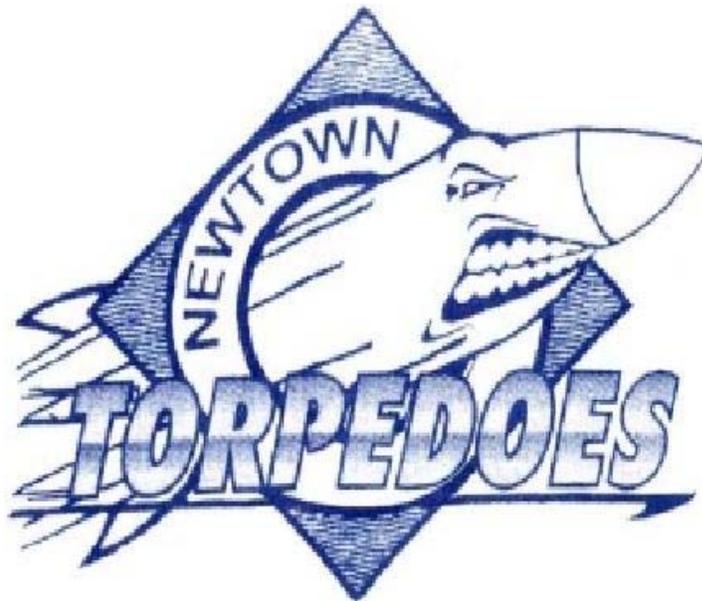


# NEWTOWN TORPEDOES

TEAM MANUAL

2013/2014 Season



## **WELCOME**

Welcome to the Newtown Torpedoes' Season!

Over the last several seasons the team has grown to a level, which was unexpected, due totally to the dedication of the coaching staff. Our commitment to provide a program, which stresses fun and good sportsmanship, in addition to competition, will not change. Your coaches work extremely hard to make your swim team experience a safe and happy one. We all look forward to another successful season.

We are extremely grateful to all the parents who give so freely of their time and energies to ensure the success of the swim team. Keep up the good work!

This packet has been set up to; hopefully, explain the program and answer questions you might have. Always feel free to call the Parks and Recreation office at (203) 270 – 4340 with any questions or any suggestions.

The Parks and Recreation staff looks forward to working with all of you!

Have a wonderful season!

Sincerely,

Amy Mangold, Director  
Newtown Parks & Recreation Department

Sincerely,

RoseAnn Reggiano, Assistant Director – Recreation  
Newtown Parks & Recreation Department

## **Coaching Staff**

### **HEAD COACH**

**Carl Fagerholm.....203-270-9946**     [torpedocoachcf@gmail.com](mailto:torpedocoachcf@gmail.com)

### **ASSISTANT COACHES**

**Lisa Irving.....203-304-8017**     [torpedocoachli@gmail.com](mailto:torpedocoachli@gmail.com)  
**Nancy Hubbard.....203-733-1008**

## **Useful links**

### **Torpedo Website:**

[http://www.newtown-ct.gov/public\\_documents/NewtownCT\\_Park/torpedoes](http://www.newtown-ct.gov/public_documents/NewtownCT_Park/torpedoes)

### **Yankee League Website:**

<http://www.yankeeswimleague.org/>

## **INTRODUCTION**

This packet has been put together to help swimmers and parents understand the operation, responsibilities, and expectations for the Newtown Torpedoes swim team. Information regarding the Yankee Swim League, in which we participate, is also included. Important phone numbers are listed in the packet to assist you if questions remain unanswered.

## **PHILOSOPHY**

The Parks and Recreation swim team, which is composed of boys and girls ranging in ages from 6 to 16 years, offers the opportunity for swimmers to participate on a competitive swim team. Our goals for the team and each swimmer are:

1. To learn about the sport of competitive swimming
2. To develop and improve swimming technique and ability
3. To learn the importance of being part of a team
4. To show cooperation toward the rules and expectations of the team
5. To show encouragement and good sportsmanship toward one another.

