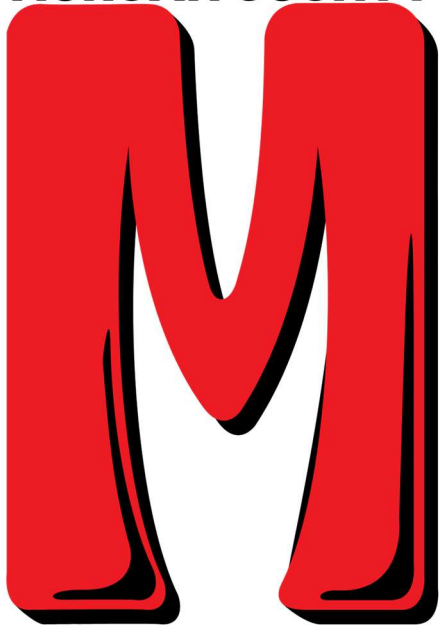


**MORGAN COUNTY**



**MARLINS**

**PARENT/SWIMMER  
HANDBOOK**

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## **GENERAL INFORMATION:**

**Mission Statement:** *“To provide quality recreation level competitive swimming where fun, sportsmanship and skills development are taught in a safe and enjoyable environment.”*

We are a competitive team owned and operated by Morgan County Parks and Recreation Department, and not ran by a parent board. All team rules and policies are setup and governed by Morgan County Parks and Recreation Services. During the Fall and Spring, we participate in swim meets sanctioned by USA Swimming, and in the Summer, Georgia Parks and Recreation Association swim meets. These meets are hosted throughout the state of Georgia. The USA team itself is an annual member of USA Swimming, as are all its athletes and coaches.

We host practices at the Morgan County Aquatic Center—practice times are based on the swimmer’s ability and commitment.

## **CODE OF CONDUCT:**

The following **Parent Code of Conduct** is in accordance with recommendations made by Morgan County Parks and Recreation Services, USA Swimming, and the American Swim Coaches Association. Ultimately, the goal of such code is to ensure a positive environment for the development of your swimmer(s). In addition, our intentions are not only to ensure a swimmer’s individual development but also to promote a positive and encouraging team atmosphere for all abilities. ***Parent/Athlete Code of Conduct agreements attached.***

## **SAFE SPORT: IMPORTANT UPDATES EFFECTIVE SEPTEMBER 1, 2021**

USA Swimming, Morgan County Parks and Recreation Services/Aquatic Center are committed to raising awareness about prevention of abuse in the sport. We believe that all swimmers should enjoy a fun, healthy, safe environment in the sport of swimming. USA Swimming has developed a program called Safe Sport.

Our training tools will help you:

- Understand the scope and effects of abuse in sport
- Recognize the signs of grooming behavior and boundary violations
- Understand how to establish boundaries and protect against false allegations
- Know how to react and report when you suspect abuse

A list of recommended trainings and resources for athletes & parents is available on our website, [www.morgancountyga.gov](http://www.morgancountyga.gov) under the Aquatics tab, Marlins Swim Team. **Adult athletes 18 and over are not permitted to compete until the required Athlete Protection Training for USA Swimming Adults is completed. Adult non- athletes are not permitted to volunteer or interact with minor swim team members until the Athlete Protection Training for non-members is completed.** For additional information and questions contact USA Swimming.

Please note that there are several ways to report a concern or file a report:

- USA Swimming (719) 866-4578 - Deal with a Safe Sport Concern
- U.S. Center for Safe Sport to make a report. Use the online reporting form, call (720) 524-5640 or find more information at [www.uscenterforsafesport.org](http://www.uscenterforsafesport.org)
- Aquatic Coordinator/Head Coach Missy Mauldin (706-474-2979) or [mmauldin@morgancountyga.gov](mailto:mmauldin@morgancountyga.gov)

### **COACHES:**

**MISSY MAULDIN:** Aquatic Coordinator, Head Coach

**TOM HANSON:** Age group coach/all ability groups

**RACHEL WOOD:** Age group coach 6-12

### **TEAM COMMUNICATION**

Marlins USAS and Developmental Non-competitive schedule changes/cancelations, swim meets, team updates etc., for all ability levels will be communicated through **Remind App**. Parents who wish to be current on pertinent information download the app and request to join our organization. Morgan County Aquatic Center (division of MCPRS), Morgan County Marlins.

Link: [https://www.remind.com/join/caeke49?utm\\_medium=ios](https://www.remind.com/join/caeke49?utm_medium=ios)

**PRIVATE Facebook Group** (parents who have Facebook accounts notify Coach Missy Mauldin to request an invitation to the group or request to join group via FB search).

