

Welcome to the St. Sebastian's Swim Team!

PARENT MEETING (via email 2021)

EXCELLENCE

Welcome to the SEBS SWIM TEAM! You are becoming a member of a proud tradition of excellence in sportsmanship and sportswomanship, athletics and life lessons that you will take with you into your school work, your family, your career, and your community.

We work hard, but try to make it fun and have a few laughs along the way.

COACHING STAFF

Head Coach: Leni Jacobson sebscoachleni@gmail.com

Assistant Coaches: Kerry Neel sebscoachkerry@gmail.com
(more needed!)

Swim Program Director Dawn Hughes sebscoachdawn@gmail.com

RESPECT – all the way around

Kids, coaches, parents, refs and other teams

We lead by example, through kindness, support, comradery, and team work. Bullying is not tolerated. You can tell much more about a swimmer out of the pool than in it.

COMMUNICATION

Via Email Only- check often/daily! Close to 120 families

Check Bulletin Board for Practice Schedule and Meet Schedule

COVID

Until Covid mandates are lifted we are not letting parents stay in the stands. It is a drop off and pick up at the SIDE DOOR. If you are vaccinated and have small children in group 1 you may enter the locker room to help your child.

Children 12 and over MUST show proof of at least one Covid vaccine shot. Only vaccinated parents are allowed in the locker room and can help coaches on deck.

We are asking for 2 vaccinated parents each for boys and girls to monitor the locker room. This job entails getting the girls and boys out on deck ASAP, and then out ASAP as well. There will be no shower usage, you can shower at home. The goal is do limit the amount of time spent in the locker rooms as the other groups are coming in as one is leaving. If kids are coming from home, have them put their suits on at home, that way they can drop their bags and come right on deck.

ST. SEBASTIAN PARISH CENTER

Respect the facility and the staff that works here.

Do Not park in STAFF parking spaces

No running around, mind your young children, respect other members, pick up garbage (even if it's not yours!) keep locker rooms and stands neat and tidy.

PRACTICE

Please try to get the kids to **practice on time**. The dryland exercises at home and on deck are essential as is the warm-up in the pool. We understand the emergencies, sickness, and family plans will have your child missing some of the practices, ***swimmers are expected to show up at every practice otherwise.*** If you are not at practice we want to know why, please send me an email. If a swimmer is "hiding" in the locker rooms to avoid drylands/warm ups, the parent will be called to come and pick them up and they will not practice that day.

Gear: Swimmer must have 2 swim suits, 2 pairs of goggles, and 2 swim caps. Extras are flip-flops and a towel. Put your name on everything. If you lose it, it will find you!

Groups: Groups are organized by ability. We want your children to be challenged, not discouraged.

On Deck: Swimmers need to pay attention to what the coaches are saying *the first time*. The coaches are explaining technique and drills and the swimmers need to be focused.

Boys and Girls practice from Sept – May on and off competitive seasons. Coaching Staff may call for single team practices due to the competitive schedule at that time – such as before Champs, Olympics or an important meet.

SAFETY

Safety is most important...your personal safety and the safety of others. There is to be NO HORSEPLAY during swim practice, on deck or in the locker rooms. You are here to work and to learn.

LOCKER ROOM MONITORS Parents MUST supervise the locker room. This is non-negotiable. This is your commitment to the team. We must ensure the safety of all our swimmers and Coaches are on the deck – they cannot be in the locker room. Please take this commitment seriously. If there are no parents in the locker rooms the kids will not be allowed in. They can get dressed in the hallway.

WEBSITE/ FACEBOOK

Check it for latest news www.stsebastianswimteam.com. Follow us on Twitter. By invitation only, closed group, St. Sebastian Swim Team on Facebook.

MEETS TBA FOR NOW but for future reference

The BOYS Season goes from October to January. - as of now there will be no 2021 season for the boys. However, we will be having some “inhouse” meets against the girls.

The GIRLS Season goes from January to April. Hopefully we will have one this year.

Text if running late please supply your name as well as your child’s name (Coach Leni 917-751-8206, Coach Kerry 917-449-4334

Dates will go out once we know what pools we are swimming in.

Children are expected to be at all meets unless otherwise notified. Swimmers must wear the Team suit and cap. They cannot wear a suit or cap from another team (USA/HS Swimmers in particular) or they will be disqualified.

No jewelry is to be worn.

We now must go through metal detectors at many of the schools we compete in. Please leave any valuables at home and carry the least items as possible to move through the entrance as quick as possible.

- Meets are on FRIDAYS. We NEED advanced notice on planned absences. It takes time and strategy to set up a meet with nearly 100 kids.
- Be on time – 45 minutes before the start we normally have to check-in 80-100 kids and let them know what they are swimming.
- We need QUIET during start of each event – from swimmers and parents in the stands.
- NO PARENT or SWIMMER should approach the ref or other team’s Coaching Staff. If you have an issue or problem, speak to Head Coach and no one else.
- Respect other parents in the hall
- No trash talk. SEBS has a stellar reputation. I want to keep it that way.
- No diving at shallow end
- Swimmers stay for the entirety of the meet. They only last 45 minutes. Do not lean over railing and hand your swimmer a towel or anything else.
- We need LOCKER ROOM MONITORS and MEET MARSHALLS.

CHAMPS AND OLYMPICS

Eisenhower Park Aquatic Center usually held on a Saturday.

Olympics – not everybody swims. Championships – everyone swims

VOLUNTEERS

This Team CANNOT exist without volunteers. If you have some time and a love of the sport – WE WANT YOU!

Take VIRTUS + CODE OF CONDUCT -<https://www.virtusonline.org/virtus/reg>

- ❖ EQUIPMENT MANAGER
- ❖ DECK MARSHALLS
- ❖ LOCKER ROOM MONITORS
- ❖ PRINTING OUT RIBBONS/MEDALS
- ❖ UPDATING TIMES
- ❖ WEBSITE

NUTRITION

Swimmers burn calories! Feed them healthy snacks so they have the fuel to perform at a top level.

- No heavy meals before practice! It can cause cramping and even vomiting
- Bring water or an electrolyte drink to practice. The workouts can be hard and they need to be hydrated.

Here is a short list of snack ideas

- ✓ Granola bars/protein bars/paleo bars
- ✓ Fruit
- ✓ Cheese sticks
- ✓ Crackers
- ✓ Nuts
- ✓ Yogurt
- ✓ Lean deli meats (turkey, chicken, ham etc) and cheese rollups
- ✓ Small bowl of cereal / oatmeal
- ✓ Milk/ low fat chocolate milk/ almond/ soy etc
- ✓ Peanut butter /any nut butter and apple/banana/celery
- ✓ Raisins/ pretzels
- ✓ Applesauce
- ✓ Mini bagel with cream cheese
- ✓ Eggs

✓ Fruit/veggie smoothie