

# Manchester Swim Club

## MSC Mission Statement

MSC is a private, non-profit organization dedicated to fostering competitive swimming for youths 6-18 years old with the goal of building swimmers self confidence and self esteem.

## Winter Swim Season - Rec / USA

### Winter Season

- September through February

### Rec Team

- Composed of USA and non-USA swimmers
- CCWSL
- MSC offers both a Recreational swim team, as well as a more competitive USA Team.
- MSC is a member of the Central Connecticut Winter Swim League
  - Glastonbury, Windsor, Newington, West Hartford, UAC
  - Rec team swims “A meets”, “B meets”, and “A/B Meets”
  - Rec League has “A” cut off times for swimmers.
    - Once a swimmer makes an “A” time, they can not swim that event in a “B” meet.
  - “B” swimmers can swim “A” meets as required by coaches.
- The coaches decide which events Rec swimmers will swim.

### USA Team

- More competitive than Rec League
- Meets held throughout the state and out of state
- Parent decides which meets his swimmer(s) will attend
- Parent responsible for entry fee for each meet for each swimmer
- Meets have swimmers from multiple teams from CT and surrounding states.
- USA swimmers can progress to successively more competitive meets - as far as the Olympic Trials
- For USA meets, the swimmer decides which events they will swim.
- The MSC Team is composed of both Manchester residents and out of town residents.

## How MSC swimmers are classified

The Head Coach determines the Junior and Senior Teams by:

- Experience
- Ability
- Commitment Level
- Not by age

Team assignments are determined:

- At tryouts for new swimmers
- Before the start of the season for returning swimmers
- Swimmers can be changed from the Junior to Senior team or vice versa during the course of the season

The goal is to provide productive practice sessions for all swimmers.

# Parent Responsibilities

The organization, coordination, and success of Manchester Swim Club is incumbent upon the participation of all team members and their families. Active participation of ALL FAMILIES is of utmost importance. If all MSC families help, everyone will have sufficient opportunity to watch and cheer for their swimmer during swim meets.

## Family Responsibilities:

- Assist with all swim meets and at CCWSL Championships.
  - Timer, Runner, Place Judge, Marshal, or Scorer at meets
  - Assist with the concession stand at home meets - 3 home meets
    - **We need about 4 people to organize concessions**
- Make sure to sign up your swimmer for Rec meets. (Swimmers AND Parent volunteers)
- Don't just drop off your swimmer at practice
  - Check the wall for memos, reminders and sign-up sheets.
- **Check and read all MSC e-mails daily.**

## Communication

- E-mail system ==> please check e-mails daily.
- Mailbox at the pool during practices to:
  - Communicate with any of the coaches
  - Communicate with any parent or Board member
  - Receive awards (ribbons, medals) from meets
- Information posted on the wall at the pool.
- Talk to any Board member - at pool or call at home.
- Parents can come to Board meetings - time and dates will be announced.
- Minutes from board meetings will be on MSC website.
- The MSC website has a wealth of info
  - **WWW.MANCHESTERSWIMCLUB.ORG**

## MSC Board of Directors

- The Board is composed of MSC parents and the Head Coach.
- Oversees the administrative and business functions of the club.
- Assists and supports the coaching staff.
- Available to discuss parent questions, concerns and suggestions

**The main focus of the Board is always on the swimmer.**

### MSC 2008-2009 BOARD OF DIRECTORS

**PRESIDENT - STEVE SCOTT**

860-647-9243  
sscott99@cox.net

**VICE PRESIDENT - BETH O'CONNOR**

860-643-5279  
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**VICE PRESIDENT - JON MITCHELL**

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**SECRETARY - JOHN ROMANOWSKI**

860-644-1705  
johnromanowski@cox.net

**TREASURER - DENISE HYDE**

860-872-5588  
Swimom@sbcglobal.net

**MEET MANAGER - KELLY ROMANOWSKI**

860-644-1705  
kellyromanowski@cox.net

**USA LIAISON - DIANE SMYTH**

860-635-7205  
dmsmyth40@aol.com

**HEAD COACH - RON ANDERSON**

Leave message in mailbox.

