

## Jenison Age Group Swimming

[www.jenisonaquatics.org](http://www.jenisonaquatics.org)

### Who are the coaches for this season?

- Coaches are Tanner Livingston, Brittany Begerow, Kyle Burgher, Brad Dotson, Dana Fitzpatrick, Jenn Harlett, Monica Kinney, Grant Weick, and Craig Westra
  - YES, we have NINE coaches ☺!
- Tanner will be head coaching, please contact him with swimming questions:
  - [tannerclivingston@gmail.com](mailto:tannerclivingston@gmail.com).
- Jen Coffey will be administrating, please contact her with administrative questions: [jcoffey@jpsonline.org](mailto:jcoffey@jpsonline.org)

### What is the best way to communicate with one of the coaches?

- **Please do not talk to a coach during any practice (we only have one hour and that time needs to be fully devoted to the swimmers).** If you would like to talk to the coach, your best option is to email Jen or Tanner to set up a meeting with your child's coach.
- **Email is best!** Please email any questions, concerns, comments, and we will either set up a meeting or answer you via the internet.

### How do I receive JAG communications throughout the season?

- **Please write a very clear email address on your registration form.** We have a mass email list for JAG and it is very helpful when there are last minute changes to meets, practices, or for other reasons... especially in the winter!!
  - If you do not hear from Jen within a week of final registration, email her!
- We also use the scoreboard to relay information during practice. Anything on the scoreboard will also be sent in an email The scoreboard is just a BIG reminder!

### What age group will my child participate in?

- For the winter season, the age group your child will participate in for the entire season is determined by their age on December 1<sup>st</sup> of that year.
- For the summer season, the age group your child will participate in for the entire season is determined by their age on June 1<sup>st</sup> of that year.
  - Age groups are 8 & under, 9 & 10s, 11 & 12s, 13 & 14s, and 15 through 18 (15-18 is for the summer season only).

### “Who will my child practice with?” “She is brand new!” “She is really fast!” “She doesn’t know anyone!” “She has never swam on an organized swim team before!”

- We group the kids together based on age, ability, and what is in the best interest of the child! Unfortunately this takes time! Please give us a week or two to determine the best groups and please help us by talking to your child about being flexible when being moved around for the first week or two.

### Does my child need a team suit?

- Every season we offer the option to purchase a team suit. You do not need to purchase a team suit, but we do hope that you get a team suit or try to get a suit that has green in it! Our team colors are green and white (and black). We recommend that your child has a suit for practice and a tighter/'snug' fitting suit for meets (remember suits only get bigger, not smaller as the season progresses)!
  - The WMSL has a rule on logos for caps and swimming suits. Your cap or suit may only have one logo and it may be no larger than the size of a quarter. This does not include our JAG logo.

### Does my child need to wear a swim cap?

- No

## Jenison Age Group Swimming

[www.jenisonaquatics.org](http://www.jenisonaquatics.org)

- ... but, almost all of the girls wear swim caps, so if your daughter resists in the beginning, she may change her mind as she fights with her hair during practices (girls (or boys) who have hair shoulder length or longer must have their hair tied up or back).
- Most boys do not wear swim caps.
- Each swimmer will have the option to receive one free latex cap and team t-shirt if registered by the registration deadline printed on the JAG sign up form. If you know your child prefers a silicone cap, the difference in price is \$4.00. Please add that to your registration form. Caps will be distributed at community ed (latex and silicone) when registration and payment is handed to Brenda Grandy. Any registration and checks deposited into the black mailbox will have to wait to receive their caps until our roster is complete and we can distribute them in an organized manner at the pool.

### **Is there a payment plan offered?**

- Yes, but in order to participate in the payment plan you must turn in your registration and first payment to community ed in person so you can fill out the paperwork involved in the payment plan. Payment plans are \$10.00 higher.

### **How do I know when practices and meets are... what about warm up times for meets?**

- Winter practices *typically* run on Monday, Tuesday, and Thursdays from 7-8 p.m..
- Summer practices *typically* run Monday through Friday from 10:00-11:00 a.m.
  - You can find all practices and meets (please check every Sunday for any updates to the week) on our webpage. [www.jenisonaquatics.org](http://www.jenisonaquatics.org)
- CLICK on the bright green calendar CLICK on the CATEGORY: JAG
- You can also find meet information, due dates, on deck times, warm up times, and volunteer forms on the JAG page, CLICK on the JAG logo on the left side of the main page.
- For meets at Jenison (we will need a lot of volunteers and) we have a standard arrival procedure for all of our home meets (away meets may vary):
- 7:45am JAG arrives and each swimmer hi-lites his or her name on the check in sheets/event sheets. Marshalls and coaches will assist.
- 8:00am JAG warm up
- 9:00am Meet begins (winter meets are approx. 4 hours, summer meets are approx. 3 hours from the meet start time)

### **My child only wants to practice, do they have to swim in meets? Also, what if my child misses a practice?**

- Practices and meets are highly recommended, but not mandatory. We know your kids are busy with 101 different obligations! We do not take attendance and only hope that the kids are at practice as much as possible! When they do come, please have them on deck and ready to go at least five minutes prior to their practice start time so we can deliver any announcements, help the kids get signed up for meets, maybe do a cheer ☺, and be in the pool by the start of the one hour practice.

