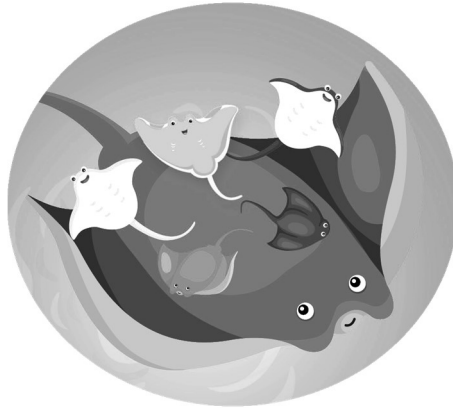


MJCC Stingrays

Mittleman Jewish Community Center
at the Schnitzer Family Campus
6651 SW Capitol Highway, Portland, OR 97219
P: 503.244.0111 | F: 503.245.4233 | oregonjcc.org



Junior Rays Pre-Swim Team Parent Handbook 2019-20

The Junior Rays' goal is to create athletes, friends, and community members through the sport of competitive swimming. We strive to challenge our swimmers physically while also nurturing them developmentally, and encouraging them to build skills to last a lifetime. Our coaches will help develop the character and self-discipline necessary to succeed not only in swimming but also in life away from the pool.

MEET OUR COACHES

Our coaching staff is shared with the Stingrays Swim Team, with one or two assistant coaches working specifically with the Junior Rays. Our coaches are a group of talented and dedicated professionals who work on supporting and encouraging each swimmer to develop technique and endurance in an appropriate progression for age and ability.

Head Coach, Jennie Condon, jcondon@oregonjcc.org

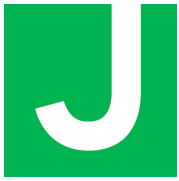
Jennie Condon joined the MJCC in early 2011 and started as the Stingrays' assistant coach in the fall of 2012, moving up to the head coach position in 2014. She is an American Swimming Coaches' Association Level 2 certified coach, a graduate of Hollins University in Virginia and a lifelong athlete and swimmer, including swimming competitively in high school and college. Her combined love of water and working with youth has led her to a 20-plus-year career in aquatics. She spends her time outside the pool horseback riding, reading, and checking out new perspectives on the world through her camera.

Assistant Coach, John Halvorson

John Halvorson joined the Stingrays in 2017 and loves being a part of the team at MJCC. He has been an avid swimmer since high school which has included swimming at Central Washington University as well as competitive sprint and Olympic length triathlons. John has always worked to be around the water including racing, swim instructing, lifeguarding, water skiing, and inner tubing! He spends his time outside of the pool skiing, riding his bike, camping, traveling, and spending time with his friends and miniature Aussie.

Assistant Coach for Junior Rays, Emily Jones

Emily is a long-time USA Swimming athlete, who previously represented the Oregon City Swim Club. This is her second year coaching the Junior Rays, and her third year teaching swim lessons and lifeguarding at the MJCC. She is starting college this fall and looking forward to learning many new things.



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2019-2020 PRACTICE SCHEDULE

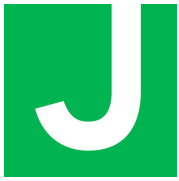
Oct 2 - May 27 Mon - Thurs 4:45 - 5:30pm

Note: With rare exception, we practice every day that the MJCC is open through practice time, including during school breaks. Any changes to this schedule, including due to inclement weather, will be communicated via email with as much advance notice as is practical and possible.

SWIMMER EXPECTATIONS

We expect each swimmer to treat all participants, members, MJCC staff, and coaches with respect and arrive at every practice and meet with a desire and willingness to work hard and have fun.

