

# St. Charles Swim Team - Parent's Meeting

- ◆ 5 Illinois Swimming Senior Team Championships
- ◆ Top 3 Team at Age Group Championships 9 out of the last 14 Championships
- ◆ 12 Olympic Trial Qualifiers
- ◆ University Games Champion
- ◆ SCST Swimmers hold 8 ISI Individual & Relay Records
- ◆ SCST Swimmers hold 3 High School State Records
- ◆ Over 100 members have achieved Collegiate & Academic Scholarships

*Welcome to St. Charles Swimming*

# Agenda/Topics to Be Covered

- ◆ Introduction
- ◆ Team Philosophy (General Description & Objectives)
- ◆ Coaching Staff
- ◆ Coaching Responsibilities
- ◆ Competitive Teams
- ◆ Swimmer's Training Responsibilities
- ◆ Swim Meets
- ◆ Communication
- ◆ St. Charles Swim Team Parents Association
- ◆ Parents
- ◆ Fundraising
- ◆ Fee Structure



# Introduction

- ◆ St. Charles Swim Team was founded in 1975
- ◆ We offer a guided age-group youth program for children age 5 and up, from the beginning swimmer to the most competitive and skilled swimmer.
- ◆ Saint Charles Swimming has not only become recognized as one of Illinois' finest programs, but has also stepped up into the national level by virtue of its' national ranked swimmers, National Top 16, Junior National Finalist, Senior National Qualifiers, and Olympic Trial Qualifiers.
- ◆ The swimmers of the Saint Charles Swim Team want to thank their families for their support through the Saint Charles Swim Team Parents Association and a special thanks to all their friends in the community for their pride in the Saint Charles Swim Team.

# Team Philosophy

(General Description & Objectives)



- ◆ The Saint Charles Swim Team is offered as a service to the residents of School District #303 and surrounding communities who want their children to participate in a competitive swim program.
- ◆ The program is designed to meet the needs of all levels of competitive swimmers
- ◆ The four major areas of our program are:
  - Physical development through proper workouts.
  - Group interaction through group dynamics at practice, meets, and social events.
  - Development of self-esteem through accomplishing individual goals.
  - Self-actualization through planning goals and accepting the responsibility of working towards their achievement.

# Team Philosophy

(General Description & Objectives)

- ◆ The degree of commitment to swimming is the decision of each swimmer.
- ◆ The basic program design is one where the amount of time available for practice increases as the swimmer matures and is therefore able to handle the increased physical pressures and demands on their time.
- ◆ The coaching staff feels that while winning is important, the work and planning leading up to the competitive experience is more important.
- ◆ The accomplishments of the team are as important as those of the individual.
- ◆ Remember that not every swimmer becomes a world record holder, but everyone can gain from his or her swimming experience!

**Build the Base, Promote the Sport, and  
Achieve Competitive Success!**

# Team Psych



- ◆ How we feel about ourselves and how we appear to others plays a large role in how successful we can be as a team.
- ◆ For all your Team Apparel needs contact
  - Stephanie Christensen, [StephanieChr@hotmail.com](mailto:StephanieChr@hotmail.com)
- ◆ Apparel Order Forms can be found at [www.stcswim.com](http://www.stcswim.com) or contact Stephanie.
- ◆ Swimmers are expected to wear Team Attire at all swim meets.
- ◆ Kiefer Swim Shop, 630-579-9020, 1567 N. Aurora Road, Naperville, IL



# Coaching Staff

## ◆ Coaching Staff

- Head Coach – Jon Cabel, [jcabel@stcswim.com](mailto:jcabel@stcswim.com)

- Senior Staff

- Rob Rooney, [rrooney@d303.org](mailto:rrooney@d303.org)
- Ben Thayer, [bathayer@sbcglobal.net](mailto:bathayer@sbcglobal.net)
- Becky Tieche, [coachbecky@stcswim.com](mailto:coachbecky@stcswim.com)
- Mary Dauw, [Mdauw@sbcglobal.net](mailto:Mdauw@sbcglobal.net)

