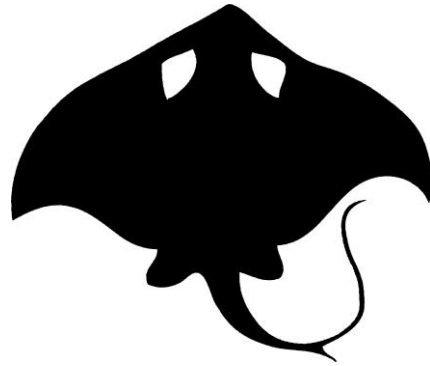




# MJCC Stingrays

Mittleman Jewish Community Center  
at the Schnitzer Family Campus  
6651 SW Capitol Highway, Portland, OR 97219  
P: 503.244.0111 | F: 503.245.4233 | oregonjcc.org



## MJCC Stingrays Swim Team Parent Handbook 2017-18

The Stingrays Swim Team's goal is to provide our athletes an open and welcoming atmosphere where they can not only expand their athletic abilities but also grow as community members. We challenge them physically, nurture them developmentally, and encourage them to build life-long relationships. The Stingrays coaches will help develop the character and self-discipline necessary to succeed not only in swimming but also in life away from the pool.

### MEET OUR COACHES

The Stingrays coaches are a group of talented and dedicated professionals. Our coaches work on developing technique and endurance at a level appropriate for each practice group. The goal of the coaching staff is to provide a supportive and encouraging environment for each swimmer.

#### **Head Coach, Jennie Condon, [jcondon@oregonjcc.org](mailto:jcondon@oregonjcc.org)**

Jennie Condon joined the MJCC in early 2011 and started as the Stingrays' assistant coach in the fall of 2012, moving up to the head coach position in 2014. She is an American Swimming Coaches' Association Level 2 certified coach, a graduate of Hollins University in Virginia and a lifelong athlete and swimmer, including swimming competitively in high school and college. Her combined love of water and working with youth has led her to a 15-plus-year career in aquatics. She spends her time outside the pool horseback riding, reading, and checking out new perspectives on the world through her camera.

#### **Assistant Coach, John Halvorson**

John Halvorson joins the Stingrays this year and is extremely excited to be a part of the team at MJCC. He has been an avid swimmer since high school which has included swimming at Central Washington University as well as competitive sprint and Olympic length triathlons. John has always worked to be around the water including racing, swim instructing, life guarding, water skiing, and inner tubing! He spends his time outside of the pool skiing, riding his bike, camping, traveling, and spending time with his wonderful wife and corgi.



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## 2017-2018 REGULAR SEASON PRACTICE SCHEDULE

Stingrays practice consists of in-water training along with occasional dryland exercises to increase strength, speed, endurance and flexibility. Each workout is tailored to the ability level of its target group. Generally speaking, the older the swimmer, the longer they will be swimming.

	<b>Bronze</b> (Beginner)	<b>Silver</b> (Intermediate)	<b>Gold</b> (Advanced)
<b>Oct 2 - May 31</b>	Mon-Thurs 4:45-5:30pm	Mon-Thurs 5:30-6:30pm	Mon-Thurs 5:15-6:45pm

**\*\*Please Note\*\*** Only the Head Coach may make practice group changes. In order for everyone to benefit fully from the program it is important that each swimmer practices with his or her specified group.

## SWIMMER EXPECTATIONS

We expect each swimmer to treat all participants, members, MJCC staff and coaches with respect and arrive at every practice and meet with a desire and willingness to work hard and have fun.

