

Viper Aquatics
Short Course 10/11 Season Information Packet

You are receiving this information because you attended a team information and tryout session during the fall, contacted us about joining our team or have been a member of our program in the past. This packet should contain all the information you need to register for the 2010 - 2011 swim season.

Important Contents:

--Fee Schedule for 2010 – 2011 - After careful consideration of our budget situation, a decision was made to increase our fees by approximately 4% this year. The Viper Aquatics Board of Directors and coaching staff strongly believe that our fees are *very* reasonable given the quality of the program in which you will participate. We strive continuously to improve all aspects of our club and coaching staff and feel that we offer one of the most cost effective and comprehensive competitive programs in the area. Our coaching staff is committed to the success and well being of each and every one of the young people on our team. We are confident you and your children will enjoy and benefit from your time in our program. Some new money saving features we've added this year include no training fees for any swimmers fourth or higher in their family, and a financial assistance program for families who demonstrate need.

--Registration - In order to register your swimmer(s), please go to: www.viperaquatics.org. You will find the menu to the left of the page, click on "Registration" and follow the simple directions in order to register.

Registration for returning members must be completed between Wednesday, September 1st and Monday, September 6th, and registration for new members may occur any time after September 6th.

***If you fall outside of this date range for any reason (for instance, you are a returning member signing up late), please contact Coach Kyle Messmore before you register.**

Please mark your calendars--Important Dates for the Fall Season:

Thursday and Friday, September 9th and 10th New Swimmer Evaluations 6-7pm @ WHS

Tuesday, September 7th First Practice—Senior Group and Group 4

Monday, September 13th First Practice—Groups 1-3.5

Friday, Saturday, and Sunday, Oct. 29-31st FAST/Viper October Invitational @ Fishers High School

--Note: We are co-hosting this meet with FAST. All families are required to work at least three sessions. By becoming a team member, you are agreeing to our volunteer agreement.

Again, welcome to a new season. Thank you for choosing to be a part of our great community. Together we can accomplish great things!

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What are our fees and how are they calculated?

--*Registration:* Our registration fee is \$120.

--\$53 goes directly to USA Swimming to officially register your child. Your benefits: secondary accident insurance, eligibility to enter swim meets, bi-monthly issues of *Splash* magazine, eligibility to participate in USA Swimming and Indiana Swimming programs such as camps.

--\$20 goes to our Hospitality Fund, to help fund hospitality at our hosted meets.

-- \$25 goes directly to Westfield Washington Schools as a facility usage fee.

-- The remainder pays for additional facility rental fees and administrative costs.

--*Training/Practice Fees:* Our fees are based on two variables, practice time and coaching staff needed.

There is a base charge for every group based on pool hours, plus a “coach multiplier” based on the number of coaches needed to run any given practice group.

Other Financial Components

Sibling Discounts: Viper Aquatics offers sibling discounts on training and registration fees for the second and third siblings in any family. Any athlete after and including the fourth swimmer in each family must pay a \$120 registration fee, but their monthly training fees are free. The “discount order” is determined from highest-fee group to lowest-fee group.

Entry Fees: Swimmers are also responsible for paying entry fees to all competitions in which they are entered.

These fees vary depending on type of competition and the number of events entered and generally range from a total of \$20-\$40 per meet.

Apparel: Our apparel expectations are as follows.

At Meets: It is expected that all Viper athletes compete in Viper competitive gear. This includes a Viper suit and Viper cap for all competitors, male and female. During the regular, non-championship, season there will be few (if any) exceptions to this rule; we will compete as a team! If a swimmer wishes to wear any suit other than a Viper suit, they must have the permission of their coach. During championship meets, swimmers may wear competition suits other than their Viper suits—but only after having discussed it with their coach. Wearing the same suit and cap serves two purposes: it furthers team unity, and it helps coaches and parents easily identify Viper swimmers on deck.

In practice: Swimmers may practice in whatever practice suits they wish; they do not have to wear their Viper suit for practice. If a swimmer wears a cap in practice, however, it must be a Viper cap.

It is also expected that all swimmers have a navy blue Viper t-shirt (team logo on the front, “Tenacity—Integrity” on the back). All new swimmers must purchase one; returning swimmers must make sure they still have theirs each season. We offer t-shirts at a low-cost throughout the season. We will also offer Viper suits and caps at very reasonable prices at all times of the year, including registration (if you are a new member, the cost of a Viper t-shirt and cap is built into your registration). All Viper swimmers are expected to be wearing a Viper shirt when they show up on deck at a swim meet. In addition to all of these, we have other great apparel options that are encouraged, but not mandatory—please feel free to contact our Apparel Committee for further information.

We will be taking these Apparel expectations seriously, as they are an outward reflection of the order and class of our team. At the first offense, swimmers will be given a warning by their coach and the Viper Head Coach. Upon the second offense, the swimmer will be sent home from whatever practice or meet they are attending until they can obtain the appropriate competition or practice apparel.

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(Other Financial Components, cont.)

