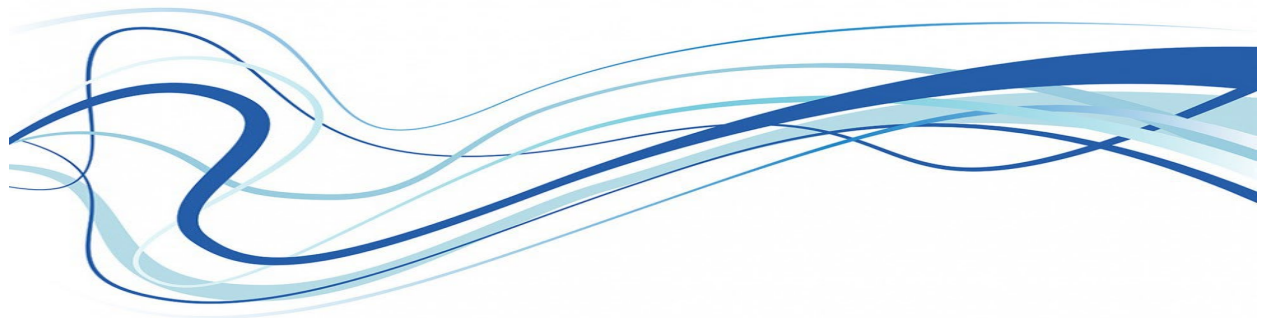


## PRE-TEAM



# SWIM TEAM

## HANDBOOK



**For more information please contact:**

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# Information and Registration Packet

## About SGST (Swim Gym Swim Team)

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Since 1984, Swim Gym Swim Team (SGST) is an affiliated club team of the Fla. Gold Coast Association members of USA Swimming, our national governing body. We strive on developing quality swimming technique alongside proper sportsmanship in a safe environment. We welcome all swimmers with a desire to grow into the sport, from athletes learning to train and building their athleticism to those gradually moving up on the competitive ladder with aspirations of swimming in high school and even in college.

## Training Groups

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It is the goal of our coaches at SGST to help create a challenging and safe environment, where each child has the opportunity to improve their personal competitive swimming skills. Along with performance improvement, comes the opportunity to advance in the SGST program to more competitive challenges. Not every swimmer can or will be an Olympian, however, the opportunity for advancement and goal setting is for everyone.

At present, SGST program has three levels of training: Pre-Team, Young Team and Swim Team, each group requires a specific level of participation and performance.

- Pre-Team is considered the entry level to competitive swimming; it is characterized by lesser expectations of participation, and its main focus is on the development of swimming skills and training habits.
- Young Team upon meeting the skill and speed requirements to move up from Pre-Team, the swimmers willing to commit to an increase in the amount of training and competition, can move up.
- Travel Swim Team is for swimmers who are willing to commit to 6 to 9 practices per week. These athletes must have advanced training skills with the pace-clock and be of age to benefit from more practice sessions in order to improve conditioning, that will in turn allow them reach higher levels of competition.

At the moment we want to introduce the Pre-Team Group at Miami Beach JCC to continue the development of our swimmers and once consolidated this group we can step up our program.

## Required Paperwork

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The following paperwork must be filled out and turned in to the Pool Office **before** the first practice session, when joining the team

### **USA Swimming Registration Form:**

As a USA Swimming affiliated Club, all team members must hold a current USA Swimming Registration. In 2022-2023, the annual fee \$80, which is included in your payment. In the event that you are transferring to our program and hold a valid registration until the end of the present year, you do not need to renew it until the first week of December.

### **Credit Card Authorization Form:**

Payments for swim meets and other events that require entry fees will be charged to the credit card on file or provide a different credit card. A link will be sent through the Swim Team chat for you to accept participation in the meet, and at this point, the fees will be charged. A notification will be sent to you detailing the amount charged. Once a registration fee has been processed, even if the athlete can't attend due to illness, the organizing club will not issue a refund; if you need to cancel an event selected in you commit sheet, please inform us 10 to 15 days before the meet date.

**Meet Commit Sheet:** The Meet Commit Sheet helps the coaches to plan for the season and guide each swimmer more appropriately; it must be filled out and turned in to your Coach within the first week



of practice. Parents and swimmers who fill out the Meet Commit Sheet on the first week of practice are better able plan around their busy schedules. Commitment and consistent training will take care of improvements.

