

Jenison Age Group Swimming

www.jenisonaquatics.org

Who are the coaches for this season?

- We have a wonderful staff including James Richardson, Jen Harlett, Luc Petto, and Craig Westra. James and Jen H will be doing a lot of the administrative stuff, please contact either of them with swimming and meet entry questions using this email: JAG@jenisonaquatics.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 your coach to set up a meeting.
 - **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 one of the coaches 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!
- Our JAG link on www.jenisonaquatics.org also has plenty of information for you to read throughout the season. It is updated frequently.

What are the free trial days about?

- Each season we offer a couple trial days so that families can try out our team at no out of pocket cost. If they do not enjoy swimming they are done with no questions asked. If they enjoy the team they register and pay by the deadline which is a few days after the last trial day.

What is the early bird registration?

- The early bird registration is a small discount for each swimmer when families sign up by a certain date much earlier than the final registration date. We do this to help with costs, as well as help determine the number of coaches we need for the season.
 - THERE ARE NO REFUNDS WITH THE EARLY BIRD REGISTRATION.

How and where do I sign up?

- You must pay and register by the deadline on the registration form at the Jenison Community Ed office located in the bottom level of the admin building on the corner of 20th and Bauer.

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 education in person so you can fill out the "Payment Plan Paperwork." Payment plans are \$10.00 higher due to additional administrative duties.

Where are the practices?

- All practices are at the Jenison High School Pool located at 2140 Bauer Rd.

What age group will my child participate in?

Jenison Age Group Swimming

www.jenisonaquatics.org

- *NEW* Whatever age your child is on the day of the meet will be the age group your child will participate in for that meet and until his or her next birthday.

“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 with so many swimmers. Please give us a week or two to determine the best groups and 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/team warm up?

- Every season we offer the option to purchase a team suit and warm up. You do not need to purchase a team suit/warm up, 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 with each use)
 - 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 team (JAG) logo.

Does my child need to wear a swim cap?

- No... 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 practice.
 - Girls (or boys) who have hair shoulder length or longer hair must have their hair tied up or back.
- Most boys do not wear swim caps, but they definitely may.

What about the free team cap and shirt?

- Each swimmer will have the option to receive one free latex cap and team t-shirt if registered and paid by the deadline printed on the JAG sign up form. If you know your child prefers a silicone cap, the difference in price is \$5.00 (and will be noted on the registration form). Caps will be distributed at practice once the roster is set (about a week after the deadline). Shirts will be distributed after they are ordered, received, and labeled. New shirts will be created each summer season and then only new JAG swimmers will receive shirts the following winter.

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 may be 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 practice.
- *If you know 100% that your child is not swimming in meets tell Jen ASAP.*

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

- Always check the pool calendar:
 - You can find all practices and meets (please check every Sunday for any updates to the week) on our webpage: www.jenisonaquatics.org

Jenison Age Group Swimming

www.jenisonaquatics.org

- CLICK on the bright green calendar
- CLICK on the CATEGORY: JAG
- 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 on the pool deck outside the locker rooms.
 - 8:00am JAG warm up with JAG coaches
 - 9:00am Meet begins (winter meets are approx. 4 hours, summer meets are approx. 3 hours from the meet start time)

Are there any additional fees associated with swimming in meets? Deadlines?

- 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 Jen know so we do not pay the surcharge for your swimmer.
- We often offer optional 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 optional and simply another opportunity to race.
 - All invitationals require a minimum of six JAG swimmers to send a team.
 - 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.

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

- Winter meets are on Saturdays with meet signups due the Monday before.
- Summer meets are on Thursdays with meet signups due the Monday before.

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

- *NEW* Coaches will assume all swimmers are swimming in each meet.
 - If your swimmer is not going to attend a meet it is YOUR responsibility to let your child's coach know via your child, email, or another form of communication.
 - It is the responsibility of the parent/guardian to tell the child whether they can attend the meet.
 - By doing this we alleviate questions regarding what your child should or could swim. The coaches will ask the child and work together to determine the best 2 events for the upcoming meet.
 - *The coach guarantees one of their selections and the coaches will select a second event for them.*
- If your child will need to arrive late or leave early from any meet, please inform your child/coach of this so they can get signed up appropriately. This way we will not put your child on a relay at the beginning or at the end if need be.
 - **If we put your child in a meet and therefore a relay and they DO NOT SHOW UP TO SWIM IN THE MEET OR THE RELAY, your child**

Jenison Age Group Swimming

www.jenisonaquatics.org

will not be allowed to swim in any further relays for the remainder of the season.

Meet Results (including seeding and scoring)

- All JAG meet results will get posted on our JAG page as soon as possible.
 - Home meets get posted much sooner than away meets → patience ☺
- All pools are different, but results will be posted in the Jenison balcony for parents to view as soon as they are available. Results “should” be posted at all away meets, too, for the parents to view.
 - What does seeding mean → Put simply it means to rank the swimmers in order prior to swimming each specific event. Often there are more than 8 swimmers in an event. The 9/10 - 50 free could have 40 swimmers in it. With 40 swimmers there would be 5 heats of 8 swimmers. Seeding means they are ranked by times and swum in heats with the fastest 8 swimmers swimming in the last heat (heat 5 in this example)
 - What does scoring mean → Put simply it means to rank the swimmers in order after swimming each specific event. From the example above, after all 40 swimmers swam their race they would be ranked by their resulting time and the top three from each team (in a dual) score for their team.
 - If there is an “X” by their name their time still counts it only means that they were not the top three swimmers from Jenison and therefore were exhibitioned for points. Their time does count, though!
 - If there is a “DQ” by their name they were disqualified → the swimmer did something incorrectly in his or her race to disqualify them. The swimmer should ask his or her coach why they were DQ’d.
 - For example:
 - One hand touch in breaststroke or butterfly
 - Flip turn in IM from back to breast
 - Moving on the blocks before the “Beep”
 - Missing the wall on a flip turn.
 - Uneven butterfly arms
 - Non simultaneous breaststroke kick, etc.