- Swimmers should be on deck ready to enter the water at the beginning of their practice time.
- Swimmers should never interfere with the progress of another swimmer, whether through actions or words.
- Swimmers should always behave in a way that reflects positively on the team.
- Swimmers should treat the facility and equipment with respect. Belongings not needed on the deck should be locked in lockers or kept neatly in a bag on the bleachers during practice. Swimmers should never be loud or disruptive in the locker rooms, and must obey age restrictions for saunas, steam rooms, and hot tubs.
- MJCC rules state that children age 12 and under must be accompanied by a responsible caregiver age 16 or older while on campus, unless they are actively participating in a program. If young swimmers want to come early or stay late, they must have an adult supervising them. (It is permissible for swimmers to be dropped off alone as long as they come directly to the pool deck for practice, spending only a reasonable amount of time in the locker rooms to change before and after.)
- Profanity and other inappropriate language or discussion topics are not allowed at practice, meets, or any other team functions.
- Bullying is prohibited. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:
  - i. causing physical or emotional harm to the other member or damage to the other member's property;
  - ii. placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
  - iii. creating a hostile environment for the other member at any USA Swimming activity;
  - iv. infringing on the rights of the other member at any USA Swimming activity; or
  - v. materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member team or LSC). [Quoted from USA Swimming Code of Conduct]



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## EQUIPMENT

**ALL** swimmers should always bring drinking water to EVERY practice in order to keep themselves hydrated throughout their workout.

## PRACTICE EQUIPMENT

1. 2 pairs of goggles
2. 2 swim caps
3. Water bottle

## Suggested Practice Swimsuits/Gear

We suggest that swimmers wear a practice suit and keep their team suits for meets only. For those new to the sport, we suggest going to a local swim shop where the staff can help fit suits and goggles properly for each swimmer. The number one complaint we hear at every single practice is about goggles that do not fit and thus leak or come off. To ensure your swimmer's enjoyment and success, please make sure that they have properly fitting goggles!

We recommend for practice, and require for meets, that boys wear jammers-style suits and girls wear one-piece suits. Please remember that swimming is a sport and suits should be chosen for their appropriateness as athletic gear, not for fashion! Suits with ties (other than drawstrings in jammers), buckles, zippers, or other metal/plastic parts (no matter how small) are not allowed in competition.

Team suits and other gear are purchased individually by families through SwimOutlet at <http://www.swimoutlet.com/mjccstingrays>. A team suit is not required to swim in meets, but is nice for the swimmers to help them feel part of the team. Latex Stingrays swim caps are provided as part of your team fees; silicone Stingrays caps can be purchased from the Head Coach for \$12 each.

## ATTENDANCE

We have no attendance requirements, however we encourage all swimmers to attend practice as often as possible in order to get the maximum fun and benefit from swim team. If a swimmer will not be able to attend at least twice a week on average, we suggest s/he stay in swim lessons instead, as once a week is simply not enough to build the same level of fitness as the other swimmers, and practices will quickly become discouraging. We do not offer pro-rating or refunds for missed practices.

Tardiness - In order for each practice to run smoothly without interruption, it is important for swimmers to be on time to practice. If a swimmer consistently shows up to practice late, the swimmer's parents will be notified so we can come up with a solution.

## COMMUNICATION

### E-MAIL

Our primary means of communication is e-mail. We will generally send out an email with updates at least every other week during the swim season. If you find you are not receiving emails from us or your email address changes please notify one of the coaches so that you don't miss out on any important information.



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## PARENT EXPECTATIONS

Our success depends on the support and involvement of our parents! In everything from getting swimmers to practice each day to spending long days at swim meets to volunteering at team functions and competitions, parental involvement is key. We will occasionally ask for volunteers for team events, and timers and officials\* are always needed at meets – please help out in whatever way you can, and don't hesitate to ask questions or share feedback with the coaches.

\*We encourage any parent who is interested to become an official: officials get to learn more about the sport and are an integral part of meet success, including increasing our chances of being invited back to meets. If you are interested, please let the coaches know and we will get you in touch with the right people to get started!