- Age Group Staff

- Pre-Team Coach – Tom Kresl, [swim@stcswim.com](mailto:swim@stcswim.com)
- Green Team Coach – Laurie Chokran, [ll-re.c@comcast.net](mailto:ll-re.c@comcast.net)
- Green Team Coach – Aaron Witkowski, [swim@stcswim.com](mailto:swim@stcswim.com)
- Assistant Green Team Coach – Ben Thayer, [bathayer@sbcglobal.net](mailto:bathayer@sbcglobal.net)
- Lead Red & Blue Team Coach - Mary Dauw, [Mdauw@sbcglobal.net](mailto:Mdauw@sbcglobal.net)
- Blue Team Coach - Mina Seymour, [swim@stcswim.com](mailto:swim@stcswim.com)
- Assistant Blue Team Coach – Billy Jarrett, [swim@stcswim.com](mailto:swim@stcswim.com)
- Lead Black Coach – Becky Tieche, [coachbecky@stcswim.com](mailto:coachbecky@stcswim.com)
- Assistant Black Team Coach – Aaron Witkowski, [swim@stcswim.com](mailto:swim@stcswim.com)
- Lead Yellow Team Coach – Jon Cabel, [jcabel@stcswim.com](mailto:jcabel@stcswim.com)

# Coaching Responsibilities

- ◆ The coaches' job is to supervise the entire competitive swim program.
- ◆ The Saint Charles Swim Team coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself.
- ◆ The coaches are responsible for placing youngsters in practice groups.
- ◆ Sole responsibility for stroke instruction and the training regimen rest with the Saint Charles Swim Team coaching staff.
- ◆ The coaching staff will make the final decision concerning which meets the Saint Charles Swim Team swimmers may attend.

# Coaching Responsibilities (cont.)

- ◆ The coaching staff also makes the final decision concerning which events a swimmer is entered into.
- ◆ Sole responsibility for stroke instruction and the training regimen rest with the St. Charles Swim Team Coaching Staff.
- ◆ The Coaching Staff will make all final decisions concerning with meets.
- ◆ At meets, the coaching staff will conduct and supervise warm-up procedures for the team.
- ◆ After each race, the coaches will offer constructive criticism regarding the swimmers performance.
- ◆ The building of a relay team is the sole responsibility of the coaching staff.

# What should you expect from your Swimmers Coach?

## What parents want the coach to know about their swimmer;

“Coach I want you to:

- ◆ Remember that my child is an individual with many interests and talents.
- ◆ Know about kids and their development.
- ◆ Know the sport of swimming.
- ◆ Remember that winning isn't everything.
- ◆ Be a role model for my child.
- ◆ Be organized and keep me informed well in advance.”

# Competitive Teams



- ◆ The Saint Charles Swim Team is a developmental age group program designed to develop the child physically, mentally, and emotionally in a systematic fashion.
- ◆ In addition to emphasizing long-term rather than short-term results, it is also important that we establish training groups of swimmers who are compatible in respect to abilities, commitment levels and goals.
- ◆ At each level, the goals and objectives are specific and directed toward meeting the needs of the swimmer.
- ◆ As each child is different, she / he will progress at her / his own rate.

# Competitive Teams (cont.)

- ◆ Senior Team
  - Junior Team
  - National Team
- ◆ Age Group Team
  - Green Team
  - Blue Team
  - Red Team
  - Black Team
  - Yellow Team
- ◆ Pre-Team



# Swimmer's Training Responsibilities



## ◆ Practice Sessions

- Practices are the most important aspect of competitive swimming.
- As much as a swimmer comes to practice is as much as they improve. It is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program.

## ◆ Practice & Attendance Guidelines

- Swimmers will be responsible getting specified training gear at workout s.
- It is the swimmer's responsibility to make sure these items are properly adjusted and that spares are readily available.
- Swimmers should arrive at the Norris Recreation Center 15 minutes early to change and talk to teammates and coaches. They should also be picked up no later than 15 minutes after their practice is over. Swimmers should be ready to swim five minutes prior to the start of their practice.
- If a swimmer is late for practice we ask that a note be sent with the swimmer explaining the tardiness.
- Plan to stay the entire practice.
- Swimmers are to enter the Recreation Center at the lobby doors and go directly to the pool area.

# Swimmer's Training Responsibilities (cont.)



- ◆ Practice & Attendance Guidelines (cont.)
  - During practice sessions, swimmers are never to leave the pool area without their coach's permission.
  - Parents are allowed to observe practice.
  - Make practice a positive experience, benefit from the time you spend in the pool.
  - To be the best, you must be concerned with all areas of racing: start, turns, finishes, strokes, etc. Be committed to Details.
  - Set goals to motivate yourself both in practice and at meets.
  - Team Meetings be informed, look smart, listen at meetings and encourage those around you to listen as well.
- ◆ Bad Weather Policy
  - If the Norris Recreation Center is open then we will have practice. In the event of a last minute practice cancellation the Saint Charles Swim Team Calling Post will be activated, along with a Team mass email, and notification posted on the SCST Website.
- ◆ Code of Conduct
  - Any swimmer caught violating the St. Charles Swim Team Code of Conduct will be dealt with by their Coach.