How many events can my child swim at a meet?

- For the invitationals, the meet host will decide 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 up to two individual races and one or two relays.
 - Relays are decided by coaches and are final.
 - Events are ultimately decided by coaches and are final.
- For our end of season championship meets, each swimmer is allowed to swim two individual races and one relay. Even if your child only makes one “A” cut, they automatically get a bonus event so they will swim two individual races.
 - Each team is only allowed to enter one relay per gender per event.

What about relays?

Jenison Age Group Swimming

www.jenisonaquatics.org

- 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).
- Relays are decided by coaches and are final.
- The time for the first relay swimmer counts for an individual time and the other three relay swims do not count toward an individual time or cut time.
 - Cut times for the WMSL are posted on the JAG page
 - For the medley relay, (back, breast, fly, and free), 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.
 - We may swim a relay with only two or three swimmers, but the relay will be exhibition and not count toward points or ribbons because they will be DQ'd because of a lack of swimmers.
 - For the freestyle relay, we need four children within the same age group and gender to complete the appropriate distance for each relay.
 - If your child will arrive late or leave early from any meet, please have your swimmer tell his or her coach to 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 meet and therefore 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.

What meet does my child attend at the end of the season?

- The WMSL time standards are listed on our JAG webpage. We also have a link to the WMSL Official website where you can find the cut times, as well.
 - If your child makes an A cut, they must attend the A meet
 - They may not swim ‘other’ events to attend the B meet should they be busy or unable to attend on the A meet weekend.
 - IF YOUR SWIMMER IS NOT GOING TO THEIR CHAMPIONSHIP MEET TELL THEIR COACH!
 - If your child does not make an A cut, they must attend the B meet
 - IF YOUR SWIMMER IS NOT GOING TO THEIR CHAMPIONSHIP MEET TELL THEIR COACH!

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

- Communicate with your child’s coach via email (to begin). Your child’s coach is your partner in this ‘fight.’ He or she has been there, done that, and helped many

Jenison Age Group Swimming

www.jenisonaquatics.org

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 worker?

- We ask that each family volunteer once during each age group season (preferably once per child). There are many opportunities to help at each meet whether you want to be on the deck (runner), in the balcony (concessions), right by the action (timing), or right with your swimmer (marshalling).
 - No matter the volunteer job you have, you will always be able to watch your child swim!
 - If you do not volunteer, or cannot make the home meets, we require a \$25 fee to the team in lieu of volunteering. This is to hold all families accountable. Time or money?
- Often we host a championship meet at the end of the season because we have one of the best facilities in the area. When we do host meets it allows us to keep your registration costs as low as possible from year to year. In order to host these meets, though, we need a substantial number of volunteers to make it a success.
 - Possible Championship Meets
 - 10 & under A Meet
 - 11 & over A Meet
 - 12 & under Novice Meet (B Meet)
- There is a small concession fee included in each registration cost:
 - Why? This fee is important to get our concession stand started. All concession stand profits turn around and go right back into the team and benefit your child. We use all profits for the end of year banquet and other team expenses we incur throughout the season. We purchase individual trophies and 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 officials and for our webpage. We have a lot of expenses (in addition to coaches and pool time) and the concession profits help alleviate some of the cost for us!

How do I sign up to work?

- Your registration form will list the dates of our home meets and provide a list of volunteer jobs. Whatever date and job you sign up for you will be assigned. If you are able to volunteer more just email Jen and she will get you taken care of!
 - If your swimmer will be swimming in a championship meet we happen to host, please email Jen to volunteer your time.

What is the jewelry rule?

- According to the WMSL, swimmers may not wear any form of jewelry in any WMSL meets or invitationals. No earrings, bracelets, anklets, or any other form of jewelry in the meet. The swimmer will immediately be disqualified (DQ'd).

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 (or money for the concession stand) and things to do:
 - Bring books, coloring items, hand held electronic devices (Gameboy), anything that would occupy your child in between events (LABEL).

Jenison Age Group Swimming

www.jenisonaquatics.org

- 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 replenishing 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 – 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 should be in the LOST AND FOUND bin in front of the office. If it is jewelry it may be in the pool office (email Jen).
- If the meet was an away meet, email your coach asap (within 24-48 hours) with a specific description of what was left and he or she will contact the host team.
- **LABEL – 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)

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!
 - It is not possible to go a best time every time your child swims!
- 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! Smile, wave, and give a thumbs up ☺!
- 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 (breathing every 3 → on both sides), and master a 25 yard backstroke while staying on their back the whole way (using flags).
 - Move on to breast and butterfly once free and back have been mastered.
 - 9 & 10s → HAVE FUN, learn the rules of competitive swimming (including proper turns for each stroke → no more 25s for 9/10s), learn to dive better, learn proper turns for each stroke, and legally complete a 100 IM and 200 free during the season
 - 11 & 12s → HAVE FUN, learn the rules of competitive swimming, improve on all starts, turns, and strokes, begin to work on endurance.
 - Compete in every event offered in the 11 & 12 age group.
 - 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.
 - Compete in every event offered in the 13 & 14 age group.