

GENESIS SWIM TEAM 2011 HANDBOOK



G.Y.M. kids

WELCOME

The GENESIS Swim Team is a community of swimmers and families dedicated to creating a fun and supportive team environment, healthy competition, improvement of young swimmer's technique, and lifelong swimming. Led by Coaches Shelly Green and Kasey Criser, swimmers may begin pre-season practice when school is out and full season practices starts May 31st. Triangular swim meets, as part of the Greater Wichita Swim League, take place at Genesis, Crestview, Indian Hills, Reflection Ridge, Rockwood, Rolling Hills, Tallgrass, Terradyne, and Wichita Country Club. A final Championship meet occurs July 8 and 9th. Parent volunteer participation is required. Contact Tara Murphy (Aquatics Director) at tmurphy@genesishealthclubs.com or 316.573.8470 for swim team questions and sign up. Contact Carter Lackey for membership availability and pricing, clackey@genesishealthclubs.com 316.634.0094.

A swimmer's age at June 1, 2011 determines the age group that he/she competes in during the season. He/she must swim in 2 regular season meets to be eligible for the Championship Meet.

See you in the pool!!

Tara Murphy
Aquatics Director
GENESIS Health Clubs
Rock Road/West Central

**2011 FREE 10 DAY TRIAL
OUTDOOR POOL
MEMBERSHIP.**



SWIM TEAM

GHC SWIM TEAM

Aquatics Director Tara Murphy - 316.573.8470 - tmurphy@genesishealthclubs.com
Coaches Shelly Green 316.744.7196 - shellyrgreen@gmail.com
Kasey Criser 316.655.9380 - kaseycriser@yahoo.com
Ben Johnson 316.789.5709
Carla Campbell 316.644.3932 campbell@genesishealthclubs.com

Parent Representatives

Jenny Wenzel – Junior Rep- 316.682.9880 - wenzelhome@gmail.com
Kate Wenninger – Senior Rep 316.734.9637 - k8w@cox.net

Practice Times

Seniors (11+)	9:45-10:45am	Monday-Friday
Juniors (10 and under)	11:00-Noon	Monday-Friday

Friday practice is not a mandatory practice. If you miss a practice during the week please come and make it up on Friday. Friday practice is open to everyone.

*****PLEASE BRING YOUR OWN TOWEL TO EACH SWIM PRACTICE*****

**Please call 316.634.0094 regarding practicing in inclement weather
30 minutes prior to your practice time.**

Swim Meet Schedule

Junior Meets (10 and under) June 8, 11, 18, 25	Senior Meets (11 and up) June 4, 15, 22, 29
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Championship Meet

Juniors – Saturday, July 9 @ 9am 5pm	Senior – Friday, July 8 at 5pm
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Overview

Objective:

The primary objective of the GENESIS Swim Team is to provide a competitive summer swim program for youth ages 4 – 18. The team strives to provide a quality program where swimmers can improve their aquatic skills, and promote teamwork and good sportsmanship, and of course to have lots of FUN!! We hope that your children will come away from this experience with improved swimming skills, increased self-esteem, and fond memories.

Eligibility:

Swimmers are eligible to join GST if they are 18 years of age and under by June 1, 2010. To join the team for the first time, **a swimmer must be able to swim one length of a 25-yard pool**, without holding on to the lane ropes or touching the bottom of the pool. New swimmers must be able to demonstrate this ability by the end of the first week of practice.

Registration Fees:

Registration fees must be paid and registration forms completed prior to practice.

- GENESIS Members Fee - \$120
- Non-GENESIS Members Fee- \$150

Swim Meet Duration (How long does it last?)

Regular GWSL swim meets held on Saturdays, are from 8:30 am until around 1:00 pm. When swimmers are tardy, or when we swim against a very large team, meets may last until as late as 2:00 pm. Assume the mindset that these events are routine Saturday picnics. Wednesday evening meets start at 5:30pm and usually run until 8:30pm. Make them fun outings for the whole family.

Parent Participation:

Because there are so many jobs to be done, parent participation is essential at a swim meet. It takes many volunteer parents to “run” a home swim meet, and we must furnish some volunteers at away swim meets. The more volunteers we have, the less time each parent must work at a particular meet. Don’t worry if you have no experience, we will train you! A parent from each family is expected to work five volunteer shifts during the regular season meets.

Meet and Greet

The preseason Meet and Greet will be on May 31th before both practices. Kids will have practice and parents will sign up for swim team, volunteer duties, swim lessons, time bomb, etc. Bagels and coffee will be at the Meet and Greet.

Time Bomb

2010 was the 1st time for the Time Bomb and it was AWESOME! Everyone will be asked to donate some “trinkets” Kids will earn “money” for every second they skim off their best time. With their “money” they can buy items from the prize table. This event is pot luck so look for the sign-up.

Social Event (post-championship party):

The GST social event of the year is the year-end party. This event also serves as our annual general membership meeting to elect new parent representatives. You will want to be sure to attend this event to be held at the pool and the grand slam room, exclusively for GST members and family. This event will be held on July 10th. This year we are doing something a little different, everyone is asked to bring a dessert and we will celebrate our

championship results! Kids of all ages love this event and it has been a great success in past years.

