

Rosendale Rapids Orientation Information

What is a parent's role?

- Support and encourage your child
- Encourage good sleep habits and diet, especially prior to meets
- Volunteer at least 4 times per season per family- volunteer descriptions and volunteer sign-ups for meets are available on the team website
- Ensure your child is signed up for their events for each meet. Let us know if they can't attend.
- At a meet, ensure your child gets to their events on time (with their cap, goggles and event card). Parent involvement is especially important for the younger swimmers. If you are working during a meet, please ask a friend to chaperone your child so they don't miss any races.
- Encourage your child to cheer on their teammates
- Sign up to help out on a committee if you can

Practice

- Swimmers should arrive suited up and ready to swim.
- Practice will be canceled if there is thunder, lightning or it's raining so hard we can't see the bottom of the pool. We will notify through e-mail and Facebook if possible.
- If a swimmer can't make the later practice time due to camp or work, please let the coaches know ASAP and they will arrange for the swimmer to come to an earlier practice time.
- During practices, the coaches need to give their full attention to the swimmers and running the practice. Please arrange to speak with the coaches at a separate time if needed.

What should swimmers bring to practice?

- Bathing suit
- Swim cap & hair ties (for swimmers with long hair)
- Two pairs of goggles
- Water bottle
- Two towels
- Sweatshirt and sweatpants (to keep warm after practice as there are no warm showers this season and for cooler mornings/evenings at meets)
- Flip-flops
- Optional- yoga mat for dryland practice

What should swimmers bring to meets?

- All of the above plus...
- Wear team suit, team cap and team t-shirt (if they have one)
- Change of clothes
- Healthy light snacks
 - Fruits, veggies, energy bars are great
 - Save the sugar and heavy carbs for after the meet
- Plenty of water

Additional items

- Sun protection- sunblock, sun hat, shade tent/canopy
 - If using an aerosol sun screen or bug spray, please do so away from public areas. This will help to protect asthmatics, newborns and people with allergies.
- Jackets or raincoats if needed (it can be cold at night and in the morning)
- Picnic blanket and/or lawn chairs
- Activities for downtime- toys, games, arts & crafts, books...

How are swimmers signed up for meet events?

- This is the responsibility of the swimmers/parents
- Deadline for signups is 2 days before each meet. Earlier is preferred.
- Sign up through the team website
- A swimmer can sign up for up to 3 events.

Swim meet info

- Arriving in time for warmups is Mandatory. Swimmers should arrive suited up and ready to swim.
 - Saturday meet warmups – 7:45 AM (*unless specified otherwise*). Meets begins around 9:00 am.
 - Wednesday meet warmups – 3:45 PM. Meets begin around 5:00 pm
- First order of business-
 - Meet Volunteers: Please check in with volunteer coordinator as soon as you arrive
 - Swimmers: Check in with your coaches so they can take your attendance & please get your event cards as soon as you arrive. Check to make sure they are for the correct events & age group.
- Swimmers are told at the meet if the coaches have assigned them to a team relay
- We always cheer at the beginning and end of each meet so please stay to the end of the meet.
- Additional info
 - Swim caps need only be worn prior to and during events. They can be taken off at other times so swimmers don't get overheated.
 - Swimmers should stay in the shade between races to conserve energy.
 - Playgrounds at the pools are not for use during a meet by swimmers.
 - Meets typically last around 3 hours.

I have more questions or concerns. Who can I ask & where can I find information?

- See the team website www.rosendalerapids.com
- Ask an experienced parent.
- If you have questions or concerns, please speak with the Rapids President or Rapids Team Coordinator. This especially holds true during meets when the coaches and volunteer coordinator are very busy with their meet tasks (e.g. coaching swimmers or making sure all volunteer positions are filled).

What information is available through the team website?

- Rosendale Rapids Team Website: www.rosendalerapids.com
 - volunteer sign up (4 per family) & volunteer job descriptions for meets
 - meet schedule
 - Pool addresses & maps (for directions to meets)
 - practice schedule
 - team forms
 - board and coach information
 - sponsor information
 - USA Swim, Adirondack Swimming and DUSO Information