### **What days are meets on and when are meet sign ups due?**

- Winter age group meets are on Saturday with meet signups due the Monday before.

## Jenison Age Group Swimming

[www.jenisonaquatics.org](http://www.jenisonaquatics.org)

- Summer age group meets are on Thursday with the meet signups due the Monday before.

### **Are there any additional fees associated with swimming in meets?**

- All regular season dual or tri meets and all championship meet fees are covered in a surcharge that we pay to the WMSL at the beginning of every season.
  - If you know 100% that your child will not swim in a meet this season, please let us know so we do not pay the surcharge for your swimmer.
- We often offer invitationals at the beginning of each season and these do cost additional money. The entry fee per event will be listed with the meet information packet which will be posted on our webpage as soon as we receive it.
  - All invitationals are completely optional and simply another opportunity to race before our dual/tri meet season gets underway.
  - There will be a deadline to enter associated with each information packet. You will need to fill out the entry form and submit the entry form with payment by the deadline in order to be entered into the invitational.
    - All paper entries and payment should be submitted to the black pool mailbox by the deadline specified on the information packet.

### **How do we sign up for swim meets and what if my child cannot attend?**

- All dual meet signups will be taped to the white board on the pool deck right outside the family room. **Every child/parent MUST write something on the paper by their child's name for every dual meet.**
  - If your child IS attending the meet, they sign up by selecting 2 or 3 events they would like to swim by putting a check or an X in the corresponding box of the events they want to swim. *The coach guarantees one of their selections and the coaches will select a second event for them.*
  - If your child IS NOT attending the meet, they must write, "WILL NOT BE AT THE MEET" or some variation of that. We have well over 100 age group swimmers every season and it is crucial to our success that you either sign up for the meet or tell us your child cannot attend (by writing it on the sign up form)
    - DO NOT VERBALLY TELL A COACH – THEY WON'T REMEMBER!

### **What if we are gone the entire duration of the sign ups, but still want to swim in the meet?**

- Please make every attempt to sign up for the meets yourself (call another JAG parent). If you know you will be gone the entire duration of the sign ups (which are posted at least one week prior to the deadline), please email Tanner or Jen what your child would like to swim.

### **How many events can my child swim at a meet?**

- For our early season invitationals, the meet host will decide on how many events each swimmer is allowed to participate in and whether there are relays. All of this information will be stated clearly in the meet information that is posted online.
- For our dual or tri meets, each swimmer is allowed to swim one or two individual races and one or two relays.
  - PS meets go a lot faster when you VOLUNTEER ☺ !

## Jenison Age Group Swimming

[www.jenisonaquatics.org](http://www.jenisonaquatics.org)

- For our end of season championship meets, each swimmer is allowed to swim two individual races and one relay.
  - Each team is only allowed to enter one relay per gender per event.

### **How are relays decided?**

- We ensure that every age group swimmer is on at least one relay at every dual/tri meet (unless there are less than four swimmers in that age group/gender).
  - For the medley relay, (backstroke, breaststroke, butterfly, and freestyle), we need a combination of four children within the same age group and gender that are legal in one of each of the strokes. If we have four we can create a relay. If we do not have four kids your swimmer will definitely be in a free relay.
  - For the freestyle relay, we need four children within the same age group and gender to complete the appropriate distance for each relay. If there is not a multiple of four in any given age group, we will still ensure that each swimmer is on at least one relay
  - If your child will arrive late or leave early from any meet, please write on the sign up form “NO MEDLEY RELAY” or “NO FREE RELAY” so that we do not put your child in a relay that they will not be in attendance for.
  - **If we put your child in a relay and they DO NOT SHOW UP TO SWIM IN THE MEET OR THE RELAY, your child will not be allowed to swim in any further relays for the remainder of the season.**
- As we compile times on all of the swimmers, we try to enter into each meet an “A” relay with our fastest kids for each age group and each gender. After the first relay, we may mix up the kids or have them try different strokes. Our main priority is that each swimmer is in at least one relay at every meet!

### **My child wants to swim in the championship meet, but we are unable to attend a dual meet during the regular season? Can she still swim in the championship meet?**

- WMSL rules state that your child must participate in one invitational, dual meet, or tri meet in order to participate in a championship meet.