Link: <https://www.facebook.com/groups/391524709039278/>

***The private group is closely monitored to prevent unnecessary negativity and/or bullying. . It is mandatory to follow the guidelines of Parent and Athlete Conduct agreements in all comments within the group. Group members who misuse the group for purposes other than intended for team operations will be removed from the group as well as disciplinary action including suspension and or expulsion from the swim program.***

### **TEAM OBJECTIVE:**

The Morgan County Marlins Swim Team is a recreational and competitive swimming team offering year-round instruction, training, and competition to children ages 6-18. The program is available to help develop successful people, as well as successful swimmers. To help meet these goals, the following team objectives have been determined:

- To provide physical fitness and conditioning as well as the opportunity to develop a positive self-image through organized and motivating practice sessions.
- To provide an environment for self-improvement and goal achievement through hard work, dedication, and self-discipline.
- To promote the ideas of integrity, good sportsmanship and team loyalty through competition for swimmers of all ages and levels of proficiency.
- To develop a family oriented swim team where swimmers and parents work together to provide a fun, safe, and enriching environment with the support of an experienced organization.

### **SWIMMING FEES:**

Fees are due the 1<sup>st</sup> of the month. **Any fees paid after the 10<sup>th</sup> are considered past due and are subject to a \$10 late fee PER SWIMMER.** In addition to the monthly fee for USAS members, an annual fee of \$80 must be paid. This fee is paid in September, or the swimmer's first month on the team for that year (September-July represents "one year"). The \$80 fee pays for one-year membership in USA Swimming and a Marlins swim cap.

- 2 Day Swimmers \$45/month
- 3 Day Swimmers \$65/month
- Meet Fees additional fees per meet

## **ABILITY GROUPS:**

- (ages 6-12) are relatively new to the team. They will be introduced to the competitive swimming techniques and rules. Swimmers will learn and practice basic mechanics of the four competitive strokes. Practice will be every T/TH, 4-5. **Equipment required: Goggles (we recommend swimmers bring personal fins, pull buoys)**
- (Grade 3 & Younger) are young swimmers who have competitive swimming experience. They will continue to learn the four strokes and begin working on diving and flip turns. Practice will be T/Th 4-5. **Equipment required: Goggles (we recommend swimmers bring personal fins, pull buoys and kick boards)**
- (Grades 4-8) are swimmers who have developed fundamental skills but are still working on endurance. These swimmers know their strokes and are beginning to work on speed and will continue to work on flip turns, dives, reading a pace clock and reading a swim workout. Practice will be T/Th 4-5. **Equipment required: Fins, Pull Buoy and Goggles,**
- (Grades 6-8) know their strokes, have developed speed and are working on further endurance. Swimmers will continue to practice basic mechanics of the four competitive strokes, speed, turns, finishes, and reading the pace clock/swim workout. Emphasis will be placed on team building. Practices will be M/T/Th 5:30-7. **Equipment required: Fins, Pull Buoy and Goggles**
- (Grades 9-12) have demonstrated a total commitment to the sport and to a serious level of competition. These swimmers exhibit a high level of competency in the four competitive strokes and train with an emphasis on endurance, pace, and stroke technique refinement. Practice will be M/T/Th 5:30-7

***Swimmers are placed in practice lanes determined by their level of skills and personal goals in the pool. Both Noncompetitive and competitive swimmers may swim in combined lanes. In the event younger swimmers are capable to safely swim up in an older practice group they will do so. Coaches and staff have the authority to regroup swimmers when necessary.***

## **SWIMMER RESPONSIBILITIES:**

Swim Team members will need the following:

- Practice Suit: this is a suit worn during practice. This can also be the same suit that the swimmer wears for competition, but most serious swimmers keep their suits separate as competition suits can become quite pricey.
- Competition/Team Suit: currently designing new team suit and caps
- Swim Cap: both male and female swimmers use swim caps. A silicone Morgan County Marlins Swim Team cap is provided when each swimmer is first registered, additional caps can be purchased for \$12. During competition it is required that swimmers wear a Morgan County Marlins swim cap
- Goggles
- Swim Equipment: Elite/Senior, Gold A & B swimmers are required to provide their own fins and pull buoys.
- Water Bottle

### **WHY WE COMPETE:**

We attempt to provide challenging and success-oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy about competition:

- We emphasize competition with oneself. **Winning ribbons, medals, and setting records is not our main goal. The individual's improvement is our primary objective.**
- Sportsmanlike behavior is of equal importance to improved performance. **Team spirit, respect for officials and opponents, determined effort, and mature attitudes are examples of behavior valued and praised by the coaching staff.**
- Swimmers are taught to set realistic yet challenging goals for meets and to relate those goals in practice in an effort to direct their training efforts.
- Swimmers are encouraged to compete in all swimming events and strokes. This policy promotes versatility and encourages the swimmer to explore his/her potential in the wide range of events offered in competitive swimming.