Fundraising: Viper Aquatics needs to raise additional funds beyond coaching fees to support our effort to maintain a reasonable fee structure while providing the highest quality program possible for our members. The main way we do this is through hosting meets, usually at Fishers High School with cooperation from the Fishers Area Swimming Tigers.

Viper Aquatics Hosted Meets Volunteer Policy

Viper Aquatics normally hosts one meet per season. For short course season 2010-2011 it is scheduled for **October 29-October 31, 2010**. We host these meets for three very important reasons. First, we strive to provide quality competitive opportunities for our swimmers and opportunities for parents to become involved in our organization and support their children. Second, these meets help to promote and build the Viper community. Finally, these meets are a significant source of revenue for the club, enabling us to maintain a reasonable fee structure while providing the highest quality program possible for our members. **By joining our team each family is committing to volunteer for 3 working sessions per team member at each VIPER-hosted meet. This responsibility is yours even if your child is not competing in the meet.** Sign-up sheets for specific jobs and times will be available online in the month preceding the meet. If you know ahead of time that you will be unable to participate or volunteer in a meet, please contact the Meet Director *at least a month before the meet*, as there are usually ways to help our and fulfill your requirement ahead of time. Families who are unable or unwilling to honor this commitment will be assessed a \$20.00 financial penalty per family per session to ensure that we can provide adequate staffing at the meets and achieve our budget.

Be advised! If possible, we will also co-host a meet in the Summer Long Course Season or do some form of fundraising. If you are agreeing to the Summer Long Course Season at this point, you are committing to participation in that fundraiser as well.

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Training Fee Payment Schedule

For the 2010/2011 season, we have **two** payment options:

Short/Long Course Agreement:

The first is a Short Course/Long Course Season Agreement. With this plan, you are joining in the fall, and make three total payments to pay for your Winter Short Course Season dues. Your Summer Fees will be a one-time payment. The chief benefit of this plan is you may opt out of your commitment to the team at the time of the Summer payment if you wish. You are committing twice during the season—once in the fall, and once again in the spring. (You only pay a registration fee once, however. While you will have to “re-register”, which is a quick process, the summer payment is training fees only.) *If you are joining the team in the Summer Long Course Season*, you will use this schedule and pay the summer fees plus the registration fee. There is a sibling discount applied with this plan of 15% for the second swimmer in each family, and a 30% discount for the third swimmer in each family. These discounts will be applied to the lowest-paying groups first.

Monthly Payment Plan:

With this plan, you can spread your payments out over ten months, making each payment smaller. With this payment plan, **you are committing to one full-year**. There will be no exceptions made to this rule—once you have chosen to commit to the monthly payment plan, you are indicating to us that you intend to fulfill a full-year’s payment obligation to the team. If you are a new family, and are unsure about a year commitment, we *strongly recommend* the Short/Long Course Agreement for the first year. It will not cost you any more money, and will allow you the option being relieved of further financial obligations after the Winter Season. The registration payment in this plan is identical to the Short/Long Course Agreement, and the balance of your fees is spread out over 9 months. There is a sibling discount applied with this plan of 15% for the second swimmer in each family, and a 30% discount for the third swimmer in each family. These discounts will be applied to the lowest-paying groups first.

Joining Mid-Season:

Winter:

Short/Long Course Agreement: If you join mid-season, and you would like to be on the Short/Long Course Agreement, you will need to pay your registration fees, and then whatever fees you have left on the schedule as they come up due. If you join after Dec. 1st, you will owe your \$250 at registration + ½ of the Nov. 1 payment amount for your child’s group.

Monthly Payment Plan: If you join mid-season, and you would like to be on the Monthly Payment Plan, you will need to pay your registration fees, and then whatever monthly fees you have left on the schedule as they come up due.

Summer:

If you join mid-season during the summer season, you will have to pay your registration fee plus a pro-rated training fee based on the Short/Long Course Agreement.

If you join after the start of the season, but up until May 1st: Full training fees + Registration Fees

If you join May 1-May 31st: ¾ of Training Fees + Registration Fees

If you join after June 1st: ½ of Training Fees + Registration Fees

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Short/Long Course Agreement Fee Schedule

First Swimmer--Full Price

VIPR Winter Short Course 2010-2011 Fees						
	G-1	G-2	G-3	G-3.5	G-4	Senior
Registration*	\$42	\$42	\$42	\$42	\$42	\$42
Practice Fees	435.00	595.00	615.00	\$675	735.00	540.00
USA Swimming Fee	\$53	\$53	\$53	\$53	\$53	\$53
Pool Fee	\$25	\$25	\$25	\$25	\$25	\$25
Payment Schedule						
Due At Registration	\$250*	\$250*	\$250*	\$250*	\$250*	\$250*
Due Nov 1, 2010	\$146.00	\$230.00	\$246.50	\$265.00	\$306	\$375.00
Due Dec 1, 2010	\$146.00	\$230.00	\$246.50	\$265.00	\$306	\$0.00
Total Pd	\$542	\$710	\$743	\$780	\$862	\$625
Summer Long Course 2011 Fees						
	G-1	G-2	G-3	G-3.5	G-4	Senior
Due May 1, 2011	\$230	\$287	\$290	\$316	\$360	\$425
Summer Only Add	\$120	\$120	\$120	\$120	\$120	\$120
<i>Total for the Year</i>	\$772.00	\$997.00	\$1,033.00	\$1,096.00	\$1,222.00	\$1,050.00