## **RULES AND REGULATIONS**

The following rules are set forth by the Coaches and the Parks and Recreation Department. Please review them and discuss them with your swimmer(s).

1. No swimming at anytime unless authorized by a coach.
2. Coaches, and designated assistants, are in charge. They determine the practice lanes and order of swimmers in each lane.
3. NO ONE is allowed in the pool area unless coaches are present.
4. No horseplay, spitting, splashing, shouting, or running allowed at anytime.
5. Children are expected to arrive at practice on-time and leave the facility no more than 15 minutes after scheduled practice time. Swimmers aged 10 and under must be escorted to the pool deck by a parent.
6. Good sportsmanship is expected of all swimmers in this program. Participants will be disciplined for unsportsmanlike conduct by being removed from meets and practices.
7. Children must stay with coaches as an organized group at all meets.
8. As a swim team we have access to the pool and deck area, the observation deck, and locker rooms; the rest of the building is OFF LIMITS. Swimmers waiting for their practice session to start should be on the pool deck or in the observation area.

## **COACHES**

The coaches have the responsibility of organizing and conducting all practices, as well as assigning events for each child during the meets. All coaches have the authority to maintain the discipline necessary to conduct the team in as safe an environment as possible. Any questions regarding practice schedules or meet line ups should be directed to the coaches after practices.

## **SWIMMER'S AGE DETERMINATION**

Team practice and competition age for the entire season is determined by the age of the swimmer on Nov. 1, per Yankee League by-laws.

## **PRE-SEASON EVALUATIONS**

New swimmers to the Newtown Torpedoes (all ages) need to be evaluated by the coaching staff prior to the start of regular season practices to determine that the swimmer is ready for a swim team program. Specific evaluation times will be scheduled and posted on the website. It must be emphasized that this is not a swim lesson program. We teach the four competitive strokes and work on technique all year, but for safety reasons and fairness to other swimmers a minimum swimming ability is required.

- 8U swimmers must be able to swim 25 yards (one length of the pool) of freestyle swimming, breathing to the side
- 9-and-over swimmers must be able to swim 50 yards (2 pool lengths) of freestyle swimming, breathing to the side

All swimmers must be registered with Parks and Recreation BEFORE the evaluations. The registration fee will be refunded if the coaches determine that a swimmer does not have sufficient swim ability to participate with the team. Parents will be notified on the night of evaluations if the coaching staff has determined that a swimmer is not ready to begin a swim team program.

## **PRACTICE**

Practice times are set by the coaching staff and can be scheduled any weeknight between the hours of 5:00 p.m. and 7:15 p.m., at the Newtown High School pool. The team is divided into practice groups by the coaches and the schedule is posted on the team website. Practices consist of both pool and on-deck stretching and instruction.

## **PRACTICE GROUPS**

Swimmers are assigned to one of the following three practice groups based on age and ability

Blue: All 8U swimmers + most first-year 9/10s

White: Determined by coaching staff

Silver: Determined by Coaching staff (will include all 13 & Over swimmers)

Note that there are times when practices will be designated for "All 10&Under Swimmers" or "All 11&Over Swimmers."

- The practice schedule for each month will be posted on the Torpedoes website. Parents will be informed of any late schedule changes via email.
- While one group is stretching after their pool session the next group will be starting
- **Swimmers must practice during designated group time only; no exceptions.**

- Each practice time is designated for a specific group and the workouts are designed for that groups' ability. Due to the size of each group, the schedule must be adhered to.
- **Lane assignments during practice are at the discretion of the coaches.**

It is not necessary to be at every practice to participate in a meet. However, please try to have your child there as often as possible. This will allow everyone to feel a sense of team spirit and to assess and improve stroke technique for event placements in meets. It is expected that all swimmers arrive **no more than 10 minutes before** their scheduled time. There is always a group in the pool prior to each practice. They should come on the deck and begin warm up stretching quietly and wait for their groups' practice to begin.