Coaches and Practice

Practice Schedule and Rules:

Swimmers will benefit greatly by regular attendance at practice sessions. At practice, they will receive instruction on proper swim stroke techniques and will build physical endurance. To join the team for the first time a swimmer ages 10 and under must be able to swim 1 length of a 25-yard pool. Children age 11 and up must be able to swim 2 lengths of a 25-yard pool. All age groups must be able to swim the designated pool length without holding on to the lane ropes or touching the bottom of the pool. The regular practice schedule begins May 31, with 2 daily practice sessions will be held in the morning, Monday through Friday. Senior swim team practices 9:45-10:45 am, Junior swim team practices 11:00 – Noon. Friday practices are not mandatory. This practice is a make up for swimmers that have missed during the week. All swimmers are encouraged to attend on Fridays.

Practice Rules:

1. Arrive on time for your assigned practice session. Starting practice late or in the middle of a session is distracting to other swimmers and the coaches.
2. Do not leave the gated pool area until your ride home arrives.
3. No other children besides swimmers practicing with the practice session are allowed in the pool. (even in the shallow end)
4. Absolutely no horseplay, such as running, diving, or pushing persons in the pool area.
5. Absolutely no use of profanity or other vulgar expressions.
6. Absolutely no fighting or hitting
7. Listen to and obey all instructions of the coaches.
8. Perform the practice workout routine (sets) instructed by the coaches.
9. Coaches will remove any disruptive swimmer from the pool.

What to do if you want to speak with a coach or instructor?

The coaches and instructors are responsible for a large number of swimmers during practice sessions. They must provide training development, swimming evaluation and supervision for all swimmers. For these reasons, please do not hold conferences with the coach or instructor during practice sessions. If you need to speak with the coach or an instructor, please try to do so during the last 10 minutes of the practice session. Coaches are willing to schedule longer discussions at a more convenient time.

If you have any concerns about the instructors, coach?

Any concerns about the coaches or instructors may also be addresses by contacting the Aquatics Director, Tara Murphy at 316.573.8470 or tmurphy@genesishealthclubs.com

Personal Equipment:

Swimsuit Requirements:

2011 will be the 1st time that Genesis isn't doing the swim suits. Requirements are for girls, a yellow and black suit. For boys, a black and yellow jammer. You can get Speedo or TYR from either Wichita Swim Club or D&J Sports on the west side.

T-Shirts:

Team t-shirts for swimmers are included in the swimsuit package. To promote team spirit, T-shirts are available for purchase for \$10.00 each. The t-shirts will be available at the first practice. Please contact Tara @ 316.573.8470 or tmurphy@genesishealthclubs.com for more information.

Helpful Hints for Swim Meets

- Swim meets will last at least 2 hours and can run as long as 4 hours
- Arrive 30-45 minutes before the start of the meet
- Warm-ups begin 30 minutes prior to the meet
- Wear team swimsuit, goggles, swim cap and team t-shirt
- Heat Sheets are available for purchase (\$1) at each meet
- GHC Swim team members will sit together in a designated “bull pen” area
- Swimmers should not leave the meet until parents have checked with the coach to see if the swimmer is finished. An entire relay team can be disqualified if your swimmer was on it and left early.

What should I bring to a swim meet?

- Bring 2 towels (it's nice to have one to sit on)
- Book, Electronic Game, or other activity to do while waiting
- Parents may bring a lawn chair to sit on
- Sunscreen
- Water bottle and light snacks are suggested. Snacks and drinks usually are available for purchase at all swim meets.
- Label ALL items with your first and last name and phone number.

PLEASE LET THE COACHES KNOW AS SOON AS POSSIBLE IF YOUR CHILD WILL MISS A SWIM MEET, OR IF YOUR CHILD WILL MISS MORE THAN ONE DAY OF PRACTICE. Because we are unable to substitute swimmers in events at a swim meet, it is critical that the coaches are informed at least 3 days in advance of an absence from a meet. Your child will be assigned to events UNLESS you tell the coaches that your child will not be there.

Discipline

At GHC we strive to foster, in each swimmer, good sportsmanship, commitment, and respect for others. To that end, GHC had developed the following discipline policy:

If a swimmer is acting inappropriately, he/she will be warned. If the behavior continues, the swimmer will be asked to sit out for a period of time. If necessary, the swimmer will be asked to sit out for the remainder of the practice. Parents will be notified of severe and/or chronic discipline situations.

Parent Participation

Because there are so many jobs to be done, parent participation is essential at a swim meet. It takes a lot of volunteer parents to “run” a home swim meet, and we must supply volunteers at away swim meets too. The more volunteers we have, the less time each parent must work at a particular meet. Don't worry, if you have no experience, WE WILL TRAIN YOU!! ☺

The volunteer jobs have been broken up into 2-3 hour “shifts” for each meet. A parent from each family is expected to work at least 5 volunteer shifts during the regular season meets. You may work all of your shifts at one or 2 meets, or work one shift at a number of meets. Parents were given the opportunity at registration to sign up to work in various positions. The Board has prepared a “Volunteer List” based on these preferences for each of the meets. Please be on time for your job and shift. If you have a schedule conflict or must be absent, it is up to you to schedule a replacement. The best way to do this is to contact persons assigned

to your same job at another meet and arrange a switch. Please do this as soon as you know you will not be at a meet.