



Handbook

A guide to the Policies & Procedures of Bear River Swimming

Welcome to the Bear River Swimming Family!

Bear River Swimming is a club, swim team part of USA Swimming, the governing body of our country's most successful Olympic sport. Bear River Swimming is sponsored by the Bear River Swimming Association, a non-profit 501(c)3 corporation (tax ID 20-8918854).

Bear River Swimming is a coach directed program. The coaching staff has put in a tremendous amount of work to develop this program into one of the most comprehensive in the United States. Our program can take a swimmer as far as they dare to dream while focusing on the importance of each team member, regardless of ability or talent level.

Our training philosophy is based on scientific principles of maturation and development. In addition the coaching staff is focused on developing positive character traits in young people that will lead to success in both athletics and life.

As a staff we are dedicated to the success and improvement of our team and each swimmer. Please read this handbook in its entirety, for it is an established fact that the positive influence of a swimmer's parent is essential for success. We look forward to working with you!

Coach Daryn Glasgow



Why You Should Be Glad Your Child Picked Swimming

Sports are supposed to be good for kids. In theory, a sport should build bodies, not tear them down. It should promote sportsmanship, self-discipline, and perseverance. Swimming lives up to these ideals quite well.

According to many authors of articles on sports for children, the fact that swimming uniquely develops the cardiovascular system to the maximum makes it an ideal sport for children since an efficient cardiovascular system is the key to life-long health. This is in addition to the fact that children run so little risk of injury in swimming. Swimming is rated as a "most desirable" sport on insurance company premiums.

Swimming is a sport in the true sense of the word. It is a pursuit of a striving for excellence. Its very nature demands diligence and great strength of purpose. It is not merely an athletic "contest" which requires a minimum of training and maximum luck. There can be no teammates or bad luck to blame in swimming. There is only you, the water, and the watch. Swimmers, more than most, learn early the relationship between work and results. Exceptional size and ability are soon overshadowed by hard work. The striving for excellence, absent in so many sports, is what the ancient Greeks revered as being the thing which brings out the finest qualities in mankind.

MISSION STATEMENT

Develop a habit of excellence in our swimmers.

How we achieve our mission:

- Provide stability and cohesiveness throughout the program with a staff of professional coaches who manage the team.
- Promote the ideal of athletic and academic achievement. Prepare our swimmers to excel in the collegiate ranks both academically and athletically.
- Instill in our swimmers a "work-ethic." Teach them that success is the result of hard work.
- Develop self-reliance and emotional stability in each swimmer by teaching them to make decisions and accept responsibilities.
- Develop goal oriented swimmers.
- Develop social skills such as sportsmanship, team unity and leadership.

DARE to Succeed!

Diligence - Persevering determination to perform a task.

Attitude – Positive mental state involving beliefs and feelings and values.

Respect – Courteous expression of esteem or regard.

Enthusiasm – feeling of excitement, to be inspired, love what you do.

Training Philosophy

1. Long term developmental plan for each swimmer taking into account their physiological and emotional development.
2. Primary focus is on teaching proper stroke technique and efficiency.
3. Maintaining the quality of work while increasing the quantity.
4. Develop educated swimmers who are students of the sport.

Sign-Up Procedure

By the conclusion of their first week, new swimmers must turn in registration forms and fees.

The Bear River Swimming Application / Medical Release Form must be filled out completely and signed by a parent/guardian.

Turn in the completed form along with one check payable to: BRSA

\$67 for the annual USA-Swimming Athlete Registration

+ Training equipment fees

+ Current month's swim fees based on assignment by coaching staff

Annual Sierra Nevada Swimming Fees

All swimmers are required to register with Sierra Nevada Swimming, the Local Swimming Committee of United States Swimming. Sierra Nevada Swimming registration fee is \$67 and is due upon joining the team. Once a part of the team, this annual fee will be due each November for upcoming year.

Training Equipment

Each new swimmer is required to purchase the required training equipment for their assigned group:

Silver: mesh bag, fins, kickboard = **\$40** / *snorkel encouraged add \$35*

Gold: mesh bag, fins, kickboard, snorkel = **\$75**

Junior Team: mesh bag, fins, kickboard, snorkel, paddles = **\$90**

Varsity (Senior II): mesh bag, fins, kickboard, snorkel = **\$75** / *paddles encouraged add \$15*

Senior Team: mesh bag, fins, kickboard, snorkel, paddles = **\$90**

Monthly Swim Fees

Swim fees are billed monthly and are payable by the 1st of each month. Prior to the first of each month you will receive a notice via email of balance due. Fees are due whether or not you receive an invoice.

