

# WHAM PARENT INFORMATION

## **Program Philosophy and Expectations “What you can expect of WHAM”: Why are we involved in an Age Group Swim Team?**

1. The staff involved in WHAM aquatics share core beliefs in the value of swimming as a sport to teach: discipline, goal setting, teamwork and a skill that has life long value.
2. The staff shares a belief that an Age Group Swim experience is about learning and loving the sport and also about the friendships that develop, connections to families that are made, and opportunities to develop a sense of community.
3. We all remember the accomplishments, meets and practices that were experienced. Similarly we remember the friendships and stay in contact with the people we shared the experience with and take with us the many life lessons learned and friendships made along the way.
4. Our community and High School (BGHS, EGHS, JHHS, RMHS, PHS, WHS) swim coaches are passionate about aquatics. We want to support that interest and help continue to develop strong athletes that will be ready to compete at the High School level.
5. Our commitment is to the all of the District 214 Communities. Our name WHAM is an attempt to include those communities W-Wheeling, H-Heights (Prospect), A-Arlington, M-Meadows (Rolling), M-Mount Prospect

## **What will my swimmer learn at WHAM?**

### **Practice and talent development plan:**

The program is designed to offer higher levels of training and experience as swimmers progress to the older age groups. This program will help develop the swimmer consistent with their abilities in an age appropriate manner. Competition helps to check progress and is divided into the age categories that make up our team’s practice structure. The program divides the season into 3 different training and development stages. Before you can swim fast you need to be able to swim slow. Proper body positioning, balance, and technique done correctly will provide the foundation for success.

**Swimming slow to swim fast.** With that in mind, the first third of the season is focused on building an understanding of the proper age appropriate techniques and mechanics for the strokes, turns and starts. The first third of the season also helps build an ability to train through aerobic conditioning opportunities integrated with the drills, sets, and instruction.

**I feel a need for speed!** The second third of the season the focus is on getting ready to race. This part of the season begins to build further on the proper techniques and conditioning developed earlier while introducing more of a speed component to the practices.

**Preparing for Championship season** is the final third of the season. We have learned to swim slow and we are now ready to swim REALLY FAST! The last third of the season fine tunes the skills and training develop in the previous part of the season. Much of practice now is done near to full speed as swimmers sharpen their strokes, turns and starts and to be ready to end the season swimming their fastest times.

### **Aquatic Awareness and Fun:**

The 1<sup>st</sup> and primary focus of this team is to have a fun and rewarding experience for all involved. Part of the fun of swimming is all the things you can do with it. Some age appropriate, limited and basic introduction to things like Water Polo, Diving and other opportunities will occasionally be integrated with practices to expose the swimmers to all that Aquatics has to offer.

**Teamwork, goal setting, and nutrition** will also be a valued part of WHAM. Helping swimmers and families develop a healthy and effective approach to long term development will be enhanced with the age appropriate discussion and support of these areas that are so important to the entire experience.

We are excited to be able to work with families and swimmers who share this same passion for sport that has so much to offer the athletes and families during the season and for a lifetime. We look forward to a long and rewarding relationship with all involved. Please feel free to contact WHAM staff should you have any further questions.

# What is Expected of Parents and Swimmers- Day to day:

## Parents:

1. Have an email address and check it regularly. When info is needed respond in a timely manner. Most communication will be electronic.

2. Get your swimmer to practice on time. Getting in late disrupts practice and is may not allow for seamless warm-up.

3. Attend as many practices as you can. We understand that Age Group swimmers have many things going and we encourage support a healthy balance of activities for long term enjoyment of all that you do. Your swimmer will not be penalized for missing a practice but realize you will not maximize the time and benefit of WHAM for your development as practices are missed.

3. Monitor your swimmer in the locker rooms before and after practice. If there is behavior problems or issues with the physical condition of the locker rooms notify a coach immediately. To avoid locker room issues swimmers can come to practice in their swim suits and go straight to the deck.

4. Parents are welcomed and encouraged to stay for practice in the lobby/entry area or in the bleachers only. The pool deck is for coaches, athletes and other WHAM personnel as needed.

5. If you have questions or concerns address the lead coach for that group 15 minutes prior to or after the scheduled practice time. If you are not satisfied with the response contact the Head Coach. If you are still not satisfied contact Team Administrator Rob Lindgren.

6. Help your swimmer set practice and performance goals consistent with coaches goal meetings.

7. Encourage your swimmer to see the big picture and not get too high or low given an individual practice or performance. Stay positive! Our reaction to both good and bad events are more important than the event itself.

## Swimmers:

1. Be sure to eat, sleep, and manage your time at home in a way that helps you be successful at practice.

2. Often there will be a High School practice or meet ending as we enter and begin. Be courteous and respectful of their practice time in the lobby, locker room and on deck.

3. Be on time and out of the locker rooms in a timely and safe manner. Bring a lock for your clothes or bring your bag on deck. To avoid locker room issues swimmers can come to practice in their swim suits and go straight to the deck.

4. Enter the water only when told to do so by a coach. When entering the pool always do so with a feet first entry. Unless practicing starts in the deep end.

5. Listen to your coach and try your best. Work with your coach in setting goals and understanding the skill being developed in each set.

6. Respect your teammates property and space during practice. If you need to get ahead of a teammate during a practice talk to them at the end of the length or notify your coach.

7. Look for your teammates doing great things and tell them or a coach about how it helped you or made you feel good to be a part of WHAM.

# What is Expected of Parents and Swimmers

## Throughout the Season

### Parents:

**Help in coordinating logistics throughout the season.**

\*Every family is expected to help in whatever ways they can. Parent leadership is expected in the following areas:

\*Home Swim Meet Coordination:

1. **Officials (TBA Contact a coach if interested)** 2. Concessions, 3. Timers, 4. Table workers  
5. Set up/Clean up 6. Ribbons

\*Information distribution as needed

\*Monthly(?) planning of team events/outings.

\*Spirit Wear and team apparel ordering.

\*Have open lines of communication through attending periodic Parent Meetings to allow for Parent input both of concerns and congratulations and program information updates that emerge throughout the season. (Most info will be done through email but this will allow some face to face and group discussion as needed.)

\*Other items, topics and situations as needed and discovered by you or us as the season progresses. :+)

\*Patience and honest feedback as we work together to make this a program second to none.

### Swimmers:

Be a good teammate and make WHAM a great place to learn and swim.

Be open to instruction from your coaches. Coaches only do well when you do well.

Set goals for your self that are specific, measureable and have a deadline of completion.

Be aware of what is going on at practice and what events you are entered in so you compete and see where you are at in the season.

## Swimmer Recognition:

Do good things and get stuff! When good things happen good things happen!

### Monster of the Month:

Each month every age group will recognize a "Monster of the Month" who has exhibited in a way that is distinguished qualities WHAM is based on: Team work, Positive practice or meet performance, Sportsmanship, Caring for others, Passion for swimming and their teammates.

### The WHAM BAM! award:

On a periodic basis as swimmers are caught doing individually great things at practice or meets a coach, swimmer or parent can nominate a teammate for **Wildly High Acts of Meaningful Behavior And Motivation**.

**Ribbons, Individual Event Times and Splits** will be distributed periodically to help the swimmers and parents communicate in setting goals and discussing the progress of the season.



WHAAM

**2016 - 17**  
**Season VII**