## **PARENT EXPECTATIONS FOR PRACTICE**

### **Drop off :**

Parents are responsible for getting children to the pool. Please enter through the front of the school. Junior swimmers are required to be escorted down to the pool deck by a parent **no more than 10 minutes before practice starts**. Swimmers must check in with the coaches who will be taking attendance.

### **During Practice:**

.If you choose to stay at the pool during practices, please remain in the balcony area and remember that **NO FOOD** is allowed there at anytime. **Please do not speak to your child or the coaches from the balcony;** wait until practice has completed. Also, if you would like to speak with a coach, do so after practice!

**IMPORTANT: Parents must keep any children that are not practicing (siblings, swimmers waiting for their practice session, etc.) with them in the balcony area.** No children are allowed unattended in any section of the school (including hallways) at any of our practice or meet facilities.

### **Pick-up:**

Swimmers may use the locker room but they are required to enter and exit from the pool deck so coaches know who is coming and going. **Please pick your child up no more than 15 minutes after practice ends.**

### **Cancellation of Practice**

Practice is automatically canceled when schools are closed or have early dismissal due to inclement weather. If practice is canceled for any other reason, emails will be sent to parents.

### **Locker Room Usage**

For security, at all times, swimmers are to enter the locker rooms only with a parent, buddy or coach.

During practice, swimmers must notify one of the coaches in order to enter the locker rooms.

If you use locker rooms at Newtown High School, it is advised that you bring a lock to put on a locker during practice only. You may not leave a lock on a locker overnight. It is recommended that you bring your belongings out to the pool deck, or have your parent take care of them for you. We cannot be responsible for items left unsecured.

## **MEETS**

The Newtown Torpedoes are a member of the Yankee League, made up of 12 teams from the towns of West Haven, Oxford, Seymour, New Milford, Trumbull, Watertown, Naugatuck, Plainville, Bristol, Madison, Hamden, and Newtown. The competition season is broken up into the regular dual-meet season and championship post season. Format for the meets is described later in this document.

## **MEET PARTICIPATION**

Sign-ups for all meets during the year will be via a link from the Torpedoes website. If you plan to swim in a meet, you must sign up by Thursday evening at 8:00 PM for a Saturday meet.

Only swimmers whose names are on the list by the Thursday prior to the meet will be placed in events. Coaches need time to put our lineup together and provide to the opposing team(s) ahead of time in order to

## **COMPETITION AGE GROUPS**

For the Dual meet portion of the season swimmers compete within the following age groups, where age for the entire season is determined by a swimmer's age as of Nov. 1<sup>st</sup>.

8U

9/10

11/12

13/14 Girls, 13 and over Boys

15 and over Girls

Note that 6U swimmers are a separate age group in the post-season Championship and All Star meets for individual events.

## **MEET TYPES**

- Regular Season Meets: Regular Season meets are held during the season with the other member teams of the Yankee League. The Regular Season meets are held in dual-meet (one team against one team) or tri-meet (3 teams competing; scored as 2 separate dual-meets) format.
- Post Season Meets: This is the championship phase of the season where the competition is against all of the other teams in the league

## **MEET MECHANICS**

Meets are conducted in accordance with the by-laws of the Yankee Swim League. Meets consist of individual events and relays. For dual meets, a swimmer may swim in a maximum of four events at a meet; either two individual and two relays, or three individual and one relay. **Coaches determine the meet lineups.** Girls and Boys swim separately, although in the interest of time we sometimes combine events.

The schedule of events for a Dual Meet is as follows:

EVENT	Length of Race per age group (Yards)			
	8U	9/10	11/12	13/14, 15 G
Medley Relay	100	200	200	200
Freestyle	25	100	100	100
Butterfly	25	50	50	100
200 Freestyle	-	-	200	200
Backstroke	25	50	50	100
Individual Medley	100	100	200	200
Breaststroke	25	50	50	100
50 Freestyle	50	50	50	50
Free Relay	100	200	200	200

Medley Relay: Team consists of 4 swimmers who each swim one leg of the 4 competitive strokes; backstroke, breaststroke, butterfly, and freestyle

Pool Size: 25 Yards per pool length

Individual Medley: One swimmer swims all four competitive strokes in the order of butterfly, backstroke, breaststroke, and freestyle.

