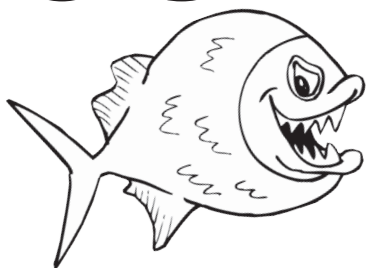


MOUNDBUILDERS



SUMMER SWIM

TEAM

PARENTS RESPONSIBILITY

As a coaching staff, our goal is not only to teach and train our athletes, but to help our parents be as educated as possible on how to best help their child reach their maximum potential as a person and an athlete.

Your responsibility to the club and your swimmer can be used in a variety of ways.

Fundraising- help bring in the dollars to make a difference by finding local business to help with donations or contributions to our pool and facility.

Publicity- letting people know about the club, it's goals, aims and results. Help us increase our membership and get the word out about our organization.

Administrative- the amount of work required to operate a team is amazing, assist with meet entries, fill out meet forms and registration.

Competitions- It takes a lot of volunteers to run a quality competition. You'll be called on plenty, and your help is vital. This is one time that money will not substitute for your physical presence. We will need timers, runners, ushers, officials, awards and other organizational help. It is your responsibility to help and these are often the best seats in the house.

TEAM RULES

1. Listen and Learn while at Practice and Meets
2. No talking when a coach is speaking.
3. Ask a coach to leave pool and use the restroom.
4. Do your best.
5. HAVE FUN!

As a member of the Moundbuilders Country Club Swim Team, your child will participate in ALL meets including Champs. If your child will not be able to attend a competition, it is the parent's responsibility to notify Coach Rachel with a note 24 hours prior to the meet. All swimmers will be expected to stay through the entirety of the meet to support teammates and be involved in relays.

IT'S ALL FOR FUN!

STROKES AND RELAYS

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley or most commonly referred to as an IM.

Relay events include freestyle relays and medley relays. The freestyle relay events consist of four freestylers, each swimming one quarter of the total distance of the event. In the medley relay, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer anchors the relay with freestyle.

WHAT DO COACHES WANT FROM PARENTS?

Love your child, Support your child,
Support your athlete

1. Punctuality at practice and meets.
2. Non-interference in technical matters
Let the coach do the coaching.
3. Discuss questions the parent has with the coach, not the child.
4. Understand and help create appropriate child self-image.
5. Reinforce values of the sport and life that coach is trying to teach.
6. Verbal support... speak well about what you like.
7. Dietary considerations and help.