## Events and Competitions

### Parents Meeting

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#### Individual Meetings:

Please contact one of our coaches to schedule a 10 to 15 minute Swimmer-Coach-Parents meeting at our office to discuss the athlete's goals for the current season. Discussing our individual plan for the season has proven to be very beneficial to the swimmer. We advise to schedule one meeting early in the fall and one before the summer season.

#### Team meetings:

Every year group team meetings are organized and every team member is expected to attend. Date, time and location will be announced in a timely fashion during the season.

### Day at the Races (D@R)

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Swim Gym balances the need to compete with a healthy perspective on its importance. Because periodic performance assessment to evaluate swimming improvement must be done, we created Day at the Races, an internal "Our Team Only" event. Swimmers do timed demonstrations of strokes they practiced during the previous weeks in a competition format. All advanced and beginner swimmers are encouraged to attend. Beginners learn from more advanced counterparts, while role-modeling advanced swimmers display leadership skills to younger or less experienced team members. Often, young swimmers decide they do want to race in bigger races for which they need to train harder, and swimmers that already participate in competitions realize areas to improve before their next event.

### USAS Sanctioned Competitions

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Various levels of competitions are organized around our area and the coaching staff selects those that fit the best in our season plan and swimmers level. Pre-Team swimmers that follow our program by participating at all of our D@R are encouraged to participate in their first USAS Competition at the end of the season to further help their development and meet the requirements to move to Young Team. Swimmers already in the Young Team and Travel Swim Team are given a competition schedule designed to test their racing skills in a continuous basis to enhance the improvement gained during practice.

The coaching staff needs to select the races for each athlete and send the registrations with enough time in advance to meet the entry deadline set by the meet organizer, and it is at this time that the registration fees must be processed. Please be aware of the registration deadline we send in the meet information for each competition.

Payments for swim meets and other events that require entry fees will be charged to the credit card on file or provide a different credit card. A link will be sent through the Swim Team chat for you to accept participation in the meet, and at this point, the fees will be charged. A notification will be sent to you detailing the amount charged.

### Open Water Swimming (OWS) Training and Races

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Any swimmer 9 & Older, is invited to participate in our Saturday OWS practices in addition to their weekly pool practices. OWS practices take place at 7:30am and the location varies from Virginia Beach, to North and South Beach. We start with running and calisthenics on the sand followed by a swim



parallel to the shore with coaches inside of the water guiding and supervising the swimmers. We invite parents to join us as well for a great aerobic workout to start the day.

We also include open water races in our event schedule, Swim Miami Beach in the fall and Swim Miami in the spring, both events organized by us at Swim Gym. These races have proven to be a worthwhile experience for our swimmers regardless of age and experience.

## Pre-team Information

### Pre-Requisite:

Before signing up and attending the first practice, swimmers must:

1. Complete and succeed in an objective evaluation with a designated team coach. Please schedule your evaluation at the Pool Office.
  - a. The evaluation will include a demonstration of the four swimming styles (Butterfly, Backstroke, Breaststroke, and Freestyle)
  - b. A short aerobic set: 8x 50's on 1:40
  - c. 100 yards continuous kick.
2. Turn in all required paperwork
  - USA registration
  - Credit Card Authorization
  - Meet Commit Sheet
3. Plan to participate in our 'in house' Day at the Races every season (3 recommended).
4. Have all required equipment for practice:
  - a. Goggles
  - b. Swim suit
  - c. Swim cap (for everyone with hair over the ears)
  - d. Fins
  - e. Water bottle

### Objectives:

- Promote stroke refinement and fitness.
- Improve technique in 4 competitive styles.
- 7 legal turns, 4 racing starts and relay starts, and finishes.
- Guide and evaluate swimmers to prepare them for competition.
- We recommend all successful Pre-Team members to participate in their first FGC Swim Meet by the end of their first complete season.
- Develop basic swim practice skills such as reading the pace clock, interval training, pacing, and swim 200 yards non-stop, with proper turns.
- Learn proper training etiquette, including circle swimming, passing, listening to the coach, being ready at the wall on starting position, and allowing other swimmers to finish their swims to the wall.
- Promote joy of participation, camaraderie, self-management and independence.

