



**JCC Greater  
Boston**

# **Karishim Swim Club**

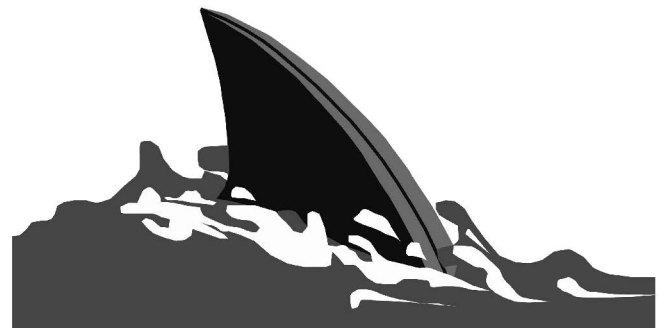
at the Leventhal-Sidman Center

## **Swimmer/Parent Handbook**

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**JCC KARISHIM**  
SWIM CLUB

# **WELCOME!**

Welcome to the Karishim Swim Club. When a child joins a swim club, the whole family joins the swim club. The time and energy required by the swimmer and family is considerable. However, the lessons and rewards can be priceless and lifelong. This handbook is designed to familiarize swimmers and their families with the expectations that are associated with being on the Karishim Swim Club.

## **Karishim Swim Club**

Karishim Swim Club is a competitive program offered by the JCC Greater Boston at the Leventhal-Sidman Center. The club incorporates all of the JCC philosophies promoting values while developing a healthy spirit, mind, and body. The program is offered to children ages 6-18. Eligible swimmers must be able to swim front crawl and back crawl for the length of a 25 yard pool without stopping.

The coaching staff strive to provide opportunities for young athletes to learn life skills, to develop character and to learn as much about the sport of swimming as the swimmer wishes. On the Karishim Swim Club we strive to:

- Provide a fun and enjoyable environment for all athletes
- Demonstrate that competition and being part of a team is fun
- Provide an opportunity for personal and social development
- Teach responsible aquatic and team based behavior
- Teach swimmers to be respectful of coaches, club mates, competitors as well as themselves
- Model good leadership skills and encourage healthy leadership opportunities
- Meet each child's level of commitment and ability
- Provide tools to all athletes to excel in the sport
- Introduce and foster young people in competitive swimming
- Encourage lifetime involvement in physical activity and healthy living

## **EXPECTATIONS**

### **Behavior**

Swimmers are expected to show respectful and responsible behavior while representing the Karishim Swim Club. This includes practices, meets and all team related functions.

The following behavior will NOT be tolerated:

- Inappropriate language during any Club sponsored events
- Excessive horseplay or noise in locker room and/or other areas of the JCC
- Disrespectful and unsportsmanlike behavior toward coaches, teammates, competitors, meet officials, JCC staff or other JCC members
- Intentional damage of facility or equipment
- Theft
- Violent behavior of ANY kind
- Cell phone use in the locker room

## Swim Practice Expectations

Practices are the most important part of Swim Club. The purpose of practice is to improve the swimmer's technique, endurance and speed. Attendance is critical to ensure athlete success. During the practice time swimmers should:

- Be on deck, dressed and ready to swim five minutes before practice
- Be on time as not to disrupt other swimmer's training time
- NOT get in the water prior to practice starting
- Bring a swim cap, goggles, swimsuit, towel, and a water bottle to each practice
- Stay for the entire practice session
  - ~ If a swimmer needs to leave early they must bring a signed note from a parent stating the time they will leave and the person picking them up. Otherwise, the child will not be allowed to leave early for safety reasons.
- Attend the required number of practices for their swim group
- Not leave anything in the locker room unless it is in a locked locker.
- Use the Boys and Girls locker rooms for changing purposes

## PRACTICE SCHEDULE

The coaching staff feels strongly that practice attendance demonstrates commitment to the program and is absolutely vital to a swimmer's success. Swimmers who do not attend practice regularly will experience less achievement and may be moved to a different practice group. The season start in mid-August for Senior Prep, Seniors and the High School groups. The season starts in mid-September for Mini, Junior Prep, Junior, and Age Group. The club trains at the Leventhal-Sidman indoor pool. All swimmers must continue attending practice throughout the season. Swimmers will be placed into practice groups based on ability. Other factors such as age, emotional and physical development will also be considered. Groupings are not reflective of status or achievement but represent the best learning environment for your swimmer. The decision to place a swimmer in a specific practice group is solely that of the coaching staff.

