers in this group have some competitive swimming experience. The focus of this group is to improve the swimmer's stroke skills, conditioning and endurance. Swimmers in this group generally compete in "Red/White" or "Blue" level meets, and high school swim meets. Swimmers in this group are encouraged to attend at least four of the six 1 1/2- 2-hour practices offered each week. Move up requirement is determined by the coaches.

### **2.3.6 SENIOR DEVELOPMENT**

(Ages 13&up)

Swimmers in this group have a high level of competitive swimming experience. This group is designed to transition swimmers from age group swimming to senior swimming through an increased volume and intensity of training. The focus is to improve cardiovascular fitness, refine stroke skills and gain competitive experience. Swimmers in this group generally compete in "Blue", "AA", Junior Olympic and Senior Development level swim meets, and are expected to attend all practices and required to attend 5 of the nine 1 1/2- 3 hour practices offered each week. Move up requirement is determined by the coaches, usually requiring 13-14 "AA" time standards.

### **2.3.7 SENIOR**

(Ages 13&up)

Swimmers in this group have the ability to train consistently in a high intensity training environment. The goal of the swimmers in this group is to compete at the national and international level. Some members of this group regularly represent our team in national competitions. Swimmers in this group generally compete at Senior Q and Senior Sectional meets and are expected to attend all practices. Move up requirement is determined by the coaches, usually requiring 13-14 Junior Olympic time standards.

## **3.0 SWIMMER'S TRAINING SEASONS AND RESPONSIBILITIES**

### **3.1 Training Sessions**

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Training schedules are designed to provide only slightly more time than is required for a swimmer to accomplish this. Therefore it is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program. Pool time is precious. Don't waste it!

### **3.2 Practice and Attendance Policies**

The following guidelines are to inform parents and swimmers of the coaches' policies regarding practice. These policies have been developed over many years and are designed to provide the best possible practice environment for all.

Each training group has specific attendance requirements appropriate for the objectives of that group. As a general rule, the least possible interruption in the training schedule will produce the greatest amount of success. The club does, however, encourage younger swimmers to participate in other activities in addition to swimming. The coaches' expectations of practice attendance increase as the level of the swimmer increases.

For the swimmers protection, they should arrive at practice no earlier than 15 minutes prior to their workout time. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim five minutes prior to the start of their practice.

Plan to stay the entire practice. The last part of practice is usually the most important. There may also be announcements made at the end of each practice.

Occasionally, most of a practice group may be attending a meet, in which case you will be notified of a practice change or cancellation.

While on school grounds (MSAC) (BOHS), the swimmers are the responsibility of the coaching staff. During practice sessions, swimmers are never to leave the pool area without the coach's permission.

BREA Aquatics Club members have an obligation to act as guests while on the MSAC or BOHS campus grounds (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.

Parents are not allowed on the pool deck during practice unless it is an emergency. Please stay in the bleachers.

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

### **3.3 Illness & Injury**

Whenever possible, the coach should be informed in advance of an illness or injury. Regardless of how serious or trivial it may be, it will almost always be possible to find a physician (or parent) who will recommend abstaining from training, and one who will recommend a modified approach. It is helpful to find a family physician who appreciates the importance of participation and who understands the repercussions associated with missed meets and training sessions.

If your swimmer will be out of the water for a long period of time with an injury or illness, please notify the business manager at [businessmanager@breaaquatics.com](mailto:businessmanager@breaaquatics.com) so the coaching staff is aware of the problem.

### **3.4 Swimmer's Training Responsibility**

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 (i.e., goggles, kick boards, etc.) to workouts. 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.

### **3.5 Swimmer's Code of Conduct**

Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.

A swimmer may never interfere with the progress of another swimmer, during practice or otherwise.

At all club functions, whether practice, meets, or social gatherings, we expect each swimmer to behave in such a way that their actions reflect positively on the team.

All members of the club, whether parents or swimmers, shall continue to protect and improve the excellent reputation the club has throughout the state and country.

All Senior Group swimmers will be required to sign the "Honor Code". A copy of this is given in Appendix C.

