

Lahaina Swim Parent Handbook

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LAHAINA SWIM CLUB HISTORY

As soon as the gates of Lahaina Aquatic Center opened to the public in the summer of 1992, a core group of Lahaina parents banded together to form Lahaina Swim Club. The Club began with seven members all under the age of 10 years old. We have steadily grown to 100+ members today, ranging in age from five-year-old Learn to swimmers through High School aged young adults.

COACH TOM POPDAN

Coach Tom has an extensive background in competitive swimming. He earned a swimming scholarship to Villanova University in Pennsylvania, and after completing his studies there he embarked upon a coaching career that spanned more than twenty years. Tom has coached at Division 1 Temple University and the University of Virginia, as well as at an Olympic-level team in Mission Bay, Florida. He has coached the Lahainaluna High School swim team since 1994, and Lahaina Swim Club since 1995. In addition, Tom has individually completed numerous marathon swims on the East Coast, and he successfully swam the England Channel in 1983.

LAHAINA SWIM CLUB GOALS

- To develop each swimmer's skills to the fullest
- To instill character building traits of discipline, sportsmanship, integrity, commitment, and leadership
- To be innovative constantly, improving the quality of teaching and coaching

LAHAINA SWIM CLUB CULTURE

Lahaina Swim Club culture is based upon safety, preparedness, and doing one's best in an environment that is positive at all times.

- Be safe both in the water and on deck.
- Be punctual and prepared with cap, goggles, and fins
- Be 100% personally responsible for putting forth one's best effort at every practice and every meet.
- Have respect for self and others, and eliminate all negative talk. Whether it is self-talk or comments to other swimmers, we will learn and excel best in a positive environment.

TEAM COMMITMENT

Lahaina Swim Club wants members who are committed to this program. We ask that swimmers commit to a swim season, which means Short Course Season up until Christmas break, and/or Long Course Season from January through the end of the school year.

Coach Tom would like parents to use this program as an opportunity to sit down and teach their children about the importance of commitment. Communicate with your child and let him or her know what your expectations are for them. Be consistent, follow through, and let them know how proud you are when they do complete the Season, as well as all of the smaller steps in between. There will always be waning levels of interest in any endeavor, but no matter the circumstances, parents and swimmers need to follow through to the end of the Season. The end of the season is the bare minimum commitment. Completion is often different from swimmer to swimmer. For some, it is to learn all four strokes, while for others it is compete in all four, or to compete in a State Championship Meet, and for others it is to compete through High School or beyond. Assisting children in working their way to an end is a huge part of this Club's mission, and successfully doing so is quite possible the most important by-product of the program.

COMPETITION

Lahaina Swim Club is a competitive swim team. Practices are focused around end results of swimming well, which allows swimmers the opportunity to develop realistic goals towards which they can work. Swim meets give swimmers the opportunity to

attain those goals, and after participating in a meet, it is not uncommon to see increased determination in practice.

Coach Tom makes the decision as to when a swimmer is ready for competition. This is typically, when he or she demonstrates the ability to swim successfully in practice. Children are not rushed into competition, they race only when they are ready, and success is generally thereby guaranteed. When a swimmer competes for the first time, it is often an emotional event for both the swimmer and the parent alike.

It is imperative that swim team members notify both Coach Tom and coaches if they will not be competing in upcoming meet. Entry fees have increased dramatically, and it is a waste of Club dues if we unnecessarily enter a swimmer who will not be attending. Entries are due on the Monday before an upcoming Saturday event.

All swimmers who wear caps are expected and required to wear a Lahaina Swim Club cap at meets. Swim caps are available for \$10 please see board member to purchase one.

Swimmers who qualify for the State Championship meet will have the opportunity to travel inter-island to attend the meet when it is held on Oahu or the Big Island. It is an honor to qualify and compete for Lahaina Swim Club at this level.

PRACTICE EXPECTATIONS

The following are guidelines that are to inform both swimmers and parents of the Coach's policies during practice.

