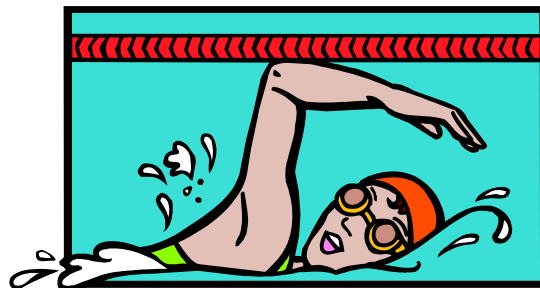


**RICHARDS AREA SWIM CLUB**  
**PARENT HANDBOOK**



**COACHING STAFF**

**HEAD COACH – Cheryl O’Toole (708) 425-4257**

**RICHARD’S HIGH SCHOOL COACH Joel Staszewski (708) 499-2550 ext. 5364**

*ASSISTANT COACHES - Renee LaBan, Taren O’Toole, Matt Latham, Matt Holban, Kristi, Holban*

**RASC BOARD**

<b>President</b>	<b>Mary Kelly</b>	<b>708 229 1232</b>
<b>Vice President</b>	<b>Donna Healy</b>	<b>773 239 7538</b>
<b>Secretary</b>	<b>Mary Soltis</b>	
<b>Treasurer</b>	<b>Dianne Kenny</b>	
<b>Meet Director</b>	<b>Elizabeth Spreyne</b>	
<b>Concession Chairperson</b>	<b>Kelly and Vince Polniak</b>	
<b>Administrative Coach</b>	<b>Dave Jackson</b>	

*Website: [www.rascotters.com](http://www.rascotters.com)*

## COACHING PHILOSOPHY:

The coaches strive to guide each swimmer to reach their potential. It is their mission to teach the swimmers the value of commitment and help them reach their goals. In order to reach team and individual goals, team members are expected to commit to the team as much as possible. The coaches understand that there are other activities and are not asking swimmers to drop other sports, but ask the swimmers to try to fulfill a commitment to themselves and the team so we can be successful. In order to progress in this sport, swimmers should attend practice as much as possible. Gold swimmers should be at practice four to five times each week. Silver and Bronze should try to attend practice three times each week. It is our goal to make swimming fun, while attaining success and gaining a sense of accomplishment. Please help us, help your swimmer reach their potential.

## PRACTICE TIMES *(Please see your calendar or the website for any variations from these times)*

<b>PRACTICE TIMES:</b>		<b>Monday-Thursday</b>	<b>Friday</b>
	Bronze	6:00-7:00 pm	6:00-7:00 pm
	Silver	6:00-7:30 pm	6:00-7:30 pm
	Gold	7:00 – 9:00 pm	6:00 – 7:30 pm

\***Platinum** (Dryland for Gold over 11). Information will be posted at pool.

## COMMUNICATION

Please check the website and watch for email announcements. Announcements will also be posted in the pool entry area. Ribbons will be placed in each family's **mailbox** that is usually displayed on a poolside table. We encourage you to check these areas on a regular basis.

On duel meet days, if your child is ill and unable to attend a meet that s/he has signed up for, please leave a message with Coach O'Toole at 708-425-4257 or Mary Kelly at 312 735 4312.

## EQUIPMENT

All swimmers are required to have the following equipment:

1. Short fins
2. Goggles
3. Swim Cap (must be worn by ALL swimmers at ALL meets)

Silver and Gold Level Swimmers are also required to have Pull Buoys

Team suits are available for purchase, but not required.

Please bring this equipment with you to every practice.

In addition to purchasing equipment on Equipment Night, you may also purchase equipment directly from: Swimmers Edge at 7532 Janes Ave, Woodridge, IL 60517. Telephone: 1-800-441-SWIM (1-800-441-7946) The website is: <http://www.swimmersedge.com>.

## VOLUNTEER DEPOSIT:

A \$75 volunteer deposit is required from each family. Your check will be destroyed at the end of the season if you have fulfilled your volunteer obligation. The volunteer obligation will depend on the number of home meets we host during the season (generally you will be expected to work two home meets). We are also often required to time at ISI meets, so please be prepared to volunteer should assistance be required and announced at the meet. This too will qualify towards your volunteer commitment.

## PICKING UP YOUR CHILDREN:

Please come inside to pick up your children, especially the younger swimmers because Richard's parking lot is quite busy at times. **PLEASE BE ON TIME.** This is also a great time to check the bulletin board and mailbox for news.

## DUAL MEETS

Richards Area Swim Club is a member of the South Suburban Swim Conference(SSSC), **BLUE DIVISION**. Dual meets are held against other SSSC teams, and take place on a weeknight evening instead of practice. Swimmers are encouraged to attend as many dual meets as possible. A sign-up sheet will be posted a few days prior to each meet for each swimmer to indicate whether or not (s)he will participate in the meet. **SWIMMERS MUST INDICATE ON THE SIGN-UP SHEET YES OR NO PRIOR TO THE MEET.** If extenuating circumstances prevented a swimmer from signing up for a meet and that swimmer wishes to be placed in the meet line-up, then a parent must speak to one of the coaches.

Swimmers should be at the pool and prepared to warm-up at 5:45 pm on a meet night. Meets begin at 6:30 pm and last 2 1/2 to 3 hours. Coaches will designate which event each swimmer will swim. A swimmer may swim a maximum of two relays and two individual events per meet.

