

**DAVENPORT METRO
SWIM TEAM**

HANDBOOK

www.offtheblocks.com/dmet



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INTRODUCTION

Welcome to the Davenport Metro Swim Team. Our mission is as follows:

To develop the technical skills, character traits, and intense desire of our swimmers for maximum realization of each individual's potential.

We recognize that

Kids need freedom to discover new challenges.

Kids need to learn to become responsible.

Kids need attention and positive reinforcement.

Valuable life lessons from swimming include.....

Kids enjoy social interaction through peer and team interaction

Kids learn respect for themselves and others.

Kids learn the consequences and rewards of making choices.

Metro is an Iowa 501(C)(3) corporation. The team is a member of Iowa Swimming Incorporated, which is a member of USA Swimming, the national governing organization for the sport of swimming. Metro and all of its swimmers follow the rules and regulations of these two organizations.

Our professional coaching staff is lead by a highly experienced Head Coach who is responsible for directing the team and designing and implementing the overall training program. The Head Coach is assisted by a team of assistant coaches, who are also experienced and trained in the sport. All coaches are required to be certified in stroke technique, First Aid, CPR and water safety.

TEAM EXPECTATIONS

Coaches

- ☐ Create and enforce an environment where swimmers will be safe both physically and emotionally
- ☐ Challenge swimmers to improve their swimming skills and personal growth
- ☐ Be attentive to swimmers at practices and meets and limit their attention on distractions
- ☐ Speak openly with swimmers and parents to discuss the development of the swimmers and work together to create a plan of action
- ☐ Follow all rules and code of conduct guidelines concerning coaches as set by USA Swimming
- ☐ Keep up to date on rules, technique, and effective teaching strategies.
- ☐ Be a positive role model for the swimmers in words and actions

Swimmers

- ☐ Attend regular practice
- ☐ Put forth effort at practice
- ☐ Be attentive to coaches at practices and meets and limit their attention on distractions
- ☐ Be respectful of coaches, officials, teammates, and competitors at all times.
- ☐ Speak openly with parents and coaches to discuss development and work together to create a plan where the swimmers can set and achieve their goals
- ☐ Ask coaches questions when not understanding directions
- ☐ Ask coaches for feedback when not given feedback
- ☐ Maintain good grades in school
- ☐ Be a positive role model for other swimmers both in words and actions

Parents

- ☐ Support your son or daughter by
 - Getting them to regular practice
 - Making sure they get enough sleep
 - Making sure they follow a proper diet
 - Making sure they get their schoolwork done
 - Praising them when they perform well
 - Encouraging them when they perform poorly
 - Demanding that they put forth effort at practice and meets
 - Talk to a coach when questions come up
- ☐ Speak openly with coaches and swimmers to discuss development of swimmers and work together to create a plan.
- ☐ See that swimmers get signed up for meets before the meet deadline
- ☐ Keep current on seasonal team and USA Swimming fees
- ☐ Make team payments for meets at the time of meet registration
- ☐ Work meets that DMET hosts
- ☐ Time or officiate championship meets that DMET participates in (Regionals and State)
- ☐ Become active in DMET
- ☐ Stay off the deck during practice, attendance in the stands is welcome as long as it does not become distracting to the swimmers or coaches
- ☐ Be a positive role model for the swimmers both in words and actions
- ☐ Love your son or daughter unconditionally

BOARD MEMBERS

President, John Wilkinson (388-5106)

Vice President, Tom Shie (355-4656)

Treasurer, Trish Rolfstad (324-3296)

Secretary, Andrea Bladel (445-1929)

COACHING STAFF:

Head Coach, Paul Eure, came to our team in the fall of 2008. Coach Eure, well known in the swimming community as a stroke technician, brings a wealth of experience with him. Coach Eure is the current head girls coach at Davenport Central. He formerly coached other teams in the Davenport and Des Moines areas before coming to Metro. While at Davenport Metro he has twice been chosen as a Zone Coach for Iowa Swimming Inc., this past year as the head coach. He currently serves as the Age Group Chair for Iowa Swimming Inc.

Coach Eure earned a Bachelor's Degree at St. John's University in Collegeville, Minnesota, and a Master's Degree in Physical Education-Sports Management at Western Illinois University in Macomb, Illinois. As a swimmer at St. John's University, Eure was a Division III college All-American.

Assistant Coach, Mary Collins, has been a coach for Metro for many years. During the summer, she teaches swim lessons at her home pool and is a great source of new swimmers to our team. Coach Collins works primarily with our beginner swimmers on stroke techniques.

Assistant Coach, Josh Hopewell, joined our team in the fall of 2008. Josh is a former area age group and high school swimmer. He swam for Coach Paul Eure during his senior season at Pleasant Valley High School in 1995 / 1996. He also swam at the college level for the University of Northern Iowa. Coach Josh enjoys working with all groups of swimmers at Davenport Metro.

Assistant Coach, Stacey Drezek, joined DMET as a new assistant coach during the Fall/Winter 2009-10 season. Stacey swam competitively for fourteen years. She began as an age group swimmer with the Moline Blue Marlins, swam for Moline Sr. High School and at the college level for the University of Wisconsin - Stout. She earned her first All-American award at Moline and eleven more at UW-Stout. Coach Stacey enjoys working with all of the swimmers at Davenport Metro.