- The swimmer's USA registration must be current
- Plan to arrive on time and stay entire practice
- During practice, swimmers must never leave the pool area during practice without the Coach's knowledge.
- Bring cap, goggles, fins, suit, towel and yoga mat (for Level IV swimmers) to each practice. A mesh bag or backpack specifically for this purpose works well. Label all items (waterproof paint pens are available at Maui Dive Shop), and carry spare goggles and caps. It is the swimmers responsibility to bring and take home equipment at each practice.
- Coach will explain and then expect proper lane etiquette
- Parents should avoid interacting with their child during practice.
- If parents have concerns relating to their child, talk to the Coach either directly before or after practice. Speaking with the Coach during practice sessions can be disruptive and potentially dangerous to swimmers, no matter how well intended. If you have difficulty making contact with the Coach outside of practice, contact the Coach's liaison.

PARENT VOLUNTEER OPPORTUNITIES

Swim meets require enormous amounts of manpower in order to happen, all of which is volunteer time. As such, every Lahaina Swim Club family is expected to complete volunteer responsibilities during the season, please see the Participation Contract for specific requirements.

FIRST SWIM MEET

Listed below are guidelines to help parents with their child's first meet

1. Arrive at least 30 minutes early, and situate yourselves in the bleachers where Lahaina is sitting. WEAR SUNSCREEN.
2. You will receive an Individual Entries Report for your child, which lists the events by name and number that your child has been entered in.
3. Make sure your child is ready to swim with cap and goggles in hand. Swimmers should report to the Coach in time for warm-ups.
4. Per USA Swimming rules, only parents serving in an official capacity (i.e. coaches, timers or officials) are permitted on deck during meets.
5. After warm-ups, swimmers should get something to drink (preferable water, Gatorade or PowerAde) while they wait the 10-30 minutes for the meet to start.
6. Once the heat sheets are posted on the wall, swimmers should refer to them with their entries report in hand to record their heat and lane assignment for each race on their arm with a permanent marker.
7. Coach will inform new swimmers when it is time to report for their race behind their respective starting block.
8. After their swim, each swimmer should report immediately to the Coach for positive comments and praise.

After your child has completed his/her individual event(s) for the day, be sure they check with the Coach to see if they are included in a relay before leaving the meet.

Parents, please always wear a smile, be proud and have a hug ready no matter the outcome of their event.

Make sure you are on time this helps your child be calm and relaxed.

Make sure that your swimmer's bag is packed with the essentials at least one towel, suit, cap, goggles, healthy snacks, drinks, and clothes for after the meet. Remember to include games, books, playing cards or activities to help pass the time between events.

Sit with other Lahaina parents and families, have fun, and always speak positively about your team and Coach in the Spectator area.

FUNDRAISING

Each season there will be a fundraising event that each family will need to participate in. The event will vary from each season. You can participate in the event to help raise funds for the club or opt to pay the fundraising fee determined for the event. The funds will be used for swim equipment, events for the team and other items needed.

WHAT IS ALL THIS STUFF AND WHAT DO I NEED TO DO WITH IT?

- Fill out the LAHAINA SWIM CLUB REGISTRATION FORM and return it to us today. This is how Coach Tom will be able to figure out which group your swimmer fits into, and then tells him how to contact you to let you know. For returning swimmers, we still need it to update our contact list.
- Fill out the USA SWIMMING ATHLETE REGISTRATION APPLICATION and return to us, with \$75.00 payment (all payments can be lumped into one check). This is a membership with USA swimming and it's required by the County of Maui for insurance purposes. If you have not returned it with payment by the due date your swimmer WILL NOT be able to practice until it is in. Hardship forms are available for this fee, see Paula Pope if you need one. For returning swimmers final date for USA registration form will be one week later unless approved by Paula Pope.
- If your child is new to Lahaina Swim Club you must submit a COPY of their BIRTH CERTIFICATE. We send the Birth Certificate along with item #2 to USA swimming, and as such, it is also due at time of registration.
- Read and keep the PARENT HANDBOOK, the MEET SCHEDULE and the POOL RULES.
- Each parent is responsible for themselves as well as their swimmer(s) complying with pool rules and regulations, listed below.

POOL RULES

- **All kids** must shower off before entering the pool.
- Follow all pool safety rules. No running, shoving, play tag
- If your child is under 12 years old, an adult must stay with them at all times before/during/after swim practice
- If children bring food, please have them throw away all trash, **no eating by pool or on bleachers. Sunflower seeds have been blowing in pool and clogging filters, please be very cautious with anything that can fly into pool area.**
- All swim equipment must be put away when finished using items
- If you have siblings at the pool while other child is swimming, please watch your children and ensure safety rules are being followed. No rough playing or running around the pool deck or on the bleachers.