## CLUB PRACTICE GROUPS

### Mini Karishim

For swimmers who can swim one length of freestyle and backstroke without stopping. Swimmers must also be able to kick one length of the pool with a kickboard in under 50 seconds. Practice will focus on head position and the kick used in all four of the competitive strokes.

- Mini Karishim practice: Monday-Thursday 4-5pm
- Swimmers are required to attend at least two practices each week

### Junior Prep (formerly Juniors 1 & 2)

For swimmers who can perform all four competitive strokes. Practices will focus heavily on stroke technique, breathing, alignment, kicking, head position and turns.

- Junior Prep practice: Monday-Thursday 5-6:30pm
- Dry Land: Monday and Wednesday 4-4:45pm
- Swimmers are required to attend two practices a week
- Swimmers are also required to attend one dryland session per week

### **Junior** (formerly Juniors 3 & 4)

For swimmers who can perform all four competitive strokes with the appropriate turns with correct breath and hip timing. Practices will focus on developing race strategies (breakouts, turns, starts, and finishes).

- Junior practice: Monday-Thursday 5-6:30pm
- Dry Land: Tuesday and Thursday 4-4:45pm
- Swimmers are required to attend at least three practices per week
- Swimmers are required to attend a minimum of one dry land training session per week

### **Age Group** (formerly Age Group 1 & 2)

For swimmers who have a competent understanding of race strategy as well as a high level of stroke technique for all four of the competitive strokes. Practices will focus on developing a commitment to endurance training and speed training.

- Age Group practice: Monday-Thursday 6:30-8:30pm and Friday 4-5:45pm
- Dry Land: Monday 5:15-6pm and Wednesday 5:15-6pm
- Swimmers are required to attend four practices per week
- Swimmers in this group are required to attend a minimum of one dry land training session per week

### **Senior Prep**

For swimmers who must have made a commitment to endurance training. Practices will focus on preparing swimmers for the Karishim Senior Group. Swimmers will be expected to be a positive role model in and out of the pool for other Karishim swimmers.

- Senior Prep practice: Monday-Thursday 6:30-8:30pm and Friday 4-5:45pm
- Dry Land: Tuesday and Thursday 5:15-6pm
- Swimmers are required to attend four practices per week
- Swimmers in this group are required to attend all dry land training sessions

### **Senior**

For swimmers who demonstrate a passion for the sport and commitment excelling. Senior level swimmers want to compete at the highest level possible. Requirements to stay in the senior group include: full practice attendance, demonstrated leadership abilities and a desire to reach full potential. Practices will focus on training the group to reach national level meets.

- Senior practice: Monday-Thursday 6-8pm and Friday 4-4:45pm, as well as Monday and Wednesday morning 5:45-7:15am
- Dry land: Tuesday and Thursday 5:15-6pm
- Swimmers in this group are required to attend all practices and dry land training sessions

### **High School**

Swimmers will be placed in either the senior prep or senior team group during their time off from their high school season. These swimmers return to Karishim after their high school swim team commences.

## **SWIM MEETS AND EVENTS**

### **Swim Meet Expectations for Swimmers and Parents**

- Swimmers are expected to be on time for swim meets
- Swimmers are expected to encourage and support all other athletes regardless of team
- Swimmers are expected to be prepared with extra sets of goggles and swim caps
- Please inform coaches of illness/emergencies as soon as they occur
- Parents are NOT allowed on deck unless they are volunteering
- Parents should refrain from speaking to on deck officials. Please find a Karishim Coach if you have a question

### **Before Swim Meets**

- Register for swim meets BEFORE the entry deadline.
- Swimmers who are not signed up on time will not be allowed to swim

### **During Swim Meets**

Please bring the following to meets:

- Swim cap (at least 2)
- Team swim suit
- Goggles (at least 2 pairs)
- Towels (more than one)
- Dry clothing
- Foot wear
- Water bottle and a healthy snack
- Swimmers need to be at the meet 15 minutes before warmup

### **Banquet and Other Social Events**

The club hosts a banquet at the conclusion of the fall/winter season in March at the JCC. The banquet is a chance to celebrate and reflect on the accomplishments made by our entire team including our parents, coaches and most importantly swimmers. All swimmers and their family members are invited to attend the event. A fee is charged to cover the cost of food.

