

Welcome!



CYCLONES

SWIMMING

Dream, Believe, Achieve
2009/2010 Season

TABLE OF CONTENTS

MISSION STATEMENT	3
INTRODUCTION	3
USA SWIMMING	3
COACHING STAFF:	3
COMMUNICATION:	4
PAYMENT SCHEDULE:	4
BEHAVIOR:	5
LEVELS:	6
PRACTICE TIMES	6
PRACTICE:	7
MEETS	8
OFFICIALS:	8
CYCLONES PARENT ASSOCIATION	9

Mission Statement:

The mission of the Caldwell Community Center Cyclones is to provide a healthy and competitive environment for swimmers and their families. The philosophy of the coaching staff and administration is to develop life skills, team work, setting goals and working towards achieving the swimmer's potential.

Introduction:

This handbook serves as a tool to better understand the full nature of the Caldwell Cyclones competitive swimming program. We would like parents to assume the responsibility of reading this handbook with their swimmers so that the family understands the program. We have devoted considerable amount of time and effort in this project to help make your participation in the Cyclones swim program easier and to keep you well informed. We also encourage you to attend parent meetings.

USA Swimming:

Each swimmer is registered to the New Jersey Swimming Committee of USA Swimming, which is included in your fees. USA Swimming is the national governing body for amateur swimming competition in the United States.

Coaching Staff:

Senior Group /Co-Head Coach	Marty Visitacion
Level 2 / Co-Head Coach	Jim S tack
Junior Group	Joe LaSalvia
Level 1	Jeff Craven

Communication:

Web Site: The team website at www.cyclonesswimming.org will be the primary form of communication. While coaches will remind swimmers when there is an announcement on the website, it is the responsibility of each family to check the website regularly.

E-mail:

Marty Visitacion Seniors		caldwellcyclones.sr@gmail.com
Jim Stack	Level 2	caldwellcyclones@gmail.com
Joe LaSalvia	Juniors	caldwellcyclones.jr@gmail.com
Jeff Craven	Level 1	caldwellcyclones.L1@gmail.com

Bulletin Board: Located by the pool, updates and information will be posted.

Payment Schedule:

Families must pay their fees by the designated dates. All fee payments are made to the Community Center. Families that do not complete their payments may not practice or not be entered in or meets. For payment date information, please consult the Caldwell Community Center brochure. There are no refunds unless there are reasons that warrant a return, such as a medical excuse or a family moving out of the area.

Escrow Account:

Each swimmer will be required to maintain an escrow account for USA meet entry fees with the Cyclones Parents Association.

Meet entries will not be made for a swimmer if the escrow fees have not been paid by this time. Checks should be written to the CPA (Cyclones Parent Association), with the swimmer's name and 'escrow' in the memo portion of the check. Escrow fees are as follows:

Ages 10/Under \$100

Ages 9/Over \$150

The minimum balance required for the Escrow account is \$20.00. Swimmers participating in championship events will be required to deposit an additional \$40.00. This will allow for meet entries and fees to be completed in a quick manner.

Entry fees are paid approximately three (3) weeks in advance to USA Swimming to ensure that the team is not shut out of a meet. Therefore, fees cannot be refunded if the swimmer fails to attend the meet.

There are approximately 10 meets over the course of the season with each swimmer competing in three events per meet. Each individual and relay event costs \$3.00 and \$8.00 respectively. During the Championship season, event fees increase to \$4.00 per event.

Behavior:

Swimmers must participate with the Cyclones in a positive and spirited manner. Good sportsmanship at meets and practice must be demonstrated by each member of the Cyclones swim team.

Inappropriate behavior, that which is potentially dangerous or harmful or illegal, which interferes with coaching or another swimmer's comfort, wellbeing or ability to practice or compete, as well as inappropriate items brought to practice or meets, will be cause for dismissal from the team without refund.

Levels:

Level 1 –For swimmers under 9, this level focuses on introduction to competitive swimming. Swimmers will learn the skills of the four competitive strokes, starts and turns. This group trains three days per week.

Level 2 – For the 9 to 11 age group, this level is for those swimmers who wish to improve their strokes and racing techniques and compete. This group trains four days per week. Swimmers are encouraged to participate in meets throughout the year.