### **SWIM MEETS AND MEET PROCEDURES:**

All swimmers should be able to pack their own gear for a swim meet. The following is a check list of items to bring to the meet:

- Competition Suit
- Team swim cap
- Goggles (multiple)
- Towel(s)
- Poolside shoes or sandals
- Nutritious snacks and drinks

Swimmers may want to bring a blanket or pillow as well as something to entertain themselves with (books, magazines, iPod, etc.) between events. Parents may wish to bring chairs and something entertaining as well. Some sites have space outside to set up a canopy/tent for relaxing between swims.

### **MEET EXPECTATIONS:**

- If you have to miss a meet, leave early or arrive late, inform the coach
- Arrive at the meet 15 minutes prior to the scheduled team warm-up period. One of the coaches will direct the warm-up
- Wear the official Morgan County Marlins Swim Team cap
- Be responsible for getting to the proper location in time for your races
- When not swimming your races, you should be either resting in the team area, talking to your coach, or cheering for your teammates
- Upon completion of swimmer's events and prior to leaving a meet, make sure to **CLEAN YOUR AREA!**
- Make sure to talk to your coach before and after each race to see what you need to improve on

### **HELPFUL MEET INFORMATION:**

- Many meets are excellent for beginners of all ages. Anyone on the team can compete. If you have questions about your child's readiness to compete or which strokes your child is ready to take to a meet, please talk with the coaches before or after practice.
- At the meet, purchase a "heat sheet." The heat sheet lists all the events at the meet including stroke, distance, heat, and lane. It is helpful to highlight your races (different colors for different members of the family make them easier to find). It is also helpful to use a fine tip Sharpie marker to mark each swimmer's races directly on his/her arm or leg.
- Encourage your swimmer to take responsibility for knowing what his/her events are including the event number, stroke, distance, heat, and lane.
- Some meets require swimmers to go to a bullpen. Listen for bullpen announcements or check the board and report to the bullpen promptly when your event is called. The swimmers will then be placed in order and directed to the blocks at the appropriate time.
- When entered in a relay, know who your teammates are and what order and stroke you are swimming. If you are not sure who your relay teammates are, ask a coach.
- If you feel lost, or uninformed at any time, please ask for help from an experienced swimmer or parent. We were all new once and will be more than happy to answer your questions.
- Results of the events are often posted on site. Swimmers can check their official times, places and points as the meet progresses.

### **PARENT RESPONSIBILITIES**

Good parental support is the foundation for a successful swim program. Parents are needed in many areas for the team to function efficiently. Parents of Morgan County Marlins swimmers are required to take an active role in helping the swim team. This includes helping at meets hosted by the Marlins team. Everyone has something to offer; below are some of the guidelines that will help you and your swimmer:

- Keep yourself informed by reading all publications from the team. Check the email address you have on file with the swim team on a regular basis; this is how all information about the team, meets, etc. is spread.
- If you have a special skill and are willing to volunteer that skill to the team, please let us know. Extra help is always welcomed.
- At each home meet, each parent should volunteer at least an hour of his/her time in some area.
- Support the coaches and team with a positive attitude.
- Ensure that your swimmer gets proper rest and nutrition, including a well-balanced diet.
- Please make sure that your swimmer arrives to all workouts and meets on time. If your child is late, he or she will not benefit from a proper warm-up and/or perhaps not receive an important message from the coaches.

## **GUIDELINES FOR SUPPORTING YOUR SWIMMER**

- Be positive. Help your child look beyond today and toward his/her goals
- Be patient. Swimmers develop at different paces, but all swimmers need time. No matter how your child seems to be doing in comparison to other swimmers, don't push. When he/she is ready, the big improvement will come.
- Never "bug" your swimmer about his or her swimming. It will only irritate your child.
- Be a follower, not a leader. Your swimmer will perform as well as he/she wants to, not as either you or we, the coaches, want.
- Although swimming has a strong individual element, your child is, most of all, part of a team that we hope will become part of your family.
- The single most important thing you can do for your child is to help him/her develop a strong sense of sportsmanship and a positive self-image. With your help, this will be swimming's best benefit for your child.