## **4.0 PARENT'S SECTION**

### **4.1 Parent Responsibilities**

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress your youngster makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join Brea Aquatics and reacquaint yourself with this section if you are a returning Brea Aquatics parent.

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/her children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach his/her full potential as an athlete.

The coach is the Coach! We want your swimmer to relate to his or her coach as soon as possible concerning swimming matters. This relationship between coach and swimmer produces best results. When parents interfere with opinions as to how the swimmer should swim or train, it causes considerable, and oftentimes insurmountable, confusion as to whom the swimmer should listen to. If you have a problem, concern, or complaint, please contact the coach.

Best kind of parent: The coach's job is to motivate and constructively criticize the swimmer's performance. It is the parent's job to supply the love, recognition, and encouragement necessary to make the child work harder in practice, which in turn gives him/her the confidence to perform well in competition.

Ten and Unders: Ten and Unders are the most inconsistent swimmers and this can be frustrating for parents, coaches, and the swimmer alike! Parents and coaches must be patient and permit these youngsters to learn to love the sport. When a young swimmer first joins Brea Aquatics, there may be a brief period in which he/she appears to slow down. This is a result of the added concentration on stroke technique, but this will soon lead to much faster swims for the individual.

Not every time: Even the very best swimmer will have meets where they do not do their best times. These "plateaus" are a normal part of swimming. Over the course of a season times should improve. Please be supportive of these "poor" meets. The older swimmers may have only two or three meets a year for which they will be rested and tapered and swimming their best times.

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. "The Ten Commandments for Parents of Athletic Children" offers some very useful and sound advice on communicating with your swimmer.

In Appendix "A" located at the end of this book there is a copy of the "Terms and Conditions for Participation in the Brea Aquatics Club" that you signed when you registered with the Club. Please familiarize yourself with these items.

#### **4.2 Communication**

Our website [www.breaaquatics.com](http://www.breaaquatics.com) has our most important news, and almost everything you can think of in regards to swimming. Through your members page on our website you can enter meets, check your best times, check your account balances, etc. Our business manager, webmaster, and all of our coaches have e-mail addresses listed on our website for contact.

Normally the best way to speak with the coaches is to meet them after practice. They usually make themselves available for 10 minutes to answer questions, provide information, etc. Sending a note to the coach with your swimmer is a good way to get information to them.

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.

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 dialog.

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 15-25 members. 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.

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 coach join the dialogue as a third party.

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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.

## **5.0 BOARD OF DIRECTORS AND FINANCIAL INFORMATION**

### **5.1 Board of Directors**

**Mission Statement:** The guiding mission statement of the Board of Directors which all decisions are measured against is:

With the main focus of the club always on the swimmer, the Board of Directors exists to ensure the continuation and excellence of the Brea Aquatics Club by:

1. Providing necessary business functions
2. Assisting and supporting the coaching staff
3. Communications

### **5.2 Dues Policy**

Dues are payable on the first of each month. They are past due by the 10<sup>th</sup> of the month. If payment is not received by the 21<sup>st</sup> of each month a \$15 late fee will be charged. You will be responsible for paying monthly dues as long as you are on the team. If, during the swimming year (Sept.1 to Aug. 31), a swimmer does not pay dues for any given month, you will be taken off our roster. To rejoin the team you must repay the Brea Registration fee of \$75. If you take a month off, you will still be required to pay your monthly dues to hold your spot on the team. The only exceptions to this policy will be high school swim season (Feb-May only, you must rejoin the team immediately after high school season is over) and a valid medical reason, which the board will deal with on a case by case basis.

Each additional child in the family will be allowed to deduct \$10 from the cost of their group's dues. For example, if the first child is a senior swimmer, they will pay the full \$120/month dues; a second child in the gold group would pay \$80; a third child in the silver group would pay \$60 – for a total of \$260/month.

College swimmers who swam with us for at least a year may come back and practice during Winter and Spring breaks, free of charge. They must be registered with USA Swimming. However, if they choose to come back and swim over the summer, they must pay monthly dues like any other swimmer. The team registration fee is waived.

