



Swimmer/Parent Guidelines and Training Philosophy

By choosing to participate in Blue Tide Aquatics each swimmer and parent will do their best to uphold and promote the philosophy and mission of the club.

Mission Statement: **BTA (Blue Tide Aquatics)** is a competitive swim team seeking to enable all of its swimmers to reach their highest potential as an athlete and as a person through excellence in its coaching, training, and personal goal setting.

Vision Statement: **BTA (Blue Tide Aquatics)** seeks to impart life skills to each and every swimmer that will help them throughout swimming and beyond.

“Self discipline, handling adversity, setting and achieving goals, strong work ethic, respect for oneself and others and sense of team and family will resonate within the tide.”

BTA Guidelines (How to be an effective swim parent)

The following are guidelines for parent and swimmers. Having the right information is important to stay motivated and for communication between coach-swimmer and athlete. Please familiarize yourself with Blue tide philosophy, from time to time coaches will refer to these guidelines when swimmers and parents stray from the mission of the team.

Workout protocol-

- Punctuality is key for proper workout structure and instructional patterns from coach to swimmer.
- Please arrive early to get equipment ready and be waiting for the coach **READY TO SWIM** behind your normal lane assignment.

Attendance-

- Realize that some days and weeks will have themes and if you miss practices, you may miss instruction that your swimmer needs.
- If you have multiple sports and other commitments that is fine, just make sure to tell your coach your schedule and commit to that particular schedule.

Equipment– (Just as you would not send your child to basketball without shoes, please get your swimmer the following recommended equipment: Blue Tide recommends swimoutlet.com

- Level 1- (Swim Mesh bag, goggles, team cap, Club Swim fins, team suit)
- Level 2- (Swim Mesh bag, goggles, team cap, Club Swim fins, team suit)
- Level 3- (Swim Mesh bag, goggles, team cap, Club Swim fins, team suit, pull buoy, hand paddles)
- Senior (4)- (Swim Mesh bag, goggles, team cap, Club Swim fins, team suit, pull buoy, hand paddles, center mount snorkel, cardio cap, water bottle)

Meets– (when coached and managed correctly) make Long Term committed and happy swimmers who STAY WITH THE SPORT! Swimmers who do not attend meets do not progress and stay with the sport. Our meets are for PERSONAL CHALLENGE AND GROWTH! BTA will help guide your swimmer to the correct meets so they feel successful and focus on personal best times rather than placement at meets. Consider how boring basketball would be if the coach just had the team run lines and condition for fitness without ever playing a game! EVEN FITNESS SWIMMERS QUIT WITHOUT AN ATHLETIC EXPERIENCE AND GOAL!

Other Sports– Are encouraged and BTA will work with families and schedules so that they do not feel guilty about other commitments. Children should explore different athletic options. We would rather keep you in the water some of the time rather than lose you forever. There will come a time in Junior high or high school when commitment and choosing a sport will be necessary, but that will be a discussion between the coach, parent and swimmer! GO PLAY POLO! :>

Goal Setting–Every Swimmer will have goals. These goals will be time oriented. The beauty of swimming is that nobody can control your lane but you; this is also a great responsibility. There are no referees to blame or teammates who don't pass you the ball, just you and the clock. Also BTA believes that swimmers who focus on their time and race strategy and stroke development will go much farther than those who just look to win a heat. Even Olympians comment on reaching their PB (personal best time), as their highest achievement. PB from 6&unders all the way to 17-18's and beyond. This message also carries over into life skills.

Cyclical development (Annual training plan)–Each year the BTA coaching staff will review and develop a training and competition schedule that will promote the LONG term progression of swimmers. There will be down time and busy time. There will be different goals and schedules

for different age groups and levels. However, EVERY groups and level will be a part of a seasonal and annual plan. This plan will change and be dynamic throughout the years as the sport progresses.

Plateaus and adaptation—As a parent and swimmer, be aware that stagnation of progression can last for months and in some cases even years. Be patient, encouragement, social ties and fun will get your swimmer through these times. Frequently with older swimmers more and different workloads are required to promote physical adaptation and speed development. If your swimmer is coming to practice and working hard, the coaching staff will do all they can to help.

Stroke Development and Feedback—(The Art & Science of Swimming)

- BTA coaches will provide sequential stroke mechanics feedback in a way that will allow the swimmers to adapt and change over time. One stroke change at a time works best for swimmers. Parents must remember that the sport looks different from the deck than it feels in the water.
- Simply “telling” a swimmer stroke tips is not enough. Likewise overloading them with feedback does not work. Parents are encouraged to ask questions but leave the coaching to the experts. Renting a video tape or watching the Olympics does not make a parent an expert.
- BTA— offers stroke development mini camps for swimmers to sign up for. Look for more information on the website or at the pool.

Sleep/Nutrition (developing good body chemistry at a young age)—

- Sleep patterns are often the most overlooked element to effective swim training. If a swimmer does not get quality sleep the body cannot adapt and change. Having the same rise time each day (including weekends) makes the sleep pattern take hold the best.
- There is a ton of information available on nutrition. However it must be noted that swimmers need more nutrient density than the average athlete. We train longer and harder because we can (not weight bearing sport).
- **The younger swimmer**— Starting your child on the right path for using certain foods as fuel and not others is critical in the performance and lifespan of the swimmer. Setting good body chemistry young is crucial.
- **The older swimmer**— It also must be noted that swimmers tend to over-eat at the older ages when they don't get the nutrients they need from their food selections. Sometimes swimmers can even gain weight when they over-eat a product of not fueling with the correct foods.

Leveling up in workouts—

The factors that go into leveling up are completely up to the coaches' discretion. Age, skill level, commitment, attitude are among the variables BTA coaches will use to recommend a level change. Sibling workout times and convenience for families unfortunately will not help for team workout management and is NOT a variable coaches will use to level up a child.

Please keep these guidelines handy as the coach may refer to them when helping your swimmer progress and succeed in a safe fun and successful program! Roll TIDE!