Second Swimmer--15% Discount

VIPR Winter Short Course 2010-2011 Fees						
	G-1	G-2	G-3	G-3.5	G-4	Senior
Registration*	\$37	\$37	\$37	\$37	\$37	\$37
Practice Fees	\$375	\$510	\$520	\$575	\$620	\$460
USA Swimming Fee	\$53	\$53	\$53	\$53	\$53	\$53
Pool Fee	\$25	\$25	\$25	\$25	\$25	\$25
Payment Schedule						
Due At Registration	\$220*	\$220*	\$220*	\$220*	\$220*	\$220*
Due Nov 1, 2010	\$136.00	\$198.00	\$205.00	\$230.00	\$260.00	\$350.00
Due Dec 1, 2010	\$136.00	\$198.00	\$205.00	\$230.00	\$260.00	\$0.00
Total Pd	\$492	\$616	\$630	\$680	\$740	\$570
Summer Long Course 2011 Fees						
	G-1	G-2	G-3	G-3.5	G-4	Senior
Due May 1, 2011	\$178	\$243	\$256	\$269	\$308	\$335
Summer Only Add	\$115	\$115	\$115	\$115	\$115	\$115
<i>Total for the Year</i>	\$670.00	\$859.00	\$886.00	\$949.00	\$1,048.00	\$905.00

Third Swimmer--30% Discount

VIPR Winter Short Course 2010-2011 Fees						
	G-1	G-2	G-3	G-3.5	G-4	Senior
Registration*	\$32	\$32	\$32	\$32	\$32	\$32
Practice Fees	\$310	\$415	\$435	\$470	\$515	\$380
USA Swimming Fee	\$53	\$53	\$53	\$53	\$53	\$53
Pool Fee	\$25	\$25	\$25	\$25	\$25	\$25
Payment Schedule						
Due At Registration	\$190*	\$190*	\$190*	\$190*	\$190*	\$190*
Due Nov 1, 2010	\$115.00	\$167.50	\$175.00	\$195.00	\$221.50	\$300.00
Due Dec 1, 2010	\$115.00	\$167.50	\$175.00	\$195.00	\$221.50	\$0.00
Total Pd	\$420	\$525	\$540	\$580	\$633	\$490
Summer Long Course 2011 Fees						
	G-1	G-2	G-3	G-3.5	G-4	Senior
Due May 1, 2011	\$148	\$196	\$208	\$213	\$250	\$270
Summer Only Add	\$110	\$110	\$110	\$110	\$110	\$110
<i>Total for the Year</i>	\$568.00	\$721.00	\$748.00	\$793.00	\$883.00	\$760.00

*If you are a new member, \$10 extra dollars will be built into your registration fees to cover the cost of your first Viper t-shirt and cap.

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Monthly Payment Plan:

First Swimmer	SEPT.*	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL	MAY	JUNE	Totals
Full Price											
G-1	250*	58	58	58	58	58	58	58	58	58	772
G-2	250*	83	83	83	83	83	83	83	83	83	997
G-3	250*	87	87	87	87	87	87	87	87	87	1033
G-3.5	250*	94	94	94	94	94	94	94	94	94	1096
G-4	250*	108	108	108	108	108	108	108	108	108	1222
Senior	250*	160					160	160	160	160	1050

Second Swimmer	SEPT.*	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL	MAY	JUNE	Totals
15% Discount											
G-1	220*	50	50	50	50	50	50	50	50	50	670
G-2	220*	71	71	71	71	71	71	71	71	71	859
G-3	220*	74	74	74	74	74	74	74	74	74	886
G-3.5	220*	81	81	81	81	81	81	81	81	81	949
G-4	220*	92	92	92	92	92	92	92	92	92	1048
Senior	220*	137					137	137	137	137	905

Third Swimmer	SEPT.*	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL	MAY	JUNE	Totals
30% Discount											
G-1	190*	42	42	42	42	42	42	42	42	42	568
G-2	190*	59	59	59	59	59	59	59	59	59	721
G-3	190*	62	62	62	62	62	62	62	62	62	748
G-3.5	190*	67	67	67	67	67	67	67	67	67	793
G-4	190*	77	77	77	77	77	77	77	77	77	883
Senior	190*	114					114	114	114	114	760

*If you are a new member, \$10 extra dollars will be built into your registration fees to cover the cost of your first Viper t-shirt and cap.

Note: For the months of October-June, payments are due on the first of each month.

Online Payment:

Viper families must pay all training fees and charges online, either with a VISA or Mastercard, or through Automated Bank Withdrawal. When you register, you can set this up, or set it up through your online Viper website account. This method of payment will allow us to more accurately process payments, and reduce the chances of errors taking place. All of our meet and training fees (as well as any fines, if necessary) will be run through our website, so this should be a streamlined process. Please see a Viper Board Member if you have questions regarding this policy.