## **SWIM PARENTS' ROLE:**

- 1. DON'T COACH -** Leave coaching to coaches. This includes pre-race psyching, motivation, after race critiquing, setting goals, enforcing additional cross training, etc.
- 2. SUPPORT THE COACH -** Your coaches are the experts. They need your support for everyone to "win".
- 3. SUPPORT THE PROGRAM -** Get involved. Volunteer. Help out at meets, fundraisers, etc.
- 4. BE YOUR CHILD'S BEST FAN -** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should not have to perform to win your love.
- 5. SUPPORT AND ROOT FOR ALL SWIMMERS ON THE TEAM -** Foster teamwork. Your child's teammates are not the enemy. When they go faster than your child, your child now has a wonderful opportunity to improve.
- 6. DO NOT BRIBE OR OFFER INCENTIVES -** Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from proper race concentration.
- 7. TAKE YOUR CONCERNS AND PROBLEMS DIRECTLY TO THE COACH -** If you have a problem with the coach, do not go to other parents to discuss it. Go straight to the coach involved. Talking behind the coach's back will not get you what you want.
- 8. UNDERSTAND AND DISPLAY APPROPRIATE MEET BEHAVIOUR -** Remember your child's self--esteem and race performance is at stake. Be supportive and cheer but always be appropriate.
- 9. MONITOR YOUR CHILD'S STRESS LEVEL AT HOME -** Keep an eye on your swimmer to make sure he is handling stress effectively from the various activities in his life.
- 10. MONITOR EATING AND SLEEPING HABITS -** Be sure your child is eating the proper foods and getting adequate enough rest.
- 11. HELP YOUR CHILD KEEP HER PRIORITIES STRAIGHT -** Help your child maintain a focus on schoolwork, relationships and the other important things in life besides swimming. Also' if your child has made a commitment to swimming, help her keep the priorities around this in mind.
- 12. "REALITY TEST" FOR YOUR CHILD -** If a swimmer comes out of the pool with a personal best time and a last place finish, help him understand that this is a "win". Help him keep things in their proper perspective including losses, disappointments and failures.
- 13. KEEP SWIMMING IN PERSPECTIVE –** Swimming should not be larger than life for you. If your child's performances elicit strong emotions, keep these away from him. Remember your relationship will continue with your children long after their swimming days are over. Keep your goals and needs out of the pool.
- 14. BE AN APPROPRIATE LIAISON TO THE COACH -** Keep the coach informed as to how your child is responding to the experience (when appropriate). If your child is having trouble with something that happened in the pool or with something the coach said, help the child deal with it and if necessary, speak directly with the coach.

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# MANCHESTER SWIM CLUB SWIM MEET RULES

IT IS IMPORTANT TO DISCUSS THE FOLLOWING WITH YOUR  
SWIMMERS BEFORE SWIM MEETS.

Swimmers need to arrive at the pool 15 minutes before the warm-up time.

Swimmers will sit in the IOH pool area (the small pool located behind our practice pool). PLEASE BE SURE SWIMMERS BRING DECK CHAIRS. In order for our meet Marshalls to find your swimmer, they must sit with their age group.

Please be sure your swimmers remain in the IOH area at all times unless it is time for their events. Marshalls need to be able to locate them, or they will miss their events. SWIMMERS SHOULD NOT BE IN THE SPECTATOR STANDS AND SHOULD NOT BE AT THE CONCESSION STAND. Please purchase concessions for your swimmer, before or after the meet.

Swimmers needing to use the restrooms, need to tell a Marshall before they leave the IOH area.

UNLESS YOU ARE A VOLUNTEER OR A SWIMMER, YOU SHOULD NOT BE ON THE POOL DECK OR IN THE IOH AREA AT ANY TIME.

PLEASE DO NOT USE FLASH PHOTOGRAPHY. The timers are watching for a flash at the start of each event. Camera flashes can confuse the timers and the swimmers. This can cause your swimmer to be disqualified.

Swimmers may have snacks and drinks in the IOH area, but **MUST** clean up their area before leaving.  
NO GLASS BOTTLES PLEASE!!!

SWIMMERS MUST STAY OUT OF THE IOH POOL. This means no feet, no hands or any other body parts. Our meets get very crowded and we are fortunate to be able to have another area for our kids to sit. It is the policy of the school that we do not allow our swimmers to use the IOH pool. If we lose this privilege, we lose a large portion of our spectator seating to swimmers.

And last but not least, HAVE FUN, SWIM FAST AND HAVE A GREAT MEET!