### **5.3 Fee Structure**

-Senior Swimmers	\$120/month
-Age Group Select Swimmers	\$100/month
-PreSenior & Gold Swimmers	\$90/month
-Silver group swimmers	\$70/month
-Bronze Swimmers	\$65/month

### **5.3.1 Team Registration Policy**

You pay \$75 when you join our team. You will receive a copy of the team handbook, a swim cap and a Southern California Swim guide.

Our team's yearly registration fee for current team members is \$50 per swimming year. It is assessed Dec. 1 of every year to each swimmer and must be paid by Dec. 10 of the same calendar year. This helps cover the banquet cost for each swimmer, plus team awards etc.

### **5.3.2 USA Swimming Registration**

We are a USA Swimming certified club. Your USA Swimming registration must be completed when you join our team. This fee covers the cost of our liability insurance and allows us to swim in USA Swimming sponsored meets. You are not allowed to be in the water until your registration is complete. If you joined on or after Sept. 1 your registration is good until the end of the following year. Otherwise you must renew your USS registration at the end of each calendar year. Presently the fee for this registration is \$55 per calendar year.

### **5.4 Fundraising**

Each family will be responsible for \$100 worth of fundraising during the swim season. We will have ample opportunities for this – such as swim-a-thons, corporate sponsorships, etc. This fee will be billed to your account in November of each year. Swim a thons are usually held in October.

### **5.5 Team Responsibilities**

Each family is required to work at all home meets; pay a snack bar fee of \$20.00 at all “home” meets and participate in timing at all “away” meets. If you have never done this, more experienced parents will show you how. Nonparticipation will result in a fine to the family.

### **5.6 Team Uniform**

The team colors are navy, red, and white. One of the two required item to wear in any meet is a team swim cap. The reason for this requirement is that each coach is responsible for 10-20 swimmers at each meet and as the Brea Aquatics is a unique design, it is easily spotted by both coaches and parents alike. This cap is available from specified members of the club. Most swimmers should have at least two on hand for each meet.

The team suit is a solid navy racing suit. All team members, including those swimming in an "unattached" status, must wear the team suit in competition. The suit is available at our team supplier CAS (Competitive Aquatic Supply) which you can find a link on our website.

Swimmers should wear Brea Aquatics T-shirts and/or sweats/parkas at swim meets. It is highly recommended that each swimmers name be placed inconspicuously on all pieces of the team uniform.

## **6.0 SWIM MEETS**

### **6.1 Competitions**

The BREA Aquatics Club staff does not see the first place person as the only winner. We'd rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics.

Sports are not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one's abilities. Seen in that light, winning without learning is not the Brea Aquatics Club's desired intention. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the medals, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self- image. These are the things that make the swimmer a more successful person with a better chance of living a life closer to their peak potential, and to contribute to the world they live in.

### **6.2 Age Group Levels**

There are seven different age group classifications recognized by United States Swimming (the governing body of the sport): 6-Under, 8-Under, 10-Under, 11-12, 13-14, 15-16, 17-18, and Senior. The Senior classification includes any age registered swimmer who has achieved the prescribed qualifying time for the event. Not all age group classifications are offered at every swim meet. The swimmers age on the first day of a meet will govern the swimmers age for the entire meet.

At local Southern California Swimming meets swimmers compete against others based upon their best times achieved. Generally, new swimmers enter "Red/White" meets until they achieve "Blue" time standards. The levels then continue all the way up to Olympic Trials time standards. When you first register with Brea Aquatics you will receive a Southern California swim guide with all of these time standards, a calendar of meets, swimming records, and Southern California Swimming rules and regulations.

### **6.3 Types or Levels of Swim Meets**

#### **6.3.1 Red/White Meets (Developmental meets)**

These meets generally do not have any qualification time standards. Most of the time these meets offer each one of the competitive strokes in the two distances offered for each group. Each swimmer is usually allowed to enter from 3-5 events per day. Once you have a "Blue" time in an event you may not swim that event at this level.

#### **6.3.2 Blue Meets**

These meets have "Blue" qualification time standard(s) that a swimmer must meet in order to enter the meet. These times are usually on the meet entry form. If you have "Blue" time standards in short course then you may enter that event at the "Blue" minimum time in long course meets, and vice-versa. If you have "Blue" times in 3 strokes you may swim all events except the "distance events at a "Blue" level meet by entering the minimum time allowed.