Trial Period for New Families

We do not offer a *free* trial period for new families, but we offer a chance to be released from your agreement if your family is new to Viper Aquatics. When you start at the beginning of the season, you must pay your initial registration and training fees up front. However, if after two weeks you decide that the program is not for you, we will allow you to be released of all further financial obligations. A couple of important notes with this policy: (1) there will be no refunds of the initial registration and training fees, and (2) this is for families that are new to Viper Aquatics only.

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Viper Short Course 2010-2011 Practice Schedule (Tentative)

All practices will take place at Westfield High School unless indicated otherwise. Occasionally we will practice at Westfield Middle School due to athletic events at the high school.

Group 1
M, W, F: 5:45-6:45pm

Group 2
M, W, F: 5:45-7:15pm

Group 3
M, W, F: 7:00-8:30pm; T: 5:45-7:15pm

Group 3.5
M, T, R, F: 6:30-8:30pm

Group 4
M-F: 6:30-8:30pm
Sat: 7-9am

Senior Group
M-F: 3:15-5:45pm
Sat: 7-9am

PRACTICE SCHEDULE SUBJECT TO CHANGE!

Please check for updates through your email and our website: www.viperaquatics.org

Short Course 2010/2011 Meet Schedule:

Oct. 16-17, 2010: Riviera Invitational	IUPUI Natatorium
Oct. 29-31, 2010: FAST/Viper October Invite	Fishers High School
Dec. 3-5, 2010: FAST Santa Claus Classic	Fishers High School
Dec. 9-11, 2010: USA Junior Nationals*	Georgia Tech (Atlanta, GA)
Jan. 21-23, 2011: ZSC Freeze Invite	Zionsville High School
Feb. 11-13, 2011: FAST Valentine's Invite	Fishers High School
March 4-6, 2011: Divisional Championships*	TBA
March 11-13, 2011: Senior State*	TBA
March 13, 2011: FAST 10&U Time Trials	Fishers High School
March 18-20, 2011: Age Group State*	TBA
March 24-27, 2011: Speedo Sectionals*	TBA

*Qualifying times required

If possible, we will also host 1-2 Intrasquad meets at Westfield High School throughout the season.

Viper Aquatics Club Information

Where do we train?

At Viper Aquatics, we train primarily out of Westfield High School. Occasionally, due to major athletic events at WHS, practices may be moved to Westfield Middle School. At either pool, please enter the building through Door #13. Each of these facilities contains a six-lane, 25-yard pool.

Practice Group Levels

Viper Aquatics uses a progressive multi-level team structure designed to challenge each swimmer's development physically and mentally. At each level all swimmers are encouraged to achieve the objectives and goals set out by the swimmer and coach. This structure promotes long-term success and enjoyment of the sport of swimming. The coaching staff realizes each child is different and progresses at their own individual rate. All team assignments are made by the coaches and are based on a new swimmer tryout and the physical and emotional development of the swimmer.

Group 1: This group has three 1 practices per week, Monday, Wednesday, and Friday evenings.

Group 2: This group has three 1.5 hour practices per week, Monday, Wednesday, and Friday evenings.

Group 3: This group has four 1.5 hour practices per week, Monday, Tuesday, Wednesday, and Friday evenings.

Group 3.5: This group has four 2 hour practices per week, Monday, Tuesday, Thursday, and Friday evenings. As determined by their coach, practices will have regular dryland.

Group 4: This group has six 2 hour practices per week, Monday-Saturday. As determined by the group's coach, practices will have regular dryland.

Seniors: This group has six 2-2.5 hour practices per week, Monday-Saturday. As determined by the group's coach, practices will have regular dryland.

Group Structuring

We want to enable all the swimmers to realize their potential and to be in a group that best matches their abilities and goals. Our physical and mental training programs are geared to bring about individual improvement in several areas. The harder and more consistently a swimmer trains in each of these areas, the better they will condition themselves for peak performance. Through that development process, the swimmer will change their body and swim faster. The degree a swimmer is "conditioned" depends on the type, amount, and quality of the training that he/she may have done. Each time stress is placed on the body, the body attempts to adapt to this stress by changing itself.

Improvement Areas

1. Water Conditioning (Speed/Endurance)
2. Mental Training And Race Preparation
3. Stroke, Turn and Start Technique
4. Strength Development
5. Flexibility

All team members must realize that the body changes and adapts to changes in direct correlation to the effort and consistency put into the training. These changes most commonly come very slowly, and there are no short cuts. This is true for all athletes, regardless of age. Many times the younger swimmer is learning to focus on perfecting strokes and becoming comfortable with the sport.

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Alternatively, the older more experienced swimmer focuses on a more physically demanding training schedule. Both ages, however, will find that their success is directly related to a consistent and focused approach to their sport.