SWIM FEES, SWIM SEASONS AND SWIM GROUPS:

Each swimmer must be a member of USA Swimming. The fee is paid and registration is completed once a year. Membership in USA Swimming is comprised of athlete and non-athlete members. Athletes must register each year in order to participate and compete in sanctioned events. **By becoming a member of USA Swimming, athletes and their teams receive the benefit of insurance coverage.**

No swimmer is allowed on deck or allowed to participate in a clinic or practice with Metro until the USA Swimming registration fee is paid for the current year. The USA swimming fee is a non-refundable fee! Those swimmers participating in the fall / winter season will only pay the fee at the beginning of that season. No fee will be due again for the spring / summer season.

In addition to the USA Swimming registration fee, a single Metro registration fee is paid for each season. The amount of the registration fee depends on the training group to which the swimmer is assigned. The registration fee is due at the beginning of the season. If payment arrangements need to be made, please speak with one of the Board Members.

The fall / winter season is short course (25-yards) that typically begins in September and ends in early March. The spring / summer season typically starts in April and ends in early August. That season is long-course (50-meters), but also involves some short course meets throughout the season. Metro offers a split season during both seasons and the registration fee for the split season is pro-rated 50 / 50 if swimmer elects to participate in one session only.

A multiple swimmer discount is provided for family units with more than one swimmer on the team for each season. If a swimmer decides to discontinue during the season, the team must be properly notified in writing, either by notifying any of the Board Members, the Head Coach, or sending an email to the team's website at www.offtheblocks.com.

Bronze: Ages between 5 through 10. This is for swimmers new to USA swimming that need to learn stroke technique. The main focus for swimmers in this group is skill and fundamental development.

Silver: This group is for swimmers who have mastered all four competitive strokes and are still building endurance. Stroke and endurance development are the focus.

Gold: This is an advanced level age group of swimmers including seniors. This group is designed for more intense trainings with continuing focus on stroke development.

VOLUNTEERISM AND FUNDRAISING

Since Metro is a volunteer-run swimming organization, parent support and involvement are a critical part of the team's success. The swim team CANNOT exist without the help of ALL parents or guardians.

One of the team's primary means of fundraising is hosting swim meets. There are many ways to volunteer and help the team:

- **Work at all home swim meets**
- **Plan and/or support the annual banquet and other team events**
- **Time at swim meets the team attends**
- **Become a certified official**
- **Transport other swimmers to practices and swim meets**
- **Become a member of the Board of Directors**
- **Planning social outings for the team to help build team unity**

In order for Metro to be successful and to meet the financial needs of the team, the following policies are mandatory:

- **One parent or guardian from each swim family is required to work AT LEAST one shift at Metro's hosted meet(s) during each season (fall / winter and spring / summer)**
- **Each family is asked to donate \$20 at registration to be spent on stocking the concession stand at our home meets.**

FACILITIES AND CONDUCT

Metro practices at Central High School. When the pool is closed for prolonged maintenance, arrangements are typically made to practice at other pools in the area. Additional practice locations are also used for special situations or events.

Please respect the facility and adhere to all posted signs. In addition, the following should be noted:

- No one is allowed on the pool deck except for coaches and USA Swimming members. This must be strictly adhered to for the team's insurance purposes
- No food or drink is allowed on deck except for water
- Swimmers must enter the pool deck from the appropriate areas – there should be no by climbing over the walls that separate the viewing area from the pool deck

Practice time is for the coaches to supervise and instruct the swimmers. The relationship between the coach and athlete produces the best results. Parents are asked to refrain from interfering with the coaching staff's training sessions / program, as this typically confuses the swimmer as to whom he or she should listen to. Any concerns, complaints or problems may be addressed with the coaching staff in private.

Beginning with the 2010 Spring / Summer Season, Metro has a Code of Conduct that each swimmer and parent / guardian is required to read and sign at registration. Re-certification by all parties will be required at the beginning of each season. All swimmers and families should read this document thoroughly, as the policies and procedures contained therein will be strictly adhered to by the Board and coaching staff.

MERCHANDISE

Team apparel such as shirts, swimsuits, sweatshirts, swim caps, towels, and sweat suits are available to be purchased. Merchandise can be purchased by visiting our team website at www.offtheblocks.com and clicking on "Contact Webmaster" or by clicking on "Links". Other products are available for purchase at swim meets through a third party.

MEETS AND CLUB WEBSITE

Swim meets are an important part of competitive swimming. Coaches encourage swimmers to participate in meets in order to exhibit the skills they have developed and worked so hard to achieve. Although participation is not a requirement of Metro membership, a swimmer will obtain a full sense of the sport and will be able to assess their progress by doing so.

The team encourages all swimmers interested in entering a meet to view the team's website at www.offtheblocks.com for the upcoming meets where Metro coaches will be in attendance. Swimmers are encouraged to register on the team's website by clicking on "Login" and inputting the appropriate UserID and Password. This information can be obtained by emailing the webmaster or found in an information folder marked "Meet Sign-up" at the pool.

If a parent or guardian has questions about the readiness of their child, please ask any of the coaching staff for their professional opinion on your child's abilities.

Lastly, **WELCOME** to all new members and their families and thank you to those returning team members and families for the continued support!

Thank you!
The Board of Directors

GO METRO!!!!!!