Juniors – The Junior level is for the competitive swimmer, ages 11 to 14, who is focused on competing in the NJ swimming competitive level. This group trains five days per week with two sessions per week of dryland training.

Senior – This advanced group is for swimmers over the age of 13 who are focused and are preparing for the end of the season championships. This group will train six days per week with three dryland training sessions per week. These swimmers have goals of competing at the top level of NJswimming and beyond.

Practice:

Commitment and hard work are required for any individual to become successful. To remain in good standing, Cyclones are required to attend approximately 80% of the practices conducted throughout the season. Swimmers who do not attend practice on a regular basis cannot be entered in USS and championship meets. In the event that a swimmer will have an extended period of absence, please provide a note to the coach indicating dates of expected absence.

Listed are the practice requirements for each level;

Level 1	2 out of 3 practices
Level 2	3 out of 4 practices
Junior	4 out of 5 practices
Senior	5 out of 6 practices

- Swimmers will automatically be invited back to the Cyclones the following season if their attendance is 85% or better.
- Swimmers are expected to stay for the entire practice unless the coach is notified in advance.
- Swimmers will attend only their scheduled practices. Please do not send your child to practice with another group if they cannot make their respective practice.
- Swimmers must bring their caps, goggles, fins and suits to practice. It is recommended that each swimmer bring a water bottle during practice.
- Swimmers under the age of 10 must be accompanied by an adult in the locker rooms.
- Practice times are for the coaches and swimmers to work together. Parents are not permitted on the pool deck during

practice hours.

- Parents must pick up their swimmers after practice within a reasonable period of time after they have finished. Swimmers will not be supervised before their designated practice times. The Center and coaching staff will not be responsible for any actions by a swimmer left unattended by a parent.

Practice Cancellations: You can check the Cyclones hotline or website to see if practice is canceled due to weather, adverse pool conditions, etc. Email blasts will be sent to all families who have provided an email address. A phone chain will also be utilized.

Meets:

Swimmers will be expected to compete in their respective meets over the course of the year. The coaching staff will determine the appropriate events for each swimmer, based on their individual skills and goals.

As the Cyclones is a competitive swim team, each swimmer will be required to complete in three USA meets before the Championships. A swimmer who does not practice on a regular basis before a meet, will be scratched from the meet.

Swimmers must arrive at meets 15 minutes prior to the start of warm-up. If a swimmer is 15 minutes late after the warm-up starting time, they will be scratched from the meet. Any swimmer who does not participate in a meet which they are entered, they must pay the Cyclones their meet fees.

At meets, all swimmers are required to wear a team uniform which consists of team swimsuit, team T-shirt. Team warm-up uniform (sweat shirt or nylon suit.)

If a swimmer is entered in a meet, families will be required to help participate in any meet job.

According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to the coaching staff. They will pursue the matter through the proper channels.

Officials:

Parents can volunteer to become an official to help at meets. Certification courses will be offered by the NJ Swimming committee at various dates.

Cyclone Parents Association

The Cyclones' Parent Association, whose membership includes all swimmers parents, assists in many aspects of the Cyclones swim program. During the swim season, activities include fund raising, setting up and running meets, team gatherings or parties and supporting the coaching staff. Volunteers are always needed.

The parent's efforts are greatly appreciated by the swimmers and the coaching staff. The coaches are employed by the Borough of Caldwell. The Cyclones' Parent Association was formed to support the coaches and enhance the swimming program. The "CPA" board will be happy to answer any questions you may have however all "coaching questions" should be referred to the coaching staff.

The Cyclones' Parent Association is represented by a five member board which helps to provide administrative, financial and general support to the program. All parents need to get involved and take an active role in helping to make the program a fun and rewarding experience. Your interest and support of our team contribute to and are important to the success of the Cyclones' swimming program. Below is a list of the 2009-2010 Parent Board. Please feel free to contact us if you have any questions or concerns.

Board Members:

Kevin Caufield	kench28@aol.com
Eileen Canavan	ewcrn@yahoo.com
Sue Dillanne	suedillane@verizon.net
Len Savino	Lsavino3@comcast.net