- Swimmers should be on deck ready to enter the water at the beginning of their practice time.
- Swimmers should never interfere with the progress of another swimmer, whether through actions or words.
- Swimmers should always behave in a way that demonstrates good sportsmanship, sets a good example to other swimmers, and reflects positively on the team.
- Swimmers should treat the facility and equipment with respect. Belongings not needed on the deck should be locked in lockers or kept neatly in a bag on the bleachers during practice. Swimmers should never be loud or disruptive in the locker rooms, and must obey age restrictions for saunas, steam rooms, and hot tubs.
- MJCC rules state that children age 12 and under must be accompanied by a responsible caregiver age 16 or older while on campus, unless they are actively participating in a program. If young swimmers want to come early or stay late, they must have an adult supervising them. (It is permissible for swimmers to be dropped off alone as long as they come directly to the pool deck for practice, spending only a reasonable amount of time in the locker rooms to change before and after.)
- Profanity and other inappropriate language or discussion topics are not allowed at practice or any other team functions.
- Bullying is prohibited. While the Junior Rays are a pre-competitive group, we adhere to the USA Swimming Code of Conduct in this area. Bullying is the severe or repeated use by one or more [Junior Rays] members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:
 - i. causing physical or emotional harm to the other member or damage to the other member's property;
 - ii. placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
 - iii. creating a hostile environment for the other member at any [Junior Rays] activity;
 - iv. infringing on the rights of the other member at any [Junior Rays] activity; or
 - v. materially and substantially disrupting the training process or the orderly operation of any [Junior Rays] activity. [Quoted from USA Swimming Code of Conduct]
- *Swimmers who cannot adhere to these expectations may be asked to leave the team. We do not give refunds to swimmers dismissed for behavioral reasons.*



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PRACTICE EQUIPMENT

Each swimmer should bring goggles, a swim cap (not required for those with short hair, but highly encouraged for all), and a water bottle to practice each day.

For those new to the sport, we suggest going to a local swim shop where the staff can help fit suits and goggles properly for each swimmer. The number one complaint we hear at every single practice is about goggles that do not fit and thus leak or come off. To ensure your swimmer's enjoyment and success, please make sure that they have properly fitting goggles!

We recommend that boys wear jammers-style suits and girls wear one-piece suits.* Please remember that swimming is a sport and suits should be chosen for their appropriateness as athletic gear, not for fashion! Swimsuits should fit snugly when purchased; they have a tendency to stretch and lose shape over time, so a suit bought large "to grow into" will usually end up too large for comfort and public appropriateness. Please keep an eye on your swimmer's suits so that they can be replaced before they become see-through or otherwise unacceptable. It is usual for a swimmer who comes to practice regularly to go through 2-3 good quality competition-style suits over the course of a season.

Junior Rays can also take advantage of latex Stingrays swim caps that are provided as part of the team fees; silicone Stingrays caps can be purchased from the Head Coach for \$12 each.

**Note that we have further requirements for swimwear once your swimmer moves up to Stingrays and begins attending competitions.*

ATTENDANCE

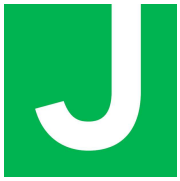
Junior Rays practice is a transition from swim lessons to competitive swimming, with components of technique, fitness, and racing skills. The development of endurance, especially, requires that swimmers attend practice with some regularity. We do not have an attendance requirement, but suggest swimmers attend at least twice a week in order to benefit from the program, and more often if they can. If a swimmer will not be able to attend at least twice a week on average, we suggest s/he stay in swim lessons instead, as once a week is simply not enough to build the same level of fitness as the other swimmers, and practices will quickly become discouraging. We do not offer pro-rating or refunds for missed practices.

Tardiness - In order for each practice to run smoothly without interruption, it is important for swimmers to be on time to practice. If a swimmer consistently shows up to practice late, we will speak to the swimmer's parents to come up with a solution.

COMMUNICATION

E-MAIL

Our primary means of communication is e-mail. We will generally send out an email with updates about once a month during the swim season. If you find you are not receiving emails from us or your email address changes please notify one of the coaches so that you don't miss out on any important information.



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PARENT EXPECTATIONS

Our success depends on the support and involvement of our parents! In everything from getting swimmers to practice each day to volunteering at team functions, parental involvement is key. We will occasionally ask for volunteers for team events, mainly to help us time races with stopwatches – please help out in whatever way you can, and don't hesitate to ask questions or share feedback with the coaches.

A few things for parents to keep in mind:

- Our coaches are professionals with a broad and deep understanding of competitive swimming and athlete training. Your questions are welcome, but please leave the coaching up to them!
- We expect everyone involved with the Stingrays to demonstrate good sportsmanship at all times and show respect to the team members, coaches, competitors, parents, and facilities.
- Do encourage your swimmer and remind them, when appropriate