

# Porterville Neptunites Information and Guidelines for Parents

## Dear Parents and Friends of Swimmers,

Thank you very much for being involved with Porterville Neptunites this year. If you have an urgent matter that needs immediate attention, please speak with a coach or board member. To better utilize practice time, ribbons will only be passed out at practice on Mondays.

*Thank you for your understanding as we seek to make this the best season ever for our swimmers!*

**Remember, we will practice through any bad weather except lightning.**

Sincerely,

The Neptunites Board

## Mission Statement

Porterville Neptunites Swim Program is for all interested boys and girls between four and 18 years of age. The program provides a non-critical and safe environment within a competitive swim program. The emphasis of the program is on participation, skill development, fair play, and a build-up of self-esteem.

## Porterville Neptunites Recreation Swim Team

The Porterville Neptunites Swim Team program is a recreational swim team. We are members of the Central Valley Recreational Swim League (CVRSL). Neptunites Swim Team is not affiliated with the City of Porterville Parks and Recreation Department. The elections of the Porterville Neptunite Board of Directors are held at a public meeting. This public meeting is held at the end of the season.

The Porterville Neptunites Board reserves the right to limit the team size in order to maintain a proper swimmer/coach ratio and insure adequate pool time. The swimmer/coach ratios are monitored throughout the season to maintain this balance between the coaches and swimmers. Registrations may be held poolside to fill up specific age groups.

## Eligibility and Registration

All children in the greater Porterville area are eligible and encouraged to participate, provided they can meet certain minimum swimming standards established for their safety. Age is determined by the swimmer's age as of June 1<sup>st</sup>. It may be necessary to limit participation by gender and age divisions. Open registrations are on a first-come first-served basis. Age division sizes are determined by the Neptunites Board based on coach/swimmer ratio and pool time availability. Pre-registration is held for returning Neptunites, at which time they are given priority. Open registration will then be held to fill out the age divisions. Registration will be considered complete when a registration form and a medical release form are filled out completely with parent or guardian signatures and appropriate fees have been paid. The coaches and/or staff may not hold places on the team.

## REFUND POLICY

**Children unable to meet the necessary swim standards, as determined by the Head Coach, will be dropped from the team, and will be given a refund (minus a \$10.00 service charge.) These refunds will only be made during the first two scheduled weeks of practice. No other refunds will be made. Please do not ask.**

## **Skill Standards**

New swimmers must be able to meet an age specific skill requirement. Swimmers may have to prove their ability by participating in a tryout with the head coach or his designee. Coaches' decisions will be final.

### **Swimmers 6 years and under**

Swimmer must be able to swim the entire length of the pool with their face in the water most of the time.

### **Swimmers 7 & 8 years old**

1. Swimmers must be able to swim one lap with their arm strokes breaking the surface of the water and with correct breathing.

### **Swimmers 9 & 10 years old**

1. Must be able to dive from the side of the pool or from the starting block and swim 25 yards of freestyle using correct stroke and breathing techniques.
2. Demonstrate the following strokes: breaststroke, backstroke and butterfly.

### **Swimmers 11 and older**

1. Swim two laps of the pool freestyle nonstop, with correct breathing technique, arm and leg (kick) movements.
2. Swim one correct lap of backstroke, breaststroke or butterfly.
3. Dive in head first off the side of the pool or the starting block.

## **Limited pool time and tight practice schedules do not permit our coaches to supervise swimmers outside their assigned practice times**

Selection of the head coach and assistant coaches is done with direct input by the Neptunites Board of Directors. Coaches' performances are reviewed and evaluated at the end of the season. Coaches have limited pool time to conduct practices. Please do not interrupt practices.

**Coaches are available before or after practices if you need to speak with them.**

### **Every parent is expected to:**

- Volunteer some time and get involved; we would appreciate you help with at least one task at our home meets: snack bar, timers, recorders, supervise the swimmers' rest area, set up, take down and clean up.
- **Please see meet schedule and find your scheduled volunteer date.**

### **Meet Procedure**

Swimmers should arrive **45 minutes** before the start of "**Home Meets**" and **30 minutes** before the start of "**Away Meets**".

When you arrive, please check-in with your individual age division coach.

Swimmers are encouraged to wear a team suit if they have one.

Swimmers are to remain in the team rest area with their respective age groups until they are called to line up for their events.

Rest area is for swimmers only; it is not a babysitting area.

Swimmers are encouraged to bring quiet activities to fill in time between events. Best behavior is a must; remember you represent the "Porterville Neptunites". If a swimmer becomes a discipline problem, further program involvement may require mandatory parental supervision.

A swim line-up committee, comprised of parent volunteers, will assist swimmers in lining up in the staging area for events. These parents will be busy and do not have time to look for swimmers outside of the age group rest area.

Please listen for your event numbers to be called.

At the conclusion of the meet (before you leave), swimmers need to help pickup the rest area. We are guests (even at home) and should leave the area cleaner than we found it.

**Swimmers, Parent Volunteers and meet officials are the only people allowed on deck during the meet. Insurance does not permit spectators on the deck inside the fenced area.**

### **Away Meets**

Host teams have control over their meet; we as visitors have no say in the amount of heats or number of swimmers in each heat.

Swimmers; sign up for events one to two days prior to the meets. Coaches will verify what event each swimmer is to compete in. Transportation of the swimmer(s) is the sole responsibility of the parents or guardians. Be there 30 minutes prior the start of the meet. It is recommended that each swimmer brings the following items: two towels, sleeping bag or something suitable to rest on, food, drinks, money for snack bar, and any quiet activities to keep themselves occupied, and dry clothes to change into after the meet.

Swimmers are expected to respect the rest area supervisors and listen to what they have to say. Swimmers are expected to be there to swim; please pay attention to the events, which are constantly being called, and know your event numbers. At the conclusion of the meet (before you leave), swimmers need to help pick up the rest area. We are guests and should leave the area cleaner than we found it.

### **Time Trials and Valley Finals Relay Teams**

Parents must notify their swimmer's coach regarding the swimmer's participation in Time Trials and Valley Finals by Wednesday July 5<sup>th</sup>. No changes to relay line-ups will be made after this date. Relay positions are established using the following guidelines.

1. Fastest 4 times for Free Relay
2. Fastest 4 combination of time's for Medley Relay
3. Swimmers must be at **BOTH** Time Trials and Valley Finals to swim on the A or B Relay team.
4. Relay teams established at the last dual meet are the relay teams that will proceed on to the Time Trials and Valley Finals.
5. Time consistency will be taken into consideration. Relay starts and finishes, and teamwork will also be a factor in relay team selections.

Coaches have discretion as to the swimmers placed on the relay teams.

### **Participation:**

Swimmers attending the meets are expected to participate in at least one individual event, up to a maximum of three. Based on participation, swimmers will be added to the relays by the coaches. Individual meet requirements may impose restrictions which limit the amount of team entries allowed.

### **Disciplinary Policy**

If a swimmer repeatedly misses practice without prior approval by his coach or repeatedly disrupts practice, coaches are urged to take the following steps:

1. Talk with the swimmer to help determine the problem.
2. Discuss the problem with the parent and the swimmer and attempt to find a cooperative solution.
3. Final resolution may require limited participation with direct parental supervision, or even suspension with prior review and approval of the board.