Other social events will be scheduled throughout the season. The club has a Chanukah party where we participate in games and bond with one another. Dates for these events will be announced throughout the season.

## **PARENT VOLUNTEERS**

Volunteering is a great way to understand how a swim meet and the Karishim Club function. All parents are required to volunteer at a minimum of one JCC swim meet. If their child participates in US Swimming parents are expected to volunteer at a minimum of one US swim meet as well.

Other opportunities also exist for parents to help with the team. Please let the coaches know if you are interested in any of the following:

- Parent Council positions
- Meet setup and clean up
- Timing or officiating at meets (training is provided)
- Record keeping
- Special event planning

Periodically we will hold parents meetings to keep everyone involved and informed about the club. You will be emailed about these meetings.

## **COMMUNICATION**

Coaches will primarily correspond with parents and swimmers club via email. Deadline oriented information will be posted on the website and sent in an email. Please make sure to provide your email address so it will be placed on the email distribution list. Should a question or concern arise, parents should contact the head coach via email or call 617-558-6490. Calls and emails will be answered within 24 hours.

Parents should communicate all pertinent athlete information to the coaching staff so that their child may succeed to the best of their ability. Chronic health issues (asthma, diabetes, etc.), allergies, or any learning difficulties and specific accommodations should be disclosed to the coach. All health related conversations are strictly confidential. For prolonged sickness or injury the athlete may be required to bring in a doctor's note to resume practice.

## **MEMBERSHIP AND ADDITIONAL FEES**

### **Full Privilege JCC Membership Fee**

All swim team participants **MUST** be full members throughout the duration of the swim season. Having a full privilege membership entitles you to pay member rates on all other JCC programs.

### **Equipment Fee (Fall only)**

Swimmers will purchase team bathing suits, swim caps and t-shirts. Date and time to purchase team gear will be announced during the season.

## **COMPETITIVE SWIMMING SEASON**

### **JCC League**

The team will compete in dual meets against other JCC teams of approximately the same size as Karishim Swim Club. At these meets swimmers will have a chance to swim to gain points for their team as well as have the opportunity to show off their work at practice. Meets are typically held on Sunday afternoon and last about 4 hours. The dual meet season begins in November and will end in March.

### **USA Swimming**

Swimmers on the Karishim Swim Club can participate in the USA Swim League by registering to be a part of the league and paying the \$78 registration fee (made out to the JCC). An additional escrow of \$100 (made out to the JCC) will be needed to cover entry fees and championship meet fees. The escrow will be able to be used throughout both fall and spring, if you sign up for a full year. However, if money is leftover and you are not signing up for spring season the money will not be refunded.

Escrow money does not carry over from season to season. Swimmers that are new to USA swimming must also submit a copy of their passport or birth certificate for proof of age, which is required by USA Swimming.

Meet fees will be billed for USA Swimming on a monthly basis after the \$100 escrow account is depleted. Parents will receive their monthly bill for your swimmer(s) on the 10<sup>th</sup> of every month. The bill must be paid by the 20<sup>th</sup> of that same month. If you have not paid your meet fees by the 20<sup>th</sup> of the month, you will not be able to register for future meets.

US Championships require a qualifying time. If a swimmer qualifies they should try to attend the championship meet. All swimmers are invited to attend championship meets to cheer on their club mates.

### **Meet Age Group Criteria**

Swimmers will compete against other swimmers in their own age group. Occasionally groups will be combined in order to save time at a swim meet. A swimmer's age as of December 31 of the given year will determine the age group that swimmer will compete in for the entire season.

# JCC KARISHIM SWIM CLUB

## Parent Agreement

My family has read the Karishim Swim Club Handbook and agrees to abide by the policies of the club to the best of our abilities.

Child's name (printed)\_\_\_\_\_

Parent/Guardian's name\_\_\_\_\_

Parent/Guardian's signature\_\_\_\_\_

Date\_\_\_\_\_

*Please return no later than October 8 to the Head Coach's offices.*