Dues are either mailed in or dropped off at the pool. New swimmers are to pay the current month's dues when registering.

Monthly Fees:

Silver Group	\$60
Gold Group	\$80
Junior Team	\$80
Varsity (Senior II)	\$100
Senior Team	\$100

Once an athlete has participated in any single activity (practice, meet, social event, etc.) they are considered "active" for that month and responsible for the full month's fees.

Understanding the Monthly Fees Policy:

Once an athlete has participated in any single activity (practice, meet, social event, etc.) they are considered "active" for that month and responsible for the full month's fees.

We understand that many families are having to “tighten their belts” and have to make tough financial decisions. We are working on finding sources of assistance for those in financial need. At the same time we need to have a clear cut fee policy that is applied fairly to all our participants. We would appreciate your understanding that the above policy is necessary for the survival of the Bear River Swimming Association and the programs that are offered to your family and the rest of the community.

Notes:

1. The monthly costs to operate the Bear River Swimming Association programs are the same no matter how many days your athlete attends.
2. The above policy is standard for all USA Swimming and USA Water Polo programs.
3. It is the same policy when you enroll at any gym / health club.
4. We make our fees as low as possible while covering the operating costs.
5. Our fees are significantly LOWER than any other USA Swim or USA Water Polo program in the area and maybe in all of Northern California. This is due entirely to the high level of volunteerism of our coaches for both the swim and water polo programs.
6. Once we pro-rate for one reason we have to pro-rate for every other request to be fair. We have been asked to prorate for athletes who do summer league swim, for athletes participating part of the month due to other club sports or high school teams, for athletes who will be gone on vacation or gone on a school trip. Frankly, the list is becoming endless. We understand that families need to make tough financial decisions for their family. We appreciate your understanding that we need a clear policy that is applied to everyone.

Parent Volunteer Commitment

As with all youth sport organizations, Bear River Swimming depends on the support of its parent group in order to remain solvent. One of the major ways of supporting the team is through hosting meets.

All families are required to work at meets hosted by BRSA. This is our primary fundraising activity and requires the full support of all our families. Families may sign-up for their choice of work assignments. Meet jobs will be assigned to those who do not sign-up on their own.

When the team attends meets hosted by other teams we are required to provide a certain number of officials and timers. Officials need to be confirmed ahead of time. All other families are expected to help time during the meet

Parent On Deck Policy

Bear River Swimming has a "no spectator on deck policy". This is required by our USA Swimming insurance coverage. It also allows the swimmers to focus on the coach's instruction without any distractions.

Those that wish to view practice must remain in the designated spectator area (west side bleachers) and do not interfere with the coaches during workout times. If a swimmer needs to leave early, this should be communicated by the swimmer to the coach before practice begins. Parents should not try to communicate with their children during practice. It is a disruption to the coaches and other swimmers. If there is an emergency, please communicate with the coach.

If you need to speak with a coach please make contact via the Bear River Swimming line 268-1209 or email Coach Daryn Glasgow at [BearRiverSwim@gmail.com](mailto: BearRiverSwim@gmail.com)

Communication / Contact Information

The Bear River Swimming staff knows that communication is key to a successful parent/coach and swimmer/coach relationship. Open communication is required! Please make coaches aware of any problems a swimmer may be having. By letting us know, we are able to be better coaches to your swimmer. Parents wishing to discuss something in detail can call the coaches' voice mail or email Coach Daryn at [BearRiverSwim@gmail.com](mailto: BearRiverSwim@gmail.com). **On deck discussions are only allowed in the case of an emergency.**

Coaches' Phone/Voice Mail

(530) 268-1209

Mailing Address

10556 Combie Rd. PMB 6470, Auburn, CA. 95206

Team web address:

www.BearRiverSwimming.org

FILE FOLDERS- Each swimmer will have a file folder at the pool, these folders act as our in house mail system. All meet sheets, handouts, and correspondence will go out in this manner. Swimmers and/or parents should check this regularly.