## **HOW TO BE A PERFECT SWIMMING PARENT**

- Don't try to talk to the coaches while they are conducting a workout. Consider the pool deck a classroom. If a coach is not talking to the swimmers, he/she is thinking, watching, and analyzing. If you need to ask questions about meet entries, workouts, fundraisers, etc., please talk to the coach before or after practice.
- "The Coach is the Coach." We want your child to relate to his/her coach as soon as possible concerning swimming competition, technique, and training. This relationship and bonding between coach and swimmer produces the best results. When parents interfere with opinions as to how the child should swim, it causes considerable confusion as to who the swimmer should listen to.
- If you choose to watch the teaching and training sessions, you may do so from a distance. Parents are asked to keep their distance from the swimmers. Never talk, signal, wave, or admonish your child while he is in workouts. If you notice a problem, talk to the coach about it by phone or appointment. Never time your child during workouts. If your swimmer has a poor workout, offer encouragement for him/her to swim better at the next one.
- Anything worthwhile usually means sacrifice about the number of hours of practice your child logs each week. Make your swimmer realize that you will support him/her in every way possible.
- If you question any aspect of the swim program, please communicate your concerns with one of the coaches, the Aquatic Coordinator or the Recreation Director.

Our desire is to play a positive role in the development of your athlete(s) in and out of the pool. Parental/ Guardian involvement is most effective when the bigger picture is the vehicle for a positive experience for entire families. Our goal is to "train for life" while your youth are entrusted to our leadership, a responsibility we do not take lightly. With that in mind, coaches are also held to a high standard to effectively impact the life of your swimmer(s). We are grateful for the opportunity to play a small roll in the lives of every youth in our programs.



## **COMPLIANCE**

Understanding of our team policies, requirements and 18 and older athlete/non-athlete SAFESPORT training is the responsibility of parents. We have an open-door policy for questions concerning the operation of our program. Failure to comply to all aspects of such in the provided Parent Handbook as well as available USA Swimming and GRPA governing bodies guidelines will result in review of team membership and participation. If you have questions, we are happy to address them during normal business hours.

## **PARENT/ATHLETE CODE OF CONDUCT AGREEMENTS**

- Review Parent Code of Conduct Agreement
- Review Athlete Code of Conduct Agreement with your swimmer (s)
- Sign and return prior to first full practice.

**PARENT CODE OF CONDUCT**

As a parent of an athlete and a member of the Morgan County Marlins, I will abide by the following guidelines:

1. Practice teamwork with all parents, athletes, and coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work.
2. While the coaches value parent input, I agree to defer to the coaching staff during practice and competition.
3. Demonstrate good sportsmanship by myself in a manner that earns the respect of my child, other athletes, parents, officials and the coaches at meets and practices.
4. Maintain self-control at all times. Know my role.
5. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating athlete will not be permitted or tolerated.
6. Enjoying involvement with organization by supporting the athletes, coaches and other parents with positive communication and actions.
7. During competitions, questions or concerns regarding decisions made by officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.

**SANCTIONS:** Should I conduct myself in such a way that brings discredit or discord to the team, the Recreation Department or National Governing Body, I voluntarily subject myself to disciplinary action. The Recreation Department maintains the right to terminate any member with cause in the interest of our vision, mission and objectives.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

**ATHELETE CODE OF CONDUCT**

The following code is in effect throughout the course of your participation with this swim team. Anyone who acts in a manner that diminishes the image of the Morgan County Marlins, coaches, Recreation Department or the sport of swimming will be subject to disciplinary action.

1. All swimmers are to conduct themselves as role model athletes.
2. There will be no use of foul language at practice, meets, or social functions.
3. Praise and support for your teammates at practice and meets is expected. Do not put down or talk negatively about other swimmers. Cheer for your team at meets.
4. Be courteous. Do not interfere with the progress of another swimmer, whether it is in the pool or during dry lands or in the locker room.
5. Take care of your equipment or any other personal possessions. If something does not belong to you, leave it alone. Stealing is always wrong.
6. Be on time for practice, team meetings, and swim meets.
7. There will be no talking back to the coaches. The coach has the final word.
8. If a swimmer has a problem with a teammate, they will: first try to work it out with their teammate, next involve their coach and let the coach find a solution.
9. The use or purchase of alcohol, tobacco, or illicit drugs of any kind will not be tolerated. Any team member who has knowledge of anyone (regardless of affiliation) partaking in any illegal behavior and continues to stay in their presence may be subject to the same punishment. Any illegal behavior will be reviewed by the Aquatic Director, Recreation Director and your coaches for disciplinary actions.

**Disciplinary Actions:**

1st offense – Written Reprimand

2nd offense – Two Day/Practice Suspension

3rd offense – Written Dismissal from Team

ATHLETE SIGNATURE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_