# Why Kids Swim... And ... why they quit.

## Why Kids Swim?

- ◆ Enjoy/Fun 28%
- ◆ Fitness 15%
- ◆ Be with Friends 13%
- ◆ Compete 13%
- ◆ Improve 8%
- ◆ Meet New People 8%

## Why Kids Quit?

- ◆ Takes too much time 28%
- ◆ Coach was Negative 15%
- ◆ Enjoy other Activities More 15%
- ◆ Swimming was Boring 9%
- ◆ Lack of Fun 8%
- ◆ Parents' Emphasis on Winning 8%

From information provided USA Swimming Parent Education  
for more information visit [www.usaswimming.org](http://www.usaswimming.org)

# Swim Meets



- ◆ SCST Swimmers must be a registered athlete with USA Swimming to compete at any competition.
- ◆ Coaching Staff will determine the meet schedule.
- ◆ On the average we compete two to three times per month. NO More than two USA Swimming Meets.
- ◆ As a general rule, we will not permit any swimmer to compete in competition on two consecutive weekends (except in championship meets).
- ◆ Team Meets or Team Championship Meets swimmers who qualify for these meets are expected to attend.

# Swim Meets (Seasons / Meet Types)

- ◆ Swim Seasons
  - Spring/Summer Long Course Season (Apr. – Aug.)
  - Fall / Winter Short Course Season (Sept. – Mar.)
- ◆ Swim Meets
  - Dual Meets
  - USA Meets (Developmental / Prelim Final)
  - Conference Championship Meets
  - State Championships
  - Mid-States Quad Championships
  - Zone Championships
  - USA Zone Sectionals
  - Junior National Championships
  - USA National Championships



# Swim Meets (Meet Guidelines)



## ◆ Meet Guidelines

- Arrive to the pool at least 15 minutes before the scheduled warm-up time begins.
- Find the check-in place and have your swimmer check themselves in.
- Swimmers will sit together in one area together .
- The coach will decide swimmers events.
- There will be no scratching of events unless the coach feels it is imperative.
- Coaching Staff will decide All Relays.
- According to USA Swimming Rules individuals who are not registered athletes or non-athletes are not allowed on deck unless they are serving in an official capacity.
- After each race swimmers will go immediately to the St. Charles Coaching Staff.
- Do not leave a meet until you are sure your swimmer is done for the day.

# Communication

- ◆ **Family Folder** - A file folder for each family is located in the file boxes in the lobby of the Norris Rec. Center.
- ◆ **Waterlog** - Each week the Waterlog is prepared which keeps the swimmers and their parents informed on Team Business, Meet Entries, and changes in practice times.
- ◆ **Bulletin Boards** - The Team bulletin board provides meet information in detail and entry summaries for upcoming meets.  
Along with other information that might need to be communicated.
- ◆ **Meet and Practice Schedule** - Schedules are distributed at the beginning of the short course (Sept.) and long course (Apr.) seasons.
- ◆ **Team Office** - The pool office is located in the pool area of the Norris Recreation Center. Phone 630-377-1720 or email [swim@stcswim.com](mailto:swim@stcswim.com).
- ◆ **Team Website** - The SCST Website contains a wealth of information about the team. [www.stcswim.com](http://www.stcswim.com)
- ◆ **Calling Post** – Calling Post allows the Team to deliver information via mass phone message to the general membership.
- ◆ **Office Hours** – M-T-Th-F 10 to 3:30pm @ Norris Rec. Center

# SCSTPA

## St. Charles Swim Team Parents Association

Without parental support ...there is no swim team. (period)

- ◆ Mission Statement – Support the St. Charles Swim Team by raising funds to meet the needs of the swimmer and coaches in support of building a fun, yet competitive swim team.
- ◆ Voting Members:
  - President – Paul Olney
  - Vice President – John England
  - Senior Division Representative – Carol Nosal
  - Age Group Division Representative – Stacey Krenning
  - Treasurer – Michelle Zelinsky
  - Head Coach – Jon Cabel
  - Escrow Chairperson – Kathleen Darling
  - Meet Director – Linda Popp
  - Fund-raising Chairperson –
  - Officials Director – Al Reynolds
- ◆ Directors at Large
  - Registration Chairperson – Sherry Hampton
  - Publicity –
  - Apparel – Stephanie Christensen

# Parents (information)

- ◆ USA Swimming is a wealth of knowledge for New and Veteran Parents.
- ◆ [www.usaswimming.org](http://www.usaswimming.org) is the USA Swimming Website.
- ◆ Some of the topics under the Parents Section:
  - What is USA Swimming?
  - Swimming 101
  - Role of Parent
  - Parent & Coach
  - Parent & Club
  - Parent & Swimmer
  - Swim Meets
  - Glossary of Terms
  - And from there explore all you want about this great sport.