Practice Guidelines

Each practice session that you attend is an opportunity to learn about and improve your swimming. Just as in a classroom, everyone must participate in a positive manner for the entire group to benefit. By following the guidelines listed below, you can contribute to a learning environment and help yourself and your teammates reach your swimming goals.

1. Make sure you eat and drink properly before each practice session.
2. Be on time (about 10 minutes prior to the scheduled start of practice).
3. Start your warm-up promptly when directed to do so by your coach.
4. Have all your training equipment with you each day, including a water bottle.
Remember a ONE-PIECE Suit is required.
5. Have a spare set of goggles, suit and cap for use as needed.
6. While the coach is talking, be attentive and focus on what the coach is saying.
7. Work to improve your swimming techniques on a daily basis.
8. Be a positive, supportive member of the group, encourage your teammates during the practice.
9. Always try your best! Push yourself to your best effort on each lap, turn, streamline and finish.
10. Help in any deck cleanup or covering of the pool as needed.
11. Dress warmly after each practice and eat immediately after practice to aid in muscle recovery.
12. If you need to leave practice early you must notify your coach BEFORE practice begins.

Swim Gear

There are several items your swimmer will need as they participate with Bear River Swimming. Each group has certain required practice equipment and team members are required to wear team gear to all meets.

Items your swimmer will need for practice: One-piece Suit, Goggles, Water Bottle, Swim Cap, Fins, Front Mount Snorkel and Kickboard and Paddles (Junior Team, Varsity, Senior Team).

Items your swimmer will need for meets: Team Swim Cap, Black Racing Suit and a Bear River Team T-shirt. Each season swimmers will receive a cap and t-shirt. Additional caps and t-shirts may be purchased from the coaching staff.

Weather Watch

Rain we swim – Lightning we get out! We will not cancel practice due to rain alone. In the event of an electrical storm, practice will be canceled. Don't be afraid of a little rain (or snow). Swimmers will be wet and the pool is the same temperature. Practicing in the rain is fun!

Behavioral / Discipline Policy

Our program is designed to offer each swimmer the opportunity to excel in a positive and secure environment. All swimmers are expected to behave in a mature manner when at practice and to treat their teammates and coaches with respect. Any swimmer behaving in a manner that is deemed by the coaches to be either inappropriate or distracting to other swimmers will be subject to the following procedures:

1. Coach will notify swimmer that their behavior is not appropriate and must be stopped.
2. If behavior persists or if original actions are grave enough to warrant, swimmer will be removed from practice and the parents will be contacted to pick-up their child. The swimmer will not be allowed to attend the next practice until the parents have discussed the issue with the coach.
3. If the above actions are not able to resolve the issue, at the discretion of the head coach a swimmer may be suspended for a period of time or permanently removed from the team.

Enter And Exit Procedures

The coaching staff is focused on what is going on in the pool and is not able to monitor swimmers entering and exiting the pool area. Please drop off your swimmer no earlier than 15 minutes prior to the scheduled start of practice and watch to make sure your swimmer safely enters the pool area. Pick up your swimmer promptly at the scheduled ending time for each practice. Supervision cannot be provided after the conclusion of their practice.

Key points for parents:

- *Drop off swimmers no earlier than 15 minutes prior to the scheduled start of practice.
- *Parents are responsible for instructing their swimmer to remain inside the gated pool area once they are dropped off, unless they are under the direct supervision of a coach such as during dry-land activities.
- ***Parents are responsible for their swimmer(s) immediately after the scheduled end of practice.**

Meet Procedures

Swim meets are one of the major reasons you work so hard during practice. Swim meets are FUN and they play a large role in teaching you how to become a better swimmer. The coaching staff has established Swim Meet Procedures so that all Bear River swimmers will maximize each meet experience.

Swimming is a TEAM sport. We train as a team, we compete as a team, we warm-up as a team, we sit together as a team and it is important that you represent Bear River Swimming with pride and wear TEAM attire.

- **What to Bring:**
 - Team suit and Team caps
 - Goggles
 - Warm clothes
 - Towels
 - Cash/snacks/WATER
 - Swim Binder – *Bring to every meet and record all splits/times and coach comments.*
- **Arrival / Warm-up:**
 - Arrive at the pool at 7:15AM (unless otherwise specified by your coach). Silver & Gold Group should arrive by 8:00AM.
 - Find the check-in desk and check-in for all your events.
 - Find the Bear River Swimming team area, get set up and prepare to get in the water.
 - The coaches will direct you through warm-up. .
- **Team Meeting:** 8:45AM - All swimmers meet with the coaches in the team area.
- **During the Meet:**
 - Before each race, check the posting for your heat and lane assignments.
 - Report to the coaches to inform them of your heat and lane and to talk about your upcoming race.
 - Do your pre-race warm-up.
 - Report to the area behind the starting blocks 3-4 heats prior to yours and be ready when your heat is called to the blocks.