A few things for parents to keep in mind:

- Our coaches are professionals with a broad and deep understanding of competitive swimming and athlete training. Your questions are welcome, but please leave the coaching up to them!
- Do encourage your swimmer and remind them, when appropriate, of advice or instruction that the coaches have given them.
- Bear in mind that as we work on details of technique, swimmers will sometimes temporarily slow down, lose focus on other parts of their stroke, or start to feel awkward. These things are completely normal and will result in even better swimming over time; please remind your swimmer of that and encourage him/her to speak to the coach with any questions or concerns.
- Swimming is a sport made up of hundreds of tiny details – celebrate all accomplishments with your swimmer, even those that seem small!
- The 10 & under age group are the most inconsistent of all swimmers: one day they are finishing with top times and the next day they look like they forgot how to swim! This inconsistency can be frustrating for parents, coaches, and swimmers alike, but it is totally ordinary. Patience and positivity are the keys to getting through this developmental phase.
- Remember that not every time will be a personal record. Plateaus are a regular part of swimming (and, perhaps counterintuitively, tend to become more frequent as swimmers get older and better), and our focus is on improvement over time, not just a single meet or time trial. Be supportive of “bad” meets and remind your swimmer of how far s/he has come.

## TIME TRIALS + MEETS

We hold three on-site time trials over the course of the year (near the beginning, middle, and end of the season), and we expect every swimmer who is available on time trials days to attend. Time trials give swimmers a chance to experience what meets are like and see their own progress without the added stress of being away from home or having swimmers from other teams competing.

We also participate in about one USA Swimming-sanctioned “away” meet each month, beginning in October and continuing through May. Entries are completed by the coaching staff for each meet; we will have a sign-up sheet prior to each competition. While meet attendance is not required, we do expect that every swimmer will try to make it to at least two meets over the course of the season, as meets provide the best way for swimmers and coaches to chart progress throughout the season. There are additional fees for meets, but these are usually under \$35. Please be aware that entries cannot be altered after the deadline, and once entered, families are responsible for paying meet fees even if their swimmer does not make it to the meet.



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## ENTRIES

Coaches will enter swimmers into events that will benefit their swimming experience. Sometimes the coach will include swimmers or parents in this process to discuss options for events. Ultimately, the events entered at meets are decided by the coaching staff.

Relays are another important part of meet competition. The coaches will put together relay teams in advance; if your swimmer is entered in a relay please make an extra effort to be there, as the other swimmers on the team will be counting on them!

Please contact the coaches with any questions regarding meet entries.

## QUALIFYING MEETS

Some meets have time qualifications that must be met in order to compete. The coaching staff will inform swimmers and parents if they are close to a qualifying time for any event. Qualifying meet time standards will be posted as the coaches receive them.

## AT THE MEET

Swim meets are amazing opportunities! Not only can swimmers gauge their athletic success but they can also cheer on teammates, make new friends from other teams and reward themselves for the hard work they put into practice. Meets are usually long and swimmers sometimes have time between events. We ask that swimmers stay team-focused and support their teammates throughout the meet.

Swimmers should be on the pool deck and in their suits by the time warm-ups are scheduled to start. This allows time for the coaches to see who has been checked in and get a head count.

During the meet things can get hectic and a little crazy. Swimmers need to be prepared when they arrive at the meet. We suggest that parents help pack their swim bags the night before a meet to make sure that some of the essentials aren't forgotten. Here are items to keep in mind:

- Team/competition suit
- TWO pairs of goggles (straps break!)
- Extra towel
- Stingrays swim cap
- Warm clothes to wear between events
- Appropriate meet snacks (**WATER**, fruit, bagels, granola bars, etc.)
- Books/games/music/etc. to keep entertained between events

Parents are encouraged to come and cheer for their swimmers at meets. The coaches love to see parents yelling GO, GO, GO!! During meets parents do need to remain in the spectator seating area in accordance with USA Swimming rules.

## FROM THE COACHES

We are confident that we are going to have an amazing 2017-2018 season! Our door is always open to both swimmers and parents and we encourage your feedback. Our hope is that together we can provide your swimmer with a positive experience that will not be forgotten and help them nurture friendships that will last in the years to come. Thank you for the opportunity to work with your child and **WELCOME TO THE TEAM!**