

Some useful facts and advice about Marlins swimming

There are a few things that are beneficial for everyone to know in order that our team function effectively. These are discussed below.

Here we go...first we will start with practice.

- Every practice is very important, for the swimmers as well as the coaches.
- During practice, coaches have a very short amount of time to spend with your swimmer. So please hold your questions and comments to before the 5–6 group or after the 11 and up group. If you have a specific question for a coach please e-mail it to marlins@westparkmarlins.com or coach@westparkmarlins.com; the staff will get back to you within 24 hours.
- Weekly practice is designed for group training. This means that each coach will work to identify technical issues with all swimmers. We would suggest that if your swimmer has a specific technical issue you may want to consider private lessons with the coach. Each coach is available for private one-on-one lessons outside of practice. Private lessons are between the coach and parent and are not a part of the ISL format.
- Check your file at every practice—it's one of the main ways the team gets its communications to you. Besides these, ribbons from the prior meet will also be placed in your swimmer's file folder.

Next up are the meets. Meets are when the swimmer shows off his or her stuff. In order to best accomplish this we need your help with the following:

- Volunteer positions are the backbone of the team. Volunteers ensure meets run smoothly and efficiently whether home or away. In order that volunteer duties be equitably apportioned, families with one swimmer are requested to sign up to four volunteer positions; families with two or more swimmers are requested to take six volunteer positions. Upon signing up for volunteer positions the expectation is that *you will fulfill these responsibilities*. We understand that things happen, so if you need to change your commitment you must notify the board so that you can be reassigned. Please avoid just removing your name without notifying anyone or, worse yet, simply not showing up on meet day.
- Meet reminders:
 - You must declare by Wednesday of each week your intention to swim at the meet. Sign-up sheets are on the communications table at practice.
 - Make sure your swimmer gets enough rest the night before the meet.
 - We suggest little or no sugar the day before and the day of the meet.
 - A light breakfast prior to arriving will ensure your swimmer will be full of energy.
 - Arrive on time. A 7:30 a.m. arrival will ensure your swimmer can check-in and be ready to be in the pool at 7:45 a.m.

- After warm-ups you will be responsible for getting your swimmers to the ready bench. They will have their event numbers written on their arms; this should help when the event numbers are posted at the ready bench.
 - Bring your child to the ready bench only if his or her event number has been requested. Once there, allow the ready bench personnel to care for your child. The ready bench managers will make sure your child gets to the right lane and event. Please do not take offense if a ready-bench manager requests that you move away.
 - Once your swimmer has moved to the lane seats, do not enter that area. It is very crowded, but the coaches will ensure that your swimmer moves into the correct seat and get to the race. You can then enjoy watching your swimmer do a great job!
- Lane timers—there are two timers and a third timer who acts also as the lane writer. Times are recorded from each of the three stop watches. The middle time of the three is circled and sent to the statistician. Do not interrupt the timers or question their times; those questions should be directed to the meet manager or president instead.
- Coaches—each coach wears many hats (bears many responsibilities) during a meet. Please keep this in mind if you have a question; it's preferable to hold your question until after the meet or ask the meet manager or president to have a coach contact you.

Finally, the last item that may help: the board.

- We have heard of questions relating to policy, process, timing, people, you name it. Coach Tanner is not in a place to answer many of these questions. During practice those questions should be directed to marlins@westparkmarlins.com and at a meet to a board member. Board members are listed in the handbook, which is posted on our website.
- The Board of Directors works not only with the team but with the ISL and homeowners association also. They will make every effort to get back to you within 48 hours, but it may not always be possible. Please be patient.

Now, lets get on to swimming . . . the Westpark Marlins are Fast and Fearless!