### **6.3.3 Age Group Championships/Junior Olympics**

At the end of swim season there is a Championship meet for age groups 10-Under, 11-12, 13-14, 15-18. These meets are usually held in the middle of February, the first week of August (Long Course), and the second week of December. Swimmers must meet a minimum time standard in an event in order to participate in these meets. The time standards are listed in the Southern California swimming guide and on their website – [www.socalswim.org](http://www.socalswim.org)

### **6.3.4 Senior Competitions**

These meets vary in time and place and may have different senior time standards. They can range from Sectional to Regional championships. There are usually two of these meets that the senior group attends each year, short course in March, long course in July.

### **6.3.5 Speedo/USS Junior National Championships**

One of the highest levels of achievement Brea Aquatics swimmers strive for is the participation in the Junior National Championships. Brea Aquatics swimmers meeting qualifying time standards for this meet travel to different locations throughout the United States to compete against the best 18-Under swimmers in the nation.

### **6.3.6 Phillips 66/USS National Championships (Senior Nationals)**

Other than the Olympic Trials and the World Championship Trials, each of which is held every four years, the highest level of competition for our senior swimmers is the USS National Championships. As with the Junior Nationals, Brea Aquatics swimmers meeting the national qualifying time standards travel to various cities throughout the U.S. to compete against America's best swimmers. Swimmers can qualify for national teams that represent the U.S. in international competition by their performances at Senior Nationals.

## **6.4 Meet Schedule**

There are three distinct seasons throughout the year. The fall season which runs from September-December, the winter season which runs from January-May and the summer season which runs from May-August. Most swimmers take a short break at the end of August to re-energize for the next year. Each season a meet schedule is E-mailed to all members and posted on our website.

The meet schedules are established with the expectation that swimmers will attend every meet available at their classification level. Usually one (1) per month. In other words, a "Silver Group" swimmer with "Blue" times should participate in all "Blue" level meets, a "Gold Group" swimmer with "Red" level times should participate in all Red/White meets.

We do not schedule a meet unless we feel it is important to participate. We also understand that other obligations can occur during a scheduled meet. Therefore, our requirement is that members participate in one (1) meet every season (Fall) (Winter) (Summer). One can also choose to enter only one day of a two or three day meet.

On average, we want all team members to compete once every month. The meet schedule is established with this philosophy in mind. In some cases, meets of a similar classification are scheduled as close as two weeks apart or as far as one month apart.

As a general rule, we discourage competing on two successive weekends (except in championship meets). This policy holds true for all levels of competition.

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The coaching staff reserves the right to make the final decision concerning meets Brea Aquatics Club swimmers may attend.

Team championship meets (Sectionals, Junior Olympics, etc.) are very important to our team. Since the coaching staff places the most emphasis on these meets, Brea Aquatics swimmers who are qualified are highly encouraged to attend.

### **6.5 Entering a Meet**

All BREA Aquatics meets are entered through our website. Meet information sheets will be distributed through the email two week before the turn-in date. If the meet is for your classification, read all of the information carefully. Information will be posted on the team website.

Electronic Swim Meet Entry Procedure The Orange Section of Southern California Swimming has asked all their teams to go to an electronic TEAM entry for all swim meets. To make this process the least confusing as possible, BREA Aquatics will be sending a team check to pay for all entries, so there is no need to separately pay for meet entry fees. Meet fees will show up on your monthly invoice, beginning the month after you join the team.

Online Meet Entry - The process is simple and straight forward. Please follow the next few steps to sign up for a meet.