### **How do I help alleviate the fear of competition in my child?**

- First tell Tanner (or Jen) and we can inform your child’s coach and we can begin there. Your child’s coach is your partner in this ‘fight.’ He or she has been there, done that, and helped many kids in the past get through this. Many times just the encouragement, support, and confidence the coach portrays for your swimmer is enough to try a meet!

### **What are our responsibilities for the home and away meets as a parent volunteer?**

- We ask that each family volunteer at least once during each age group season. There are many opportunities to help at each meet whether you want to be on the deck (runner), or in the balcony (concessions), or right by the action (timing), or right with your swimmer (marshalling). We can help you find what is the best volunteer job for you.
- Every season we ask that each family donate one item for each home meet. We typically have two home meets, and if we have more we only ask that you donate two times maximum. Donations can be granola bars, candy, fruit roll-ups, fruit, bagels, veggies in a Ziploc, 12 pack of pop (must be Pepsi product (we are a Pepsi

## Jenison Age Group Swimming

[www.jenisonaquatics.org](http://www.jenisonaquatics.org)

school)), Gatorade, water, etc..... Just think of anything your child might buy at a concession stand!

- We use all concession profits for the end of the year banquet, we purchase individual trophies for every child, certificates for every child, ribbons for top eight at every meet (home and away) and “I did my Best” ribbons for every child who did not place top eight. The profits also help pay for the dual meet officials and for our webpage. We have a lot of expenses and the concession profits help alleviate this cost for us!

### **How do I sign up to volunteer?**

- There will be a sign-up table in the balcony for the first couple weeks of JAG. After the first couple weeks you can email Jen to get signed up. The volunteer forms will be posted by our meets on our webpage and updated weekly.

### **What is the jewelry rule?**

- According to the WMSL, no swimmer may wear any form of jewelry in any meets or invitationals. No ear rings, bracelets, anklets, or any other form of jewelry in the meet. The swimmer will immediately be disqualified.

### **What should my child bring to do/eat/wear at meets?**

- Swimming meets can get long, so it is best to send your child prepared with some snacks to eat and things to do:
  - Bring books, coloring items, hand held electronic devices (Gameboy), anything that would occupy your child in between events.
  - Bring small, healthy ☺ snacks during the meet (or visit our concession stand to support our team), and please stress to your child to clean up his or her area. Also bring hydrating beverages like Gatorade or Powerade.
  - Bring at least two towels, sweats, and extra clothing as sitting on a pool deck can often get cold... and everything gets wet!

### **What if my child left what he brought or wore to the meet at the pool?**

- LABEL – LABEL – LABEL – LABEL – LABEL – LABEL – LABEL – LABEL
- If the meet was a home meet, go to the Jenison pool as soon as you can and look wherever your child lost the item. If the item is not there, it will be in the LOST AND FOUND bin in front of the office, hopefully! If it is jewelry it will be in the pool office (email Jen).
- If the meet was an away meet, email Jen asap (preferably within 24-48 hours) with a very specific description of what was left and she will contact the host club for you.
- LABEL – LABEL – LABEL – LABEL – LABEL – LABEL – LABEL – LABEL

### **How can I find out the WMSL A cut times?**

- All WMSL cut times are posted on our JAG page ([www.jenisonaquatics.org](http://www.jenisonaquatics.org))

### **How can I support my swimmer, especially if I know little about the sport?**

- You are your swimmers #1 fan! Whether they make that goal time or not, they are trying their hardest! Smile, be proud! Do not focus on times! Do not focus on A times, getting A cuts, etc. You need to be their #1 fan regardless of whether they achieve their best time on that particular swim or not!
- After each race they will look to you first... they will see disappointment in your face, they will feel the pressure to please you, and as an age group swimmer that is not our focus!

## Jenison Age Group Swimming

[www.jenisonaquatics.org](http://www.jenisonaquatics.org)

- In order to not focus on times, here are stroke goals (at a minimum) we try to achieve by age group:
  - 8 & unders → HAVE FUN, learn the rules of competitive swimming, learn to dive, master a 25 yard freestyle with face in the water and rotary breathing, and master a 25 yard backstroke while staying on their back the whole way.
  - 9 & 10s → HAVE FUN, learn the rules of competitive swimming (including proper turns for each stroke as there are no more 25s), learn to dive better, learn proper turns for each stroke, and successfully complete a 100 IM.
  - 11 & 12s → HAVE FUN, learn the rules of competitive swimming, improve on all starts, turns, and strokes, begin to work on endurance.
  - 13 & 14s → HAVE FUN, learn the rules of competitive swimming, improve on all starts, turns, and strokes, continue to work on endurance, participate in the 200 free and 100 IM at least once each season.