Expectations

1. Always be punctual. This is rule #1 for a reason. Time is the most important resource any of us have! Honor your time and the time of your family and coaches, and show respect through being punctual.
2. Train to your limits. Give 100% each day--there is no such thing as 110% one day to make up for lackadaisical effort another day. Make everything you do count.
3. Use the pace clock. Don't *guess* how fast you are swimming—**know** how fast you are swimming.
4. Start and finish every swim at the wall.
5. Listen – No talking when directions are being given.
6. Perform every set and drill exactly as stated. 100% right is 100% right; 99% right is 100% *wrong*.
7. Do every stroke and turn legally.
8. Learn to enjoy a hard challenging practice since this is what helps you reach your potential.
9. Always have the necessary equipment including an extra cap and goggles.
10. Have fun!
11. You may review additional code of conduct policies required of all USA Swimming members at www.usaswimming.org.

Policies Regarding Practice

**Viper Aquatics does not have a set attendance policy. As with most athletic activities, competition will improve as practice time increases. Your coaching staff has spent a great deal of time preparing a practice schedule that caters to the variety of ages and ability levels. The coaching staff will take attendance on a daily basis so that the progress of each athlete can be tracked.

**Swimmers should arrive at the pool practice facility no earlier than 15 minutes prior to their workout time. They should also be picked up no later than 15 minutes after practice time is over. This is for their safety and protection.

**In order to continue the good relationship that we currently have with the Westfield Washington Schools, no swimmers are allowed in any areas of the schools in which we practice other than the workout facilities and the halls that lead to them. It is also extremely important for siblings of swimmers, as well as any other young children involved with the team, to be under constant adult supervision.

**While at practice, swimmers are the responsibility of the coaching staff. During workouts, swimmers are not to leave the pool area without the coach's permission.

**Viper Aquatics is the guest of the Westfield Washington School District, and it is our responsibility to respect this privilege. Any damage to school property may result in the financial liability of the swimmer's family. Any damage may also result in the swimmer being asked to leave the team permanently.

**Viper practices are extremely important. Therefore is the parent needs to speak to a coach, please plan to do so before or after the practice, do not interrupt the coach during a practice. The coach's responsibility is to the swimmer. When the attention is taken away from the swimmer the coach is not able to do their job.

**Promptness is a must for practices to be worthwhile.

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Swimmer Code of Conduct

- **Smoking, the use of alcoholic beverages and drugs are not conducive to good swimming performance and will not be tolerated. Any swimmer who is known to use alcohol, drugs, or tobacco is subject to suspension from the team.
- **Unsportsmanlike, indiscreet, or destructive behavior and the use of obscene language will not be tolerated.
- **Never interfere with the progress of another swimmer.
- **At all club activities, swimmers are expected to behave in a manner that will reflect positively on the entire team. Always behave in a way that would make your parents proud—and your coach feel like everything is business as usual.
- **At away meets (senior swimmers), curfews and travel rules will be obeyed unless a swimmer has received permission from the coach for an extension or special exemption.
- **Never show disrespect to people working or officiating at a meet. Always be polite and let the coach handle any problems.
- **Lastly, and most importantly, remember that you are the member of a TEAM that is referred to as Viper Aquatics. Our success depends on the unity and dedication we have to not only becoming better ourselves, but helping our teammates become better as well. The friendships and camaraderie of our teammates is priceless, and nothing should be done to harm this bond.

Meet Information

Overview of a Swim Meet

A swim meet is a fantastic way to show the improvements that a swimmer has made in each event and stroke. The coaches carefully choose meets they believe will be beneficial for all swimmers. The list of swim meets that Viper Aquatics plans to attend for each season is available at season registration and on our website. On occasion, this schedule will be varied and meets will be substituted. USA Swimming meets are usually held over 2-3 days (Friday, Saturday, and Sunday). Friday evenings are most often made up of distance events while Saturday and Sunday are divided into AM and PM sessions according to age groups. Your swimmer may attend any or all days of the meet during the session assigned to his/her age group. Session assignments differ from meet to meet, and this information will be available on our web site as soon as the meet entry is received from the host club.

Competitive meets have two formats. One is called a timed finals format. In this type of meet, the swimmer swims his/her events only one time and that swim determines his/her final placing in the meet. Most meets are run on a timed finals basis. The other format is prelims and finals. The preliminary swims are during either the AM or PM session with the objective being to qualify for an evening finals session. Depending upon the meet, either the fastest 8 (in an 8-lane pool) or the fastest 16 swimmers return to swim in the evening finals competition. If the fastest 16 swimmers return, the preliminary swimmers in places 9 through 16 will compete in the consolation finals (consols) while the preliminary swimmers in places 1 through 8 will compete in the championship heat. If a swimmer does not wish to return for the evening session, he/she may “scratch” the event and not be penalized (financially or by losing swims the next day) if the scratch is made within one-half hour of the posting of the preliminary results.

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Selection of Meets

The season's meet schedule is chosen by the coaches and distributed at registration. It has been designed to give each swimmer the opportunity to measure his/her progress at a logical time. Participation in most meets is not mandatory but is strongly encouraged. Members should participate in at least two meets per season as part of their development. We are a competitive swim team, and therefore, it is pertinent that we do compete in meets. Meets are typically scheduled every two-four weeks.

The coaching staff reserves the right to make the final decision concerning which meets Viper swimmers may attend. Viper Aquatics places the most emphasis on team championship meets. It is important that all eligible swimmers attend and contribute to the total team effort. Any swimmer who has qualified for an event is expected to attend that championship meet.