13-and-Over Girls are combined (13/14 + 15-and-over) relays.

### **SWIMMER EXPECTATION FOR MEETS**

All swimmers are expected to remain with the team in the designated area during the entire meet. It is the swimmer's responsibility to check the posted schedule for his or her assigned event and to be available at least one event prior to secure his or her event card and lane assignment. If a swimmer must leave the deck during the meet, he or she must tell one of the coaches. All swimmers are expected to remain on the deck with the team until the meet has ended. Swimmers **must** notify a coach before leaving a meet.

### **PARENT EXPECTATIONS FOR MEETS**

#### **Signup**

Parents have the responsibility to sign up their swimmer(s) for each meet they will participate in. The team website has a link to a form where swimmers are signed up for each meet. There is also a separate link that is used to verify the sign up was successful.

**If you have your child sign up for a meet please attend the meet.** Lineups for each meet take a lot of time to prepare and no-shows force major changes to the lineup and cause delays for both teams. If you have to cancel due to sickness please do so at the earliest possible time.

#### **Volunteers**

Parents have the major responsibility for running all the home meets and assisting where necessary at away meets. There are lots of jobs for you to do, so please volunteer! Specific needs are listed below:

Concessions: Concessions are a great fund raiser at home meets, and we need parents to organize set-up, clean-up, collect donations and to work at the concession. Please help if you can.

Timers: Timers are required to man each of the six swim lanes during our meets. You can sign up to be a timer on the same form that you register your swimmers for each meet.

Other: Other jobs will include starter, officials, and scorers. These jobs require some training and we usually use parents that have been with the team a few years to man these positions.

### **POST SEASON:**

The Yankee League conducts Championships and an All-Star meet after the dual-meet season.

**To be eligible to swim in the Yankee Swim League post-season events in February, a swimmer must swim in a minimum of 4 complete league regular season meets.**

However, every meet is important and every swimmer is a vital part of the team, so we encourage you to get to all meets.

### **CHAMPIONSHIPS:**

Individual and team championships are held for each age group at the end of February. A swimmer may enter two individual events for their championship meet(s). Relay entries are the decision of the coaching staff.

**8U:** The 8U age group championship meet is conducted in one session in February. 6U swimmers are broken out into a separate group for this meet.

**9+ Swimmers:** Championships for the 9 and over age groups are broken up into two stages; trials and finals, and are held on consecutive weekends in late February.

**TRIALS:** At Trials heats are run for each individual and relay event.

THE TOP TWELVE FINISHERS IN EACH INDIVIDUAL EVENT AT TRIALS QUALIFY FOR POSITIONS IN THE FINALS ALONG WITH THE TOP 6 RELAYS. Swimmers who finish in 13<sup>th</sup> and 14<sup>th</sup> place are named first and second alternates respectively. There are NO alternate teams for relays.

**FINALS:** This is held for all swimmers ages 9 and over who have qualified at the trials. Individual trophies and ribbons are awarded, as well as medals for the top 3 relays. Team championship trophies are also awarded for the top three teams in the league. Also, plaques are awarded for the top team finisher in each age group, male and female.

THE TOP 3 FINISHERS IN EACH INDIVIDUAL EVENT AT FINALS AUTOMATICALLY QUALIFY FOR ALL STARS.

**ALL STARS:**

This is the last meet of the season. For each age group there are 18 slots to fill for juniors and 21 slots for seniors. The top 3 swimmers in each individual event at championships automatically qualify for this event. In cases where swimmers qualify in both of their events the fourth-place finisher in the first, then second, etc. events will qualify until all slots are filled. The format for this event is each swimmer swims five events: **FREE, BACK, BREAST, BUTTERFLY, and INDIVIDUAL MEDLEY. Placement is determined by lowest cumulative time.**