- Go to the [Members page](#) of the website [www.breaaquatics.com](http://www.breaaquatics.com)
- Select the meet at bottom of the page for the event you want to enter
- You will be brought to a webpage on our team website that will allow you to commit or not commit your child to the meet. If you have more than one child swimming you will see them listed on this page.
- Click on the Signup Record pull-down and select Yes
- Once yes is selected, you will see the events your child MAY be eligible to swim
- You will also see the best times inserted into the Entry Time field and highlighted in yellow
- Check the Checkbox to the left of the name for those events you would like to swim
- Please take careful notice of and time standards that must be met in the right-side columns
- Once you have finished, click on the Submit Button in the lower right
- Repeat the process for additional swimmers
- You will notice that Coach Approval column will indicate Pending after you submit
- Please pay careful attention to the day of each event as well as sessions per day
- Please add any notes that you want the Coach or Administrator to see
- From here, your coach will review your declaration and APPROVE or REJECT your request.
- Once they submit the final choices you will be able to review by signing in and clicking on the Attend This Event button for any events listed on our team website.
- Look at the Coach Approval column for the events that you have been confirmed to swim.

## **6.6 All About Meets**

Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be decided by the coaching staff and listed in the meet information e-mailed out to all BREA swimmers.

Upon arrival, find the Team Area to put your swimmer's chairs, blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.

Find the **check-in** place where your swimmer will need to check themselves in.

- This is usually around the area marked "Check-In".
- Check for special posted instructions in the area. Swimmers need to check-in for each event they are swimming that day. If this is not done, the swimmer will not be allowed to swim that event.
- This is done so that the people running the meet know who is actually at the meet.

Once "checked in", write each event-number on your swimmer's hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen for.

Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.

After warm-up, your swimmer will go back to the team area where his/her towels are and sit there until the meet starts. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.

The meet will usually start about 10-15 minutes after warm-ups are over.

All questions 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 the proper channels.

**Meet Program:** A meet program is usually available for sale in the concession area of the pool. It lists all swimmers in each event in order of "seed time". Each swimmer and his/her previous best time in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

**Heat sheets:** A listing of events and heats will be posted before the start of each event. It is important to know the heat and lane assignment for your swimmer and be behind the starting area before the start of the event. Please listen to announcements and watch the meet carefully so you won't miss an event.

### **6.6.1 During the Meet**

All swimmers should check-in with their coaches before every race to get special instructions and to let the coaching staff know what heat and lane they are swimming.

After completing an event swimmers should ask the timers (people behind the blocks at each lane) for their time. Then they should go immediately to their coach. The coach will then discuss the swim with each swimmer.

### **6.6.2 Parents**

Make sure you sign up for a timing shift at the beginning of each session. You are responsible for a timing shift for each session your child participates.

Make sure your swimmer is properly fed and hydrated during the meet.

Tell your swimmer how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell your swimmer how proud you are and what a great job they did.

Make sure your swimmer has a comfortable place to relax in the team area between events. This is another good time to use the bathroom, get a drink or something light to eat. The swimmer now waits until his/her next event is announced and starts the procedure again.

When a swimmer has completed all of their events they get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and they are not there. (The coaches speak from experience on this issue).

### **6.6.3 What To Take To The Meet**

- Most important: Swim Suit, Brea Aquatics Cap, goggles.
- Baby or talcum powder--To "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
- Towels--Realize your swimmer will be there awhile, so pack at least two.
- Something to sit on. Example: chair, sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
- Sweat suits: bring one. Each swimmer may want to bring two because they can get wet.
- Team T-shirts: Two or three. Same reason as above.
- Games: music, travel games, coloring books, books, anything to pass the time.
- Food and drinks: Do not get dehydrated! Bring plenty of water or a Gatorade type drink. Bring snacks! They usually have snack bars at the meet, but the lines are long and most of the time they only sell junk food.

## 7.0 APPENDIX

### 7.1 Team Travel Policy

Most swimmers begin traveling to meets with their parents. As swimmers progress and get older it is important for swimmers to participate in meets both with and without their parents in attendance. This adds to the growth experience a child can gain from competitive swimming, teamwork, and individual initiative. As a swimmer progresses to Junior and Senior Nationals, oftentimes they attend these meets without their parents. It is, therefore, necessary for a swimmer to learn to travel with their team. Occasionally BREA Aquatics offers Team Travel Meets. The following rules apply to these cases:

All Brea Aquatics swimmers must travel with the team and stay in the team hotel on all TEAM TRAVEL MEET trips.

Brea Aquatics swimmers must remain with the team for the duration of the trip (including meals and team functions).