# SCST Parents, be Involved Parents

- ◆ Be an Official
- ◆ Be a Timer
- ◆ Be a Representative to the Local Swimming Community
- ◆ Help with Maintenance
- ◆ Volunteer to Chaperone
- ◆ Bring Refreshments
- ◆ Help with Team Equipment & Apparel
- ◆ Serve on SCSTPA Board
- ◆ Be the “Dumb Question Person”

# ...But Not Too Involved

- ◆ Are you becoming a pressure Parent?
- ◆ Remember which one of you is the athlete!
- ◆ Take an inventory of your activities ... are you spending all of your time on the Swim Team?
- ◆ Has Swimming become your life?
- ◆ Are you driving the coach crazy?
- ◆ Are you a member of the Parking Lot Committee?
  - Maybe it's time to back off a little bit.....

# Parents

- ◆ Support the team and coaches not only by what you do but also by what you say.
- ◆ Parents are not permitted on the pool deck during any swim team practice or swim meets, but are encouraged to observe from the stands.
- ◆ Do not try to coach your swimmers.
- ◆ If you should need to contact your child during practice or at a meet, please go through the coach.

# Responsibilities as a Swim Parent

- ◆ Is to provide a stable, loving, and supportive environment for your child.
- ◆ Understand the sport.
- ◆ Help your child understand sports' goals and lessons.
- ◆ Teach your child team loyalty.
- ◆ Know your responsibilities to the team.
- ◆ Teach your child her/his responsibilities to the team.
- ◆ Trust our child to the coach.
- ◆ Have Fun!

From information provided USA Swimming Parent Education for more information visit [www.usaswimming.org](http://www.usaswimming.org)

# What should the Coach expect from you?

## What Coaches want Parents to know about them and the Team ;

“Parents, we want you to:

- ◆ Encourage and support your child without pressuring.
- ◆ Arrive on time, ready for practice and meets.
- ◆ Remember your child is just one member of the TEAM.
- ◆ Help out when asked.
- ◆ Model good sportsmanship at all times.
- ◆ Address your concerns appropriately.”



# Parents



- ◆ If you have any question about St. Charles Swimming please contact Coach Cabel at 630-377-1720 or [jcabel@stcswim.com](mailto:jcabel@stcswim.com).
- ◆ Questions on the St. Charles Parents Association (SCSTPA) contact Paul Olney at 630-587-0414 or [prolney@sbcglobal.net](mailto:prolney@sbcglobal.net) or any of the members of SCSTPA.
- ◆ Question concerning the Norris Rec. Center contact Jon Monken at 630-377-1405 or [norrisrec@sbcglobal.net](mailto:norrisrec@sbcglobal.net)
- ◆ We have a large, strong, and cohesive parents group. Besides the talent of your children you are what makes this program go.

# Fundraising

- ◆ It takes a large budget to keep a year-round swim team in the water, and the yearly dues you pay only cover a part of the cost.
- ◆ Parents are also members of the St. Charles Swim Team and are expected to volunteer their assistance at various team functions.
- ◆ SCST Fundraising
  - 3 Short Course Meets (Fall Classic – Nov., 8 & Under Classic – Dec., Valentine Classic – Feb.)
  - 3 Long Course Meets (Pentathlon – May, Summer Classic – Jun., Endless Summer – Jul.)
  - Swim – A – Thon (mandatory)
  - Corporate Sponsorship
  - Shop – n – Share
  - Pizza Hut
  - Carson Day's
  - Team Garage Sale
  - If you have an idea we will use it.

# Fee Structure

- ◆ Norris Membership, takes care of the general up keep of the entire Center. It also allows us to have low rental rates.
- ◆ Session Fees, takes care of all of the Coaches salaries.
- ◆ USA Swimming Membership Fee, every swimmer and non-athlete member must have a membership to USA Swimming.
- ◆ Voucher System, is the system that SCST uses to pay for entries into swim meets. If you have any questions contact Kathleen Darling, 630-587-8576 or email [kdarling@earthlink.net](mailto:kdarling@earthlink.net).
- ◆ Coaches Fee, is how SCSTPA helps pay for our Coaches to attend meets.

# Thank You!

Without all of these people we would not be successful!

- ◆ Swimmers
- ◆ Coaches
- ◆ Parents
- ◆ SCSTPA
- ◆ St. Charles High School Athletic Departments
- ◆ Norris Recreation Center
- ◆ Kiefer Swim Shop
- ◆ TYR