Meet Signup

Swimmers will be signed up for all meets marked as mandatory on the registration form (the meets that we host or co-host) unless a written note requesting an exception to the meet schedule is submitted to the head coach before Viper submits entries to the host team or entry chairperson. For all non-mandatory meets, there will be windows of opportunity to sign-up online for each meet. Parents will be able to indicate the days their children can attend the meet through our website sign-up program. **The coaches will then choose appropriate events for each swimmer**, and the swimmer will be charged for those events. Once the meet entry has been sent, they will be posted on our website. You can check to see which events each athlete will be swimming in the meet, the days of those events, and times for the meet.

Meet Entry Fees

The host team for a meet will assess a charge for each event in which your swimmer is entered ranging from \$2.50 - \$4.50 per event. If your swimmer is signed up to participate in the meet, the coach will choose the events, and the swimmer will be charged for those events. The team sends one large check for the entire amount of the VIPR entry fees.

Viper Aquatics must pay the fees for all entered swimmers regardless of whether they actually swim in the meet or not. Therefore, if you signed up for a meet, you are responsible for your meet fees even if your swimmer doesn't end up swimming in that meet. This includes nonparticipation due to injury or illness as well as being scratched from Friday night events if the host club chooses to limit those events.

Sometimes, we are able to modify our entries once we have submitted them to another team in order to remove swimmers from the meet if necessary. However, repeatedly having to do this causes a headache for the host team and may negatively affect our acceptance into future meets. As such, we cannot accommodate any requests to withdraw from a meet or change entries once we are within two weeks of the start date of that meet. Please keep in mind that we might not be able to change our entries even if we attempt to more than two weeks out from the start date, and you will still be responsible for the meet fees.

Relay Selection and Payment

Relays are included in some meets and provide a source of fun and excitement for the team. Many times athletes perform better on a relay than in an individual event. Relays score double the point value of individual events in a meet. All swimmers must check with the coaching staff at the meet to find out if they are scheduled to compete for Viper Aquatics on a relay. The coaches will enter all the relays.

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The building of a relay team is the sole responsibility of the coaching staff. There are many variables to be considered including the swimmer's fastest time, how well the swimmer has performed at the particular meet in question, how much rest the swimmer has gotten since his/her previous event, the swimmer's ability to perform under pressure, and the general attitude and practice attendance of the swimmer. With many factors to consider, it is difficult to predict which four swimmers will perform the best in an upcoming event. Your support of the coaching staff in making relay selections is appreciated.

General Information About Meets

Additional Types of Meet

Dual Meets

Occasionally Viper Aquatics will compete with one other team in a dual meet. These meets help promote team unity, but usually limit the number of events a swimmer may enter.

Classified Age Group Program

There are eight different age group classifications in United States Swimming. The Senior age group includes any USS registers swimmer who has achieved the prescribed qualifying time for the event regardless of age. Age on the first day of a meet determines the swimmer's age for the entire meet. The age group classifications for USA Swimming are as follows: 8 & Under, 10 & Under, 11-12, 13-14, 15-16, 17-18, 15 & Over, and Senior.

Championship Meets

**"BB" times are Divisional times. This meet is for swimmers who have times for any event between the Divisional cut and Age Group State cut times listed on the short course yard time standards. The Divisional meet is held in the winter only.

**Indiana State Championships are held at the end of each short course (winter) and long course (summer) season. It provides an exciting climax to the season for qualified age groupers and seniors. To qualify for participation in a state championship meet, a swimmer must have achieved a state cut in his/her age group as listed on the Indiana Swimming Championship Time Standards chart. The winter state meets are held in March, and the summer state meets are in July. Both are three-day meets with preliminaries and finals. Additionally, Viper swimmers may be selected as members of a state relay team. The coach will notify you as soon as relays have been selected.

**Zone meets are for swimmers who have achieved a AAA time in an event. Those swimmers compete as members of Team Indiana at the Zone Meet held in August.

**USA National Junior Olympic (Junior Nationals) are one of the highest levels of achievements that Viper swimmers strive for. Swimmers who meet qualifying time standards for this meet travel to compete against the best young (19 years old and under) swimmers in the nation.

**USA National Championships are the highest level of competition other than the Olympic Trials and World Championship Trials. As with Junior Nationals, swimmers meeting the national time standards travel to compete against America's best swimmers. By their performance in these meets, swimmers often qualify for United States teams that engage in international competition.

Everything You Wanted to Know About Swim Meets But Were Afraid To Ask

Swim meets are a great family experience! They're a place where the whole family can spend time together. Listed below are guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific as we possibly could. If you have any questions, please ask your coach.

Before the Meet

1. Verify the location of the meet. You can usually find directions on our website www.viperaquatics.org. You may want to ask other parents for tips about where the pool is actually located. There is nothing worse than checking every door of a school before finding the 2 that are actually open for the meet.
2. Verify the *EVENTS* and *SESSION* times for your swimmer. A typical meet will consist of several sessions, usually Friday PM, Saturday AM/PM, and Sunday AM/PM. The Viper Aquatics Website features links to Meet Information. Here you can determine the events your swimmer is scheduled to swim, and the *SESSIONS* for your swimmer's events. A typical meet may consist of 2 events on Saturday AM and 3 on Sunday AM, etc.... Your swimmers sessions will be determined by age. The times will change from meet to meet so be sure to check each one.

Day of the Meet

1. Arrive at the pool 15 minutes before the scheduled warm-up time begins. This time will be listed on the website.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the sign-in sheets. They are usually somewhere near where you first enter the meet. Normally, parents are not allowed on deck so this may be a responsibility of your swimmer. If you can't find the sign-in sheets, ask the coach.
 - a. Check for special posted instructions in the check-in area. Usually one will need to circle or highlight the swimmer's name and event numbers in each event he or she is swimming. ***If this is not done, the swimmer will not be allowed to swim.*** Check-in is required so that the people running the meet know who is actually there. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look!
 - b. For younger swimmers: **Before/or once "checked in", write or have the swimmers write each event-number on his or her hand or arm in Sharpie marker. This helps them remember what events they are swimming and what event number to listen for.** (#18 25FREE, etc) *Once the heat sheets have been posted, the coaches will help the swimmers fill in the rest of the information.*
4. Your swimmer now gets his cap and goggles and reports to the pool and coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day they need to get the engine going and warmed-up before they can go all out.
5. After warm-up, your swimmer will go back to the area where the team is sitting and wait there until their first event is called. This is a good time to use the bathroom if necessary, gets a drink, or just get settled in.
6. The meet will usually start about 10-15 minutes after warm-ups are over.
7. *According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. All questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. The coach will pursue the matter through the proper channels.*
8. Psych Sheet or Heat Sheets. A psych sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each

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swimmer and their previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, they 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. A Heat sheet will be made available to coaches and swimmers close to the start of the meet. It lists the actual heat and lane a swimmer will be competing in. Your swimmer will want to write this additional information on their hand if they are 9 years old or older. They will need this information to know where to go when their event is called.

During the Meet

1. It is important for swimmers to know what event numbers they are swimming (again- the numbers on their hands). They may swim right away after warm-up or they may have to wait awhile.
2. Generally, girls' events are odd-numbered and boys' events are even-numbered. Example: Event #26, 10-Under Boys, 50 freestyle
3. Most meets are computerized. There are generally two ways a swimmer gets to his/her lane. In either case, **the swimmer must listen for 1st and 2nd call for his/her event number.**
 - a. Typically, for swimmers 9 years old or older, when a swimmer's event number is called, he will report directly to his lane for competition after hearing 1st call. The swimmer will refer to his hand to find out what lane he will report to. Example: "This is first call for Event #26, 10-Under Boys, 50 freestyle."
 - b. For swimmers 8 years old and younger, a swimmer's event number will be called and they will be asked to report to the Clerk of Course. Swimmers should report with cap and goggles. Example: "This is first call for Event #26, 8 and Under Boys, 50 freestyle. Please report to the Clerk of course." The Clerk will usually be somewhere near the pool. Ask the coach if you can't find the Clerk. The Clerk will usually line up all the swimmers and take them down to the pool in correct order.
 - i. *You can expect **at least 4-8 heats** of each event.*
 - ii. *If it is a large meet, there may be as many as 20 heats for some girls events.*
4. When the swimmer hears first call, he should go ask the coach if there is anything he needs to keep in mind while swimming. The coach will let him know what he needs to work on and then he should go straight to the appropriate area.
5. The swimmer swims his or her race. Cheer them on!
6. After each swim:
 - a. They should ask the timers (people behind the blocks at each lane) their time.
 - b. Swimmers should then go immediately to their coach. The coach will discuss the swim with each swimmer.
 - c. The coach will then have the swimmer "warm down". The time will depend on the coach's instructions.
7. Generally, the coach follows these guidelines when discussing swims:
 - a. Positive comments or praise
 - b. Suggestions for improvement
 - c. Positive comments
8. Things you, as a parent, can do after each swim:
 - a. Tell them how great they did! The coaching staff will be sure to discuss stroke technique with them. You need to tell them how proud you are and what a great job they did.
 - b. Take them back to the team area and relax.
9. This is another good time to check out the bathrooms, get a drink or something light to eat. The swimmer now waits until his next event is called and starts the procedure again.

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10. When a swimmer has completed all of their events they get to go home. ***Make sure your swimmer checks with the coach before leaving to make sure she is not swimming in 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 she is not there.
11. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

What Happens If Your Child has a Disappointing Swim?