ALL SWIMMERS MUST COMPETE IN A BEAR TEAM CAP and BLACK SUIT

- **After Each Race:**
 - Complete a race warm-down.
 - Senior Team & Senior II = 400 choice
 - Junior Team & Gold Group = 200 choice
 - Silver Group = 100 choice
 - Get dressed.
 - Bring your meet binder to the coaches for your race splits and comments.
 - Record your splits and comments in your swim binder so that you can refer to them when preparing to swim that event in the future.
- **After the Last Race of the Day:**
 - Senior Team & Senior II = 800 choice
 - Junior Team & Gold Group = 400 choice
 - Silver Group = 200 choice

Other Meet Items:

- Help clean the team area before leaving for the day.
- If for any reason you miss an event or have to leave the meet early, check in with the coaches for specific instructions.
- No scratching of events unless first approved by the coaches. Do not ask unless you have a legitimate personal or family reason for needing to miss an event.
- If you are spoken to by an official for any reason, including a disqualification, try to be clear as to what the official is telling you and report to your coach as soon as possible.
- Swim FAST and have FUN!

Meet Schedule & Participation

The coaching staff designs the meet schedule in order to give each level of swimmer opportunities to compete. All Bear River Swimming families are expected to follow the announced meet schedule. If there is a meet not on the schedule in which your swimmer would like to participate it must be cleared with the coaching staff.

Several weeks in advance of a meet the coaching staff will be requesting confirmation of each swimmer's attendance. Swimmers are expected to attend – this is a competitive swim team. Fees for swim meet entries will be added to the monthly statements when appropriate. Once the coaching staff has completed entries for a meet, families are responsible for their swimmer's meet entry fees even if they do not attend the meet.

Entry fees for swim meets are generally \$3 per event plus a \$5 per swimmer "pool fee." At most meets swimmers can expect to swim 4 events per day.

Travel Meets: As your swimmer progresses there may be opportunities to participate in Team Travel Meets. The coaching staff selects team travel meets for several reasons: give our swimmers experience competing against different competitors and at a higher quality of individual competition; seek conditions conducive to exceptional performance; experience the fun and social interactions of traveling as a team; learn responsibility and independence through our travel experience.

Bear River Swimming Incentive Program:

BEAR Bucks

BEAR Bucks is a new Bear River Swimming program through which any swimmer can earn BEAR Bucks and then use them to buy team gear! The coaching staff has compiled important ways for swimmers to earn their BEAR Bucks. The coaches believe that this is a positive way to reward swimmers for attributes we are looking for to build a better team, while getting more BEAR team stuff in the hands of our swimmers!

How do you earn BEAR Bucks?

1. Attendance (i.e. perfect attendance for a week)
2. Test Set Performance.
3. Use of Swim Binder on Mondays and at Meets
4. Test Set Improvement
5. Going Above and Beyond – coach discretion.
6. Doing something for the first time/something you have never done before.

***BEAR Buck totals are updated weekly and posted online.**

What can you buy with BEAR Bucks?

Team Towel
Goggles
Team Swim Cap
Team Bag
Binders with logo
Keychains with logo
Team Water Bottle
Team Drag Suits
Chair with logo or Bleacher seat
Stadium Blanket with logo
BEAR Beanie
Ball Cap with logo
Lap Counter with logo

Frequently Asked Questions

Do my swimmers need to attend practice every day?

At the age group level, we encourage our younger swimmers to participate in other activities away from the pool. It is not necessary to attend 100% of all workouts offered. As a swimmer progresses through the program the commitment level will increase. Swimmers in the Senior Team are expected to have at least 90% attendance.

Are you required to swim in meets?

Swimmers are not required to swim in meets. Each season the coaches will distribute a calendar of meets. Swimmers will be encouraged to attend. Some swimmers are not ready to swim in competitions or are uncomfortable with competition, we recognize this and will tailor the program to the needs of the individual. Similar to the attendance expectations as a swimmer progresses through the program the commitment level to meets will increase.