Home meets require significant parental participation, but require less travel time and do generate revenue for the team. Locations of the away meets are included in the handbook. If your swimmer needs a ride to an away meet, tell the coaches one day prior to the day of the meet. **Each family is expected to help with the operation of home meets.** We are in need of timers, concessions and clean up. A sign up sheet will be posted for each home meet to fill these positions. This help will be required in order to fulfill your \$75.00 volunteer fee.

All swimmers are encouraged to participate in the dual meets. These meets are a lot of fun and a great introduction to competing. Swimmers stay on the deck and interact with their teammates during the meet. Please do not tell your child to dress until the coach has excused him or her. Leaving early can ruin a relay line-

up, as sometimes the coaches make last minute changes in the line-up. Each swimmer is awarded a ribbon for each event (s)he swims. These awards are placed in a swimmer's mail folder within a few days following the meet.

**A schedule of dual meets will be provided separately.**

### **USS/ISI MEETS:**

RASC is a member of United States Swimming (USS). USS meets (In Illinois, they are designated as ISI – Illinois Swimming Incorporated – meets.) are large weekend meets involving several hundred swimmers from a number of different teams. RASC will be entering ISI meets this season as a team. Information on each meet will be distributed as it becomes available.

ISI meets have many levels of competition. A swimmer will compete in three to five events assigned by the coaches and perhaps a relay each day. Every event has a number of heats, seeded from slowest to fastest. This allows swimmers to compete against others of comparable ability. Although ribbons or medals are awarded for top finishers, the emphasis at these meets is on improving times, not on awards.

There is an additional fee for ISI meets. USA Swimming membership (included in RASC dues) is required. Swimmers are charged \$3.00 per individual event and \$4.00 per swimmer to participate. The team will pay for the relay fees. Team finances are such that RASC pays an additional stipend to a coach to attend an ISI meet. Swimmers are not required to attend both days of the ISI meets. You may select to attend only one day.

Please watch for posted information on the pool walls regarding signing up for these meets.

You may be asked to time during certain USS meets, if the hosting team does not have enough volunteers.

Information and sign-up forms will be on the pool bulletin board for ISI meets. **Payment must be submitted at time of sign-up.** Please ask if you need one.

Please sign up promptly so that the Meet Entry Chairperson can complete the paperwork. Coaches will choose which events the swimmers will compete in at the USS meet, and families will be provided with that information along with meet information and directions during the week prior to each respective meet. See website for more detailed information.

FOR OUR TEAM TO PARTICIPATE IN AN ISI MEET, OUR ENTRY FORMS MUST BE SUBMITTED TO THE HOSTING TEAM ALMOST SIX WEEKS PRIOR TO THE MEET. NOTICES WILL BE POSTED ON THE POOL WALLS. PLEASE BE PROMPT WITH YOUR RESPONSES!

**A schedule of USS/ISI Meets will be provided separately.**

### **CONFERENCE:**

Each season we compete against all teams in our division for the championship. The conference team is selected by the coaches and is based on the overall needs of the team with respect to competing against all of the teams in the division. The more a swimmer competes throughout the season both at Dual meets and ISI meets, the better their chances of being selected to represent the team at conference.

## **AWARDS:**

**Dual Meets:** Each swimmer who successfully completes an event will receive a ribbon. Swimmers in the first heat of an event will be placed 1st – 6th. Swimmers in heats 2+ will receive a ribbon for participation.

**USS/ISI Meets:** Awards vary by meet and may include trophies, medals and ribbons. Please review the awards section of the meet packet to determine eligible awards.

**Best Times Award:** There is an incentive reward available to encourage swimmers to meet their goals. The Best Times Award will reward the swimmers with the most “best times” during all dual meets. These are awarded at the end of the season. All your swimmer needs do is beat his/her previous swim record in an individual event.

**Fish Award:** We also offer an incentive for participation. Each time a swimmer attends a meet (dual or ISI), he/she will receive a “Fish”. Swimmers collect the fish all season and at the end of the season event, can enter a raffle for various prizes. The more they swim, the more Fish they collect and the better their chances of winning the raffle prize of their choice.

## **COACHING/FEEDBACK AT MEETS:**

At all meets, each swimmer should seek out the coach on deck after each swim for feedback.

At ISI meets, in particular, the coach will provide the following guidance:

1. The coach will supervise warm-up.
2. The coach will make every effort to witness every event his swimmers swim, and provide feedback after every event.
3. The coach will **NOT** be responsible for getting kids to the bullpen EXCEPT in circumstances where a young swimmer or first-time ISI swimmer is with the coach on deck (with restricted access to spectators).
4. Swimmers who attend ISI meets will not only have fun but will improve their times because of the wider range of competition and the more extensive coaching that can be provided.



### **USA Swimming Safety Notice to Parents**

To avoid risk of serious injury, no swimmer who has not been properly trained should attempt to perform a racing start, from either a starting block or the side of the pool, into less than six feet of water.

USA Swimming has implemented a racing start certification program where a swimmer's coach documents his or her professional judgment that a swimmer has demonstrated sufficient skill to safely perform a racing start into four feet of water.

Although somewhat unusual, swimmers do not always participate in swimming competitions under the supervision of a certified coach. It is the parent's responsibility to make sure the swimmer does not attempt to perform a racing start in less than six feet of water if the swimmer has not been properly certified by the swimmer's coach to do so.