

Adams Ridge Rays



Handbook 2017

Welcome!

Welcome to the Adams Ridge Rays 2017 season! We are so excited to have you. Within this handbook is a plethora of very important information; please review it. All information in this handbook is essential in having the season run smoothly.

Let's go rays!!

Coach Brendan

2017 Coaching Staff

Head Coach:

Brendan Bauer
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(724) 816-9314

Brendan has been coaching for the Adams Ridge Rays since 2013. He began as an Assistant Coach in 2013 and assumed the position as Head Coach this year. Brendan also is a swim instructor at the Rose E. Schneider Family YMCA. He has experience coaching at various clubs including Oxford and the YMCA. He is a Certified Swim Instructor and Lifeguard. Brendan is also studying Journalism and Advertising at Duquesne University.

Assistant Coaches:

Bryant Bauer
Katie Huggins
Allison Keeling
Kaitlyn Pietrusinski
Maddie Pifer

Pool Manager

Edna Spang
edna@cranberrypm.com

2017 Lead Parent Volunteers

Stacey Palmer	Parent Coordinator/Spirit Wear	cruisepalmer@hotmail.com
Trisha Lawless	Parent Coordinator	tlawless@zoominternet.net
Ciara Salvini	Parent Coordinator	ciara_salvini@hotmail.com
Lori Allison	League Liaison	rlwallison@gmail.com
Jody Gagnon	Concession Coordinator	Jody_gagnon@yahoo.com
Beth Muchnok	Fundraising Coordinator	kbmuchnok@zoominternet.net

Communication

All communication is to be done via email. All inquiries regarding swimmers, practices, and meets should be directed to the head coach. Email will be checked at minimum, once daily, by the head coach. All other inquiries should be sent to the appropriate lead parent volunteer.

Communication via telephone (text message or phone calls) should be avoided unless it is an emergency or if a response is needed instantaneously.

Cancellation of practices and meets will **NOT** be communicated via email. They will first be posted to the Adams Ridge Ray's Twitter-feed and Facebook page. Please check these for information regularly. If any follow-up information is warranted, it will be delivered via email.

Parents' Communication Responsibilities

Parents are to communicate if their child is going to be missing a meet via **EMAIL**, in writing. Telling coaches at practice is not sufficient. Parents must do this 48 hours before the scheduled meet. Repeated failure to do so will result in swimmers not being allowed to attend meets. In circumstances where there is an unavoidable emergency, the coach must be notified in writing, immediately.

Parents **SHOULD NOT** communicate if their swimmer will be missing one practice. If the swimmer will be missing a series of practices, this should be communicated in writing via email to the head coach.

In order to ensure the safety of the swimmers, swimmers will not be dismissed from practice unless an adult (parent, family member, babysitter, neighbor, etc.) is present to pick them up. If a swimmer is allowed to travel home from practice without an adult, the head coach must receive a physical written note, in writing stating that they are allowed for the entirety of the season. This note will be kept on file and they will be released to go home without an adult after practice unless notified by their parent in writing otherwise.

Practices

Practices are Monday, Wednesday, and Friday mornings. Swimmers will be assigned to either the Black or Red practice group. This is based on each swimmers ability. Swimmers can be moved to a different practice group at any time at the coaches' discretion. Please see the calendar for the black and red practice schedule.

Please arrive at least 5 minutes prior to your scheduled practice time. Swimmers should be ready to stretch by the time practice is scheduled to start. This means that swimmers must be in a swimsuit, swim cap, and have their goggles ready to get in the pool immediately.

Swimmers wear and/or should bring the following to **ALL** practices:

- Appropriate competitive swim suit
 - It does not need to be the team suit, but it does need to be a competitive swim suit that fits appropriately. Female swimmers may wear a competition one or two piece suit. Male swimmers may wear a swimming trunks that fit appropriately and will not fall off in the water, jammers, or a speedo.
- Goggles
- Swim cap
- Towel
- Water
- A change of clothes if the weather is cool
- Both female and male swimmers, if they have long hair, must wear it pulled back and out of their faces. This is a safety issue.