## Team Communication

Swimmers and parents are responsible of being aware of all information being sent out to their specific group, following the guidelines and communicating back with the coaches when necessary.

### Email

Team information will be distributed via email or WhatsApp group chat. During the season, frequent emails will be sent to team members with up to date information and reminders of upcoming events/meets. Please contact Coach Alfredo Bracho to add or change emails on our distribution list. Emails will be sent before each meet that will require a response. **Please read carefully and respond to emails as needed in order to make sure that your swimmer is properly entered in the meet lineup.**

### WhatsApp phone application

Information is disseminated more rapidly than email allows. Please download the WhatsApp application to your smart phone to be added to our group for announcements and team news. Please keep all conversations on the chat for important aspects of the team, private matters must be sent in private message to the coach or the appropriate recipient.

### Additional Information

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#### USA Swimming – Swim Gym Team Website

Information about the different Team groups including meet and practice schedules, announcements, and past meet results can be found on our team portal at the USA Swimming website at [www.usaswimming.org/FG/SGST.club](http://www.usaswimming.org/FG/SGST.club)

#### Swim Gym Website

Additional information about our program can be found at <http://swimgym.net/swim-lessons-swim-team/>

Visit this link to learn more about Swim Gym and competitive swimming with us. [www.swimgym.net](http://www.swimgym.net)  
Go to <https://swimgym.net/swim-lessons-swim-team/> click on Swim Team Handbook.

### Safe Sport

USA Swimming has a program called "**SAFE SPORT**". USA Swimming is committed to safeguarding all its members with the welfare of its athlete members as top priority. Safe Sport is USA Swimming's comprehensive abuse prevention program and provides tools for swim clubs to educate their members and intervene in risky situations.

We, *Swim Gym Swim Team*, fully endorse and support USA Swimming's Safe Sport and Safety programs by helping to provide countless resources for our club members on our very own website, [www.swimgym.net](http://www.swimgym.net)

**OUR GOAL, AS A TEAM, IS TO BECOME A "SAFE SPORT RECOGNIZED" CLUB BY USA SWIMMING.** In order to do this, certain requirements must be met. Some of which include learning exercises for our swim parents and athletes. **WE NEED ALL OF OUR SWIM PARENTS AND ATHLETES TO TAKE A QUICK COURSE ONLINE WITH USA SWIMMING.** USA Swimming will track the number of people that take the quick online training program from our team and we will be awarded points based on our completion rate. **The more parents and swimmers that participate, THE BETTER!**

**PLEASE HELP OUR TEAM BY TAKING A FEW MINUTES TO COMPLETE A TRAINING EXERCISE THAT WILL HELP TO PROTECT OUR SWIMMERS AND OUR MEMBERSHIP!**



**Every member of our Swim Gym Swim Team must be a member of USA Swimming in order to participate in every competition. Once you are part of the team we will send you a link to register for USA Swimming. For more information on USA Swimming visit: <https://www.usaswimming.org>**

**Please visit: <https://swimgym.net/safesport/>**

If you have any questions, please feel free to contact your coach or the Swim Gym office  
Jennie Strauss – 305-534-3206 ext. 217 ([swimgym@mbjcc.org](mailto:swimgym@mbjcc.org)) Cell # 305-343-1829  
Coach Robert Strauss – 305-283-6390 ([coachrs@swimgym.net](mailto:coachrs@swimgym.net))  
Coach Dario Parra – 786- 637-0107 ([dario@swimgym.net](mailto:dario@swimgym.net))  
Coach Eddy Marin – 754 – 715 – 1846 ([eddy@swimgym.net](mailto:eddy@swimgym.net))

## Swimming Equipment

### Training Equipment

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Carrying the proper equipment to every practice and meet can make the difference between an enjoyable experience at the pool or a frustrating and even unfair one. All equipment is available in our team shop at the Swim Gym office at the Miami Beach JCC. Please make sure that the swimmer has this equipment ready **before** the start of every practice:

1. **Water Bottle:** proper hydration during practice (not just after) is a key part of training, and can help prevent situations like cramps and headaches. A swimmer might be sent out of practice early if he/she shows signs of dehydration and does not carry a water bottle. Please mark your bottle with your name and discard all disposable bottles in the trash can at the end of practice.
2. **Fins:** we recommend rubber or silicone fins of medium length. Please avoid hard plastic or scuba diving type fins which are not designed for swim practices. We have a locked cabinet at the pool that the swimmers can use to store their fins at the end of the practice if it is more convenient for them, all fins must be legibly marked with the swimmers name.
3. **Goggles:** we recommend all swimmers to have a pair of dark goggles and a pair of clear goggles to use depending on whether we swim before or after nightfall. Being able to clearly distinguish the wall, flags and pace clock is essential in swimming, those athletes that need to use glasses and don't wear contacts at the pool might benefit from getting prescription goggles.
4. **Swim Suit:** for ladies we ask them to wear one piece suits, and for males jammers, we advise to avoid wearing swim trunks or shorts because of the extra drag. The team swim suit is only required for swim meets, and we recommend no to use it for practice to keep it from wearing down too quickly.
5. **Swim Cap:** caps are required for practice for all swimmers with hair down to their eyes length without exception. At swim meets we ask for all swimmers to wear the team cap.
6. **Kick Board:** we have kick boards that swimmers can borrow for swim practice inside of the team cabinet at the indoor pool. It is the swimmer's responsibility to bring one to the pool deck before practice and return it to the cabinet at the end of practice.

Make sure to write your child's name on everything.

### Team Uniform

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Much like any professional sports team that takes the field wearing their team uniform, SGST expects each of its athletes to be outfitted in its team uniform. Please wear your Team swim suit, swim cap and T-shirt to all meets.

- **Team Swim Cap and T-Shirt:** a cap and T-shirt will be issued to anyone registered for the entirety of the semester at no additional cost. Additional caps and shirts can be purchased at the office at \$10 for the cap, \$25 for the T-shirt, \$50 for sweat suit top, and \$50 for sweat suit bottom.
- **Warm up suit and Parka:** although these items are optional, we encourage our swimmers to have warm uniforms during the winter season.

Please contact the Swim Gym Swim Team office for ordering information.

## SGST Guidelines

### Training Guidelines

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1. It is imperative that the swimmer arrives on time so that the coaching staff can efficiently use the allotted time. We recommend arriving at least 10 to 15 minutes before the start of practice to allow enough time to change, set the swimming equipment on the side of the pool, and read the practice board.
2. When a swimmer is late for practice, it is our hope that the parents will send a note by WhatsApp or text to the designated coach explaining the reason for tardiness, so the child is not unduly questioned about his lateness by the coaching staff.
3. Plan to stay the entire practice as each practice is designed to be most beneficial when completed on its entirety. In the event that your child needs to be dismissed early from practice, a text or email from the parent for each dismissal is requested.
4. In case your swimmer will be out of the water over a long period of time with an injury or illness, please notify the designated coach so that the staff is aware of the problem.
5. All training groups are expected to be at their designated starting place with their practice equipment ready to start practice on time.
6. If a parent needs to talk with the coach, we ask to please approach us after the practice has finished and not during practice time so we can give you the attention you deserve and to avoid taking our eyes away from the swimmers.

### Meet Guidelines

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1. Swimmers need to arrive at least 10 to 15 minutes before the start of the warm-up.
2. Swimmers and parents sit together under the team tent, In the case that there is not enough room for everyone under the shade we kindly request that the parents allow all swimmers to sit in that area.
3. We start warm-up as a team. All swimmers must be ready to get in the water at the designated time. This allows the coach to prepare all swimmers as planned and gives the team a better opportunity for an ideal lane assignment for warm-up.



4. Swimmers are expected to look for the coach before and after each event for tips, areas to improve and positive reinforcement. We ask parents to please allow this teaching moment to take place without distractions when approaching your swimmer for support.
5. We want to leave the tent area clean after we leave. Please discard any trash before the end of the session.
6. All scratches (drop outs) from events at the meet must be done by approval of the coach.
7. If there is an emergency that keeps you from staying until the end of the meet please notify the coach before leaving the pool. It is also customary to approach the coach before leaving at the end of the meet.
8. If you are registered for a meet but you cannot attend, we ask you to please notify the coach ahead of time. Failure to attend without communicating it to the coach might result in exclusion from future meets and/or events.