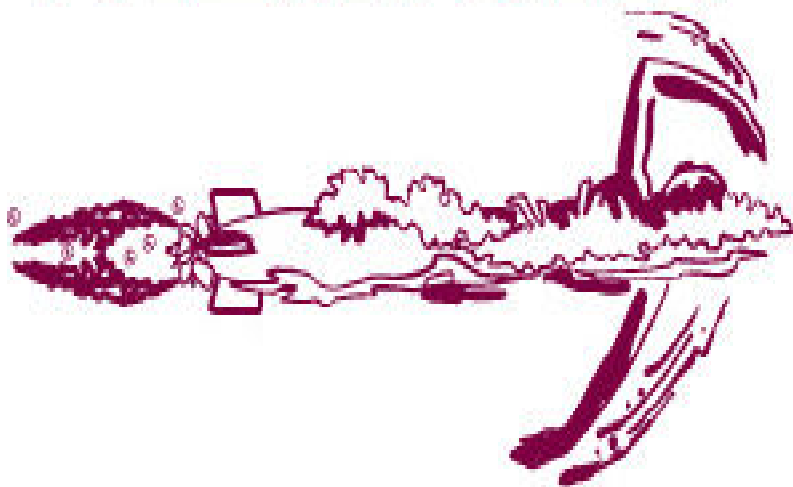


2010

**TREMONT**



**TORPEDOES**

## **PHILOSOPHY**

Our purpose is to provide a positive experience for all swimmers through training and competition at all levels, consistent with their ability. Competitive swimming develops good sportsmanship, reinforces good health habits, furnishes worthwhile physical activity, enhances social skills, and builds self-confidence.

## **PROGRAM GOALS**

1. To have FUN!
2. To teach the fundamentals of swimming.
3. To strive for self-improvement.
4. To ensure all swimmer participation at every meet.
5. To provide a positive experience.

## **SEASON**

Morning practices will begin on Tuesday, June 1<sup>st</sup>. The final meet of the year will be held on July 24<sup>th</sup>.

## **PRACTICES: Monday thru Thursday**

7:00 am – 8:00 am (Ages 11 & Up)  
8:00 am – 8:55 am (Ages 9-10)  
8:45 am – 9:30 am (Ages 8 & under)

## **MEETS**

All swim meets are divided into age groups for boys and girls.  
8 & under, 9-10, 11-12, 13-14, 15-18

## **DUAL MEETS**

Dual meets are scheduled with other teams to provide swimmers meet experience. Coaches determine who will swim each event. The number of events each swimmer participates in will be based on the number of swimmers in that age group and the swimmer's ability level. All swimmers will be entered in the dual meets unless the coach receives a written note from parents. Meet lineups will be finished the day before the meet so coaches need to know if you are not going to be in the meet by the end of practice on that day. Sign-out forms must be filled out before the day prior to the 1st meet. Coaches are going to try and put the meet line-up on the Torpedoes webpage the day before the meet for all parents and swimmers to view. Ribbons are awarded at dual meets for all finishers for each event. There are no entry fees. All away meets during the week warm-ups at 5:30, meet starts at 6:00. All home meets during the week warm-ups at 5:15, meet starts at 6:00.

### **SATURDAY MEETS (Journal Star, Tazewell County)**

These meets are optional; however, everyone is encouraged to participate. Coaches will distribute entry forms, and swimmers are allowed to choose the events they want to swim. Relays will be determined by the coaches. Awards will vary at these meets. An entry fee may be required for individual and relay events. These meets give the swimmer a chance to experience a large meet atmosphere and compete against a greater number of swimmers.

### **SWIMMER EXPECTATIONS**

1. Be on time for all practices and meet warm-ups.
2. Swimmers should stay away from the side of the pool until they have been instructed to enter.
3. Swimmers are expected to clean up after themselves for practices and meets.
4. Swimmers are expected to be quiet while coaches are talking and giving instructions.
5. Swimmers are expected to treat their coaches, teammates, parents, and opposing teams with respect.
6. Swimmers should be ready to give 100%.
7. Swimmers should stay in the designated team area at meets.
8. Swimmers should talk to the coaches immediately after each race.
9. Swimmers are responsible for their own transportation to away meets. If you need a ride, please make arrangements prior to meet.

### **PARENT EXPECTATIONS**

1. Stress improved times, not just winning.
2. Assist at home meets- timing, ribbons, concessions, etc.
3. Check your swimmers mailbox at least 2x/week
4. Participate in swim-a-thon fundraiser.
5. Written note if child is not participating in meet. (turned in the by the end of the practice the day before the meet)

### **DISCIPLINE**

Main reason for having to enforce discipline is because of swimmers talking while coaches are talking, being disrespectful to the coaches and teammates, and continually being disruptive during practice. Each discipline situation will be on a case by case basis, but consistency is of utmost importance. Parents will be notified for all repeated offenses. Kids will know our expectations and will be expected to follow them for all practices and meets.

### **FREQUENTLY ASKED QUESTIONS**

1. ***What should I bring to practice?***  
-suit, swim cap (anyone with long hair), goggles, towel
2. ***What should I bring to the meets?***  
-suit, 2 swim caps, 2 pairs of goggles, 2 towels, sleeping blanket, water bottle
3. ***What positions are there to help with at home meets?***  
- 12 timers, 6 awards, 2 scorekeepers, 1 reader, 2 runners, 1 finish judge, 1 stroke judge, 1 bullpen, 2 announcer/starter, 4 concession stand
4. ***What time do home meets and away meets start?***  
-Home Meets: Warm-ups- 5:15pm, Meet Starts- 6pm, Finishes- around 9pm  
-Away Meets: depends on team, but most of the time 5:30 warm-up / 6 meet
5. ***What lanes does Tremont have at home meets and away meets?***  
-Home Meets: Tremont- lanes 1, 3, 5 and Away Teams- 2, 4, 6  
-Away Meets: depends on team, but many times the opposite of home meets
6. ***What is the order of events at meets?***  
-Long Free, Medley Relay, Short Free, 100 IM, Back, Breast, Fly, Free Relay
7. ***How many events can my child swim at a meet?***  
-maximum of 3 individual/2 relays, minimum of 1 individual/1relay
8. ***Are there any special rules I should know for the meets?***  
-swimmers must compete in the same age group the entire meet  
-swimmers may only swim up one age group level  
-swimmers age is determined by their age the day of the meet
9. ***What are the age groups at swim meets?***  
-8 & under, 9 & 10, 11 & 12, 13 & 14, 15-18 (In addition, there is a 6 & under category at Tazewell County.)
10. ***What do parents need to bring to the meets for themselves?***  
-lawn chairs, sleeping blanket, healthy food/drink, maybe camera/camcorder

## JUNE 2010

SUN	MON	TUE	WED	THU	FRI	SAT
		1 First day of practice	2	3	4	5
6	7	8 Team Party & Pictures	9	10	11	12
13	14	15	16	17 Home vs Lake Camelot	18	19
20	21	22 Home vs Roanoke	23	24 Swim-A- Thon	25	26
SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29 Meet at Eureka College	30	1	<b>July</b>	
4	5	6 Home vs Morton	7	8	9	10 Meet at E. Peoria (8 am start)
11	12	13 Home vs Washington	14	15 Meet at Pekin	16	17 Journal Star
18	19	20	21	22	23	24 Tazewell County
25	26	27	28	29 Swim Team Banquet		