Meets

Swim meets are held at both the Adams Ridge pool and other swim clubs throughout the North Hills area of Pittsburgh. Please refer to the calendar for dates and locations. An address to the away swim clubs will be sent out 24 hours prior to the meet.

All swimmers are expected to arrive at away meets by 5:30 PM and at home meets by 5:15 PM. **Please be on time.** The line-up for the meet will be sent out in the morning on the day of the meet. Swimmers are expected to know what events they are swimming before they arrive at the meet. Event numbers should be written on the swimmers hand or on a piece of paper along with the stroke that they are swimming. There will be one copy of the line-up available at meets for the use of swimmers and parents who are not volunteering. Swimmers are highly encouraged to view the line-up that is sent out of via email before the meet.

The order for the medley events are as follows:

Individual Medley

Butterfly
Backstroke
Breaststroke
Freestyle

Medley Relay

Backstroke
Breaststroke
Butterfly
Freestyle

Once swimmers arrive at the meet they will complete a warm-up. Warm-ups will be run by assistant coaches. Warm-ups will begin for home meets at 5:30 PM and at away meets 6:00 PM; warm-ups last approximately a half hour. There will be no starts during warm-ups until the last 5 minutes.

After warm-ups are over all swimmers are required to stay in the "swimmer holding area" until all their events have been completed. Parents and assistant coaches will assist with getting swimmers to their lane for their event. Once the swimmer has completed all their events, they may leave the swimmer holding area. Swimmers must clean up their area before they leave the meet. There is absolutely no excuse for garbage being left behind. Swimmers will be expected to be courteous to one another as well as show respect to both coaches and parents.

Meets (Continued)

Swimmers should bring the following to meets:

- Patterned team suit or their solid black team suit. (required)
 - There are no exceptions to this. Swimmers who are not in their team suit will not be allowed to swim.
- Goggles
 - It is always a good idea to bring a back-up pair
- Swim cap (required for BOTH males and females)
- Towel(s)
- Water
- Healthy snacks and money for concessions after they have swum all their events
- Adams Ridge Rays Spirit Wear
- Activities and games to keep busy while waiting for events

Parent Volunteer Requirements

Swimming is a parent-involvement intensive sport. Meaning that parents need to fulfill many roles in order for the team and meets to run smoothly. All parents will be required to volunteer in some capacity at all meets; there are **NO EXCEPTIONS** to this. Parents will be expected to sign-up and fulfill 3-4 volunteer requirements. If a parent is unable to fulfill their volunteer requirement, it is that parent's job to find a replacement; not the job of the lead parent volunteers.

Respect of Coaches and Lead Parent Volunteers

Disrespect to coaches and lead parent volunteers by swimmers or swimmers' parents **will not be tolerated**. The coaching staff and lead parent volunteers believe that they treat all swimmers and their parents with respect, and the coaching staff and volunteers expect respect in return.

Any disrespect by swimmers to coaching staff or lead volunteers will be dealt with in the following manner:

- The first time disrespectful behavior occurs, assistant coaches or lead parent volunteers will warn swimmer and notify head coach.
 - If behavior occurs at a practice, swimmer may be asked to sit out for a duration of the practice.
- If the disrespectful behavior continues to occur, the head coach will be made aware by assistant coaches or lead parent volunteers and will contact swimmer's parent.
- If the disrespectful behavior continues to occur despite contacting the swimmer's parent, then swimmer will be not allowed to attend the next meet regardless if the behavior occurred at a meet or at a practice.

Any disrespect to coaching staff or lead parent volunteers will be brought to the attention of the Pool Manager.

I, _____, have read and understand the information in this handbook and understand the consequences of not following the information within this handbook. I have communicated this information with my swimmer(s) and have ensured that they understand the information relevant to them.

Family Last Name: _____

Parent Signature:

Date: _____