If a Brea Aquatics swimmer would like to return with his/her parents, he/she may leave if his/her meet is over and arrangements were made prior to the start of the trip. However, the swimmer is still responsible for full round-trip transportation costs.

The full amount of designated transportation costs will be collected in advance or billed to accounts. These amounts are not refundable.

All release forms must be signed prior to the trip.

The "Honor Code" must be followed by all swimmers. Regulations must be followed as set forth by coaches and chaperones.

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**7.2 Terms and Conditions of Membership**

1. The yearly club registration fee and United States Swimming (USS) registration fee are not refundable and must be paid prior to January 1st.
2. Monthly dues will be billed on the 22nd for the next month and due payable on the 1st. Dues will be considered late if not paid by the 21st of the month and will incur a \$15.00 late payment fee. Any checks returned to the Brea Aquatics Club for Non-Sufficient Funds will be subject to a \$15.00 additional handling charge.
3. Meet entry fees are in addition to the monthly dues. Nonpayment of billed entry fees will also necessitate a late payment penalty.
4. Should a swimmer decide to discontinue participation in the program, the monthly dues for the month of which he/she swims any portion thereof, and any outstanding entry fees are considered an obligation to the Brea Aquatics Club, and are payable upon termination of participation.
5. All swimmers, who are members of the Brea Aquatics Club, are required to participate at their highest level of achievement in championship meets (including relays) as determined by the coaches.
6. Each family is responsible for \$100.00 fund raising each fiscal year.
7. Each family is responsible to pay a snack bar fee of \$20 at all hosted meets, work a minimum of 2 sessions at each hosted meet, and fill a timing chair at all away meets for each session their child participates.
8. Each Senior Group swimmer will be asked to sign the swimmer "Honor Code". Failure to comply with this code may result in the swimmer being asked to leave the team.
9. Each parent and swimmer is responsible for reading and understanding the contents of the "Brea Aquatics Club Handbook".
10. I understand and agree to the above terms and conditions of the BREA Aquatics Club in exchange for the privilege of my child(ren), registered with this form, to participate in the activities and swimming program of the Brea Aquatics Club.

(Signature of Parent or Guardian)

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Date\_\_\_\_\_

### 7.3 Honor Code

The following code is in effect throughout the year. Some of the items refer specifically to team travel. Additionally, anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future travel meets or other competition or dismissal from the team.

The BREA Aquatics Club will seek out of town swimming competition for the following reasons:

- a higher quality of competition;
- experience in trial/finals competition;
- conditions conducive to exceptional performances.

BREA Aquatics may travel as a team to these meets and everyone is expected to behave in an exemplary manner. The reputation of BREA Aquatics, as well as the other athletes with you, is dependent on your behavior.

The coaching staff holds the final word on any rules, regulations, or disciplinary action.

The consumption or purchase of alcohol, tobacco, or any other illegal drug or substance of any kind will not be allowed. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from Brea Aquatics. Any swimmer suspected of such activity will appear before a review committee composed of the senior team coach, the club president, and two other Brea Aquatics board members.

At no times will male and female athletes be in the same room together with the door closed. This applies to BREA Aquatics members or members of any other team. No team meetings may be missed. Be punctual to all meetings and warm-up times.

No team member may be out of their room after the assigned bed time. Permission must be obtained from the coach to leave the room past this time.

Any damages or thievery incurred at a motel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas.

I recognize my responsibility to abide by the rules and requirements of BREA Aquatics.

Swimmer \_\_\_\_\_

Parent \_\_\_\_\_

Dated \_\_\_\_\_

**7.4 Southern California Safety Notice****USA Swimming Safety Notice to Parents**

To avoid risk of serious injury, no swimmer who has not been properly trained should attempt to perform a racing start, from either a starting block or the side of the pool, into less than six feet of water.

USA Swimming has implemented a racing start certification program where a swimmer's coach documents his or her professional judgment that a swimmer has demonstrated sufficient skill to safely perform a racing start into four feet of water.

Although somewhat unusual, swimmers do not always participate in swimming competitions under the supervision of a certified coach. It is the parent's responsibility to make sure the swimmer does not attempt to perform a racing start in less than six feet of water if the swimmer has not been properly certified by the swimmer's coach to do so.