If your child has a poor race and comes out of it feeling badly, talk about the good things. The first thing you can say is, "Hey, that is not like you. I know you are disappointed, but it's not the end of the world!" Then you can go on and talk about the good things the child did. Don't talk about the negative things and don't keep talking about the race. Drop it and get your child to focus on the next race or something enjoyable coming up after the meet! Limit the "post mortems!" If your child comes up to you and says, "That was a bad race, don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

One of the greatest things about swimming is that *success* doesn't have to be solely defined on how fast your swimmer is. There are many things to build confidence on besides winning a race. Things such as winning a heat, finishing high enough to earn points for the team, winning a ribbon (usually places 1-8, sometimes less, sometimes more), beating their previous "best" in that event, or even successfully completing the race without a DQ (you'll understand this the first time you see 8 & Unders swim the Fly) can all be huge "wins" for a swimmer. These meets are a lot of fun for the swimmers! They get to visit with their friends, play games, and meet kids from other teams. They also get to "race" and see how much they have improved from all the hard work they have put in at practice.

Parent's Note

The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! At some of the meets, the parents are allowed to sit with the swimmers at the blanket area. If you don't think that a gym floor is comfortable, feel free to bring folding chairs to sit on. Better yet, become an official and get involved! You get to be close to the action and take the focus off of your own child!

The Role of a Swim Parent at Viper Aquatics

The Role of the VIPR Parent

In order for any swim program to be successful, there must be a strong triangular relationship between the athletes, the coaches, and, most importantly, the parents. Without parent support, the sport of swimming, as we know it, would die. Besides being the primary transportation system and athlete support network for the swimmers, parents also run meets and help the club with day-to-day operations. There must be understanding and cooperation among parents, swimmers, and coaches. The progress each young athlete 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 Viper Aquatics.

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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 sometimes such that a parent loses some of his/her ability to remain detached and objective in matters concerning their 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 potential as an athlete.

We want your child to develop an excellent relationship with his/her coach concerning swimming matters. A relationship that emphasizes and relies upon communication between coach and swimmer produces the 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.

The coach's job is to inspire and constructively criticize the swimmer's performance. It is the parent's job to supply love, recognition, and the encouragement necessary to make the child work harder in practice, which in turn gives each athlete the confidence to perform well in competition.

If you are new to the sport, or your swimmer is young, please keep the long-term outlook in mind. 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 Viper Aquatics, there may be a brief period when 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. Even the very best swimmer will have meets where he/she does not achieve their best times. These "plateaus" are a normal part of swimming. Over the course of a season and swimming career, times should improve. Please be supportive of these "poor" meets. The older swimmers may have two or three meets a year for which they will be rested and tapered.

Parent Obligations

Each Viper Aquatics family provides workers to volunteer a minimum number of meet sessions as determined by the VIPR Board of Directors. If your family cannot fulfill the requirements, you will have to pay fines associated with helping VIPR find replacements.

Each family is charged a \$10-15 hospitality fee, which is included with your registration. Any person who works at least one session on a given day may eat in the hospitality room while working or after your shift. However, no children are allowed in the hospitality room.

Since teams throughout the state judge VIPR by the quality of the meets we sponsor, it is imperative that all members contribute. Thank you for your understanding and support of the meet guidelines.

Becoming an Official

One time each season, Viper Aquatics will conduct officials training classes. We encourage as many parents as possible to consider becoming officials so that we can continue to host quality meets. Becoming an official requires taking the course, completing a written test, and serving as an apprentice at four sessions of the meet. If you would like more information, contact the head coach or any official at a home meet.

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Communicating with Coaches

Please speak with the coaching staff if you are having a problem. Listed below are some guidelines for a parent raising some difficult issues with a coach.

1. Please remember that your coaches have irregular hours and that many times they are on the pool deck for 3 to 7 hours 5 or 6 days a week. On meet weekends, a coach can often be on deck for over twenty hours. Coaches are constantly attempting to balance the needs of the team with each individual swimmer's needs.
2. Try to keep foremost in your mind that you and the coach have the best interest of your child at heart. If you trust that the coach's goals match yours, even though their approach may be different, you are most likely to enjoy good rapport and a constructive dialogue.
3. Attempt to contact the coach to set up an appointment. You may email any coach through the website. VIPR coaches cannot discuss matters with any parent on deck during practice.
4. If your child swims for an assistant coach, always discuss the matter first with that coach. If the assistant coach cannot satisfactorily resolve your concern, then ask the head coach to join the dialogue as a third party. 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 with the coach. The coach is the only one who can resolve the problem.

Team Communication

File Folders

Viper Aquatics uses a poolside file folder system as one mean of communication with swimmers and parents. These folders are located inside the pool office at Westfield High School, and are organized alphabetically. Each family has a folder with their last name on it. It is very important that each swimmer/parent checks their mail folders after each practice to receive any updated information about the club, meets, and activities.

President's Newsletter

Each month the President of Viper Aquatic's Board of Directors will publish a newsletter. The newsletter will contain valuable information about club activities and board information from the previous meeting.

Email

Viper Aquatics also uses email as an important communication tool. If your email changes during the season, please update it through our website.

Postings at the Pool

Information will be posted at the Westfield High School bulletin boards as you walk into the pool. Please check these boards from time to time.

Website

Please check www.viperaquatics.org for the current important club information. Your coach can answer questions regarding meet requirements.

Our club website also has current board members, the club by-laws, coaches bios, email & contact information, photo galleries, and all other information to keep you up to date on Viper Aquatics. Check it often to stay informed!