How often are there swim meets?

Most swimmers should expect to swim in 1 meet per month. The meets are of different levels with different time standards. Swimmers will qualify to swim in only certain meets. The coaching staff works very hard to put together the best meet schedule for all levels on the team.

Do parents work at the meets?

Yes, we cannot run the meets without the parent's help. At away meets we ask all parents to help with timing in our team assigned lanes. If everyone helps for a brief shift, the work is shared evenly.

What is a USA Swimming card used for?

Each swimmer must be a registered member of USA Swimming. Proof of membership is your card. Membership includes an insurance policy that allows USA Swimming teams to hold practices and to host meets. Your USA Swimming membership number is a combination of birth-date and letters from your name. You should bring your USA Swimming card to every meet in case there is ever a question regarding your membership status.

What is the proper diet for a swimmer?

First and foremost swimmers should always drink a great deal of water. The human body is over 65% water and the proper intake of water on a daily basis is critical. A well-balanced diet with large amounts of fruits and vegetables is always a good place to start. Avoid fast foods, and saturated fats that are found in potato chips, fried foods, and other quick snacks. Eating a healthy snack before and after each practice session will help keep the blood sugar level at its proper level. During a meet swimmers should stay hydrated throughout the day (extra important in warm weather), and eat foods that are easily digestible (fruits, etc).

How does a swimmer move up in groups?

The coaches design move-up criteria for each group. Meeting the criteria alone does not guarantee a move to the next group. The final decision is up to the coaches' discretion based on what we feel is best for your child's long term success.

Why am I not allowed to talk to the coaches or sit on deck during training sessions?

Our insurance requires that no spectators be allowed on the pool deck. This includes parents and siblings. In addition, your presence is a distraction to your swimmer, the coach and the group. Parents are allowed to view practice from the west side bleacher area.

Should I sign my swimmer up for lessons and/or swim camps?

USA Swimming and many colleges offer camps during the summer. These camps can be a great experience for your swimmer. However, if you are looking for additional instruction, camps and lessons should not be necessary, in most cases. All the techniques for successful swimming will be covered at the various practice sessions. If your swimmer is interested in a swim camp or additional lessons, the coaching staff will offer suggestions that will compliment what we are doing in our practices.

How can I be a good swimming parent?

The most important concept is to be supportive. Support your swimmer best by making sure they attend practice and meets on a regular basis. Support your swimmer by making sure they are getting a proper diet and rest. Support your swimmer by helping them understand that in swimming, like everything in life, there will be good times as well as bad times. Both can be important learning opportunities. Help your swimmers make the most of their opportunities and help teach them to accept responsibility for their actions. Avoid giving your swimmer instruction or "coaching" your swimmer. Your main job is to support their efforts regardless of the results and encourage them to strive to reach their maximum potential.

IF YOU HAVE ANY QUESTIONS - PLEASE FEEL FREE TO ASK YOUR COACH.
You can contact the coaching staff at (530) 268-1209.

"TEN COMMANDMENTS FOR SWIMMING PARENTS"

Taken From USA Swimming's "The Swimming Parent"

- 1. Thou shalt not impose your ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best.
- 2. Thou shalt be supportive no matter what.** There is only one question to ask your child "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
- 3. Thou shalt not coach your child.** You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side. Your job is to support, love, and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer / coach bond from forming.
- 4. Thou shalt only have positive things to say at a swimming meet.** If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.
- 5. Thou shalt acknowledge thy child's fears.** A first swimming meet, 500 free or 200IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.
- 6. Thou shalt not criticize the officials.** If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.
- 7. Honor thy child's coach.** The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child, it will only serve to hurt your child's swimming.
- 8. Thou shalt not jump from team to team.** The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind. Often times swimmers who do switch teams never do better than they did before they sought the bluer water.
- 9. Thy child shalt have goals besides winning.** Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."
- 10. Thou shalt not expect thy child to become an Olympian.** There are over 300,000 athletes in United States Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about 1 in 6,000. Swimming is much more than just the Olympics. Ask your coach why he coaches. Chances are, he was not an Olympian, but still got enough out of swimming that he wants to pass that love for the sport on to others. Swimming teaches self discipline and sportsmanship; it builds self esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child has chosen this sport.