



## Swim Team Parent Handbook

Thank you for participating in the 2016 – 2017 Flying Fish Winter Swim Team. As we begin our swim season we would like to provide a guide to all parents. This will help you navigate your child's swim season.

### **EQUIPMENT:**

All participants should come to practice with the following:

- Bathing suit and towel
- Goggles and bathing cap (cap is optional, but hair should be pulled up)
- Water in a water bottle; there is no glass containers allowed in the pool area. Please insure that plastic water bottles are filled with water.
- Fins and kickboard (optional if you have them, purchasing fins is a plus)

All participants should come to a swim meet with the following:

- Team swim suit
- Towels (2)
- Warm clothes
- 2 bathing caps, 2 goggles, and a snack with drink

Swim Team Gear: Additional Flying Fish Swim Team gear may be purchased at [www.farmingtonrecstore.com](http://www.farmingtonrecstore.com).

### **Communication:**

The coaches will generally communicate with you via email. If there are any issues which we need to discuss in person, please set up a time with the head coach. We ask that you refrain from asking the coaches questions during practice time. In addition, we will send out a weekly email.

### **Swim Meets:**

We will email out a meet announcement upon receiving it from the host team. We will email it no later than 24 hours prior to a swim meet. In the meet announcement you will find the time all swimmers should arrive. We ask that you adhere to the time on the meet announcement. The host team asks for those who have scratched at specific times. Furthermore, host teams can change the time of scratches per the League rules. We ask that you let the coach know via email or text if you are running late. This will allow the coach time to let the host team know what is going on.

We ask that all children and parents wait outside the pool area until the Head Coach has arrived so we can direct the team where to sit. The team should sit together in the same area, which is designated by the host team.

Our league requires that parents/adults volunteer at our meets since swim meets have a lot of moving parts. Thank you in advance for helping out.

Farmington Recreation  
7 Westwoods Drive  
Farmington, CT 06032

Phone: 860.675.2540

[www.farmington-ct.org](http://www.farmington-ct.org)

Fax: 860.675.2544



**Practice Guidelines:**

Practice is very important. In order to strengthen a child's swimming ability, he or she needs to swim. We encourage all participants to attend all the scheduled practices. If you are unable to attend practice, please let the Head Coach know.

**Swimmer Responsibility:**

We ask that swimmers act appropriately. This should be a fun experience for all participants. We will not tolerate bullying or a bad attitude towards others. All swimmers should be respectful of others, be responsible, and honest. Swimmers should come to practice with a smile on their face and ready to swim.

If a swimmer is not following the rules, we will discuss these issues openly with the parents. If the child still does not behave, we reserve the right to remove the swimmer from practice that day until we notify the parents to discuss other options.

Parents, if you have any concerns or questions do not hesitate to contact us either by phone or email.

**Phone:** 860-677-2489 ext. 20

**Swim Team Staff Email:** [aquatics.fftac@gmail.com](mailto:aquatics.fftac@gmail.com)

**Farmington Recreation Email:** [recreation@farmington-ct.org](mailto:recreation@farmington-ct.org)

Thank You,

Swim Team Staff

Farmington Recreation  
7 Westwoods Drive  
Farmington, CT 06032

Phone: 860.675.2540

[www.farmington-ct.org](http://www.farmington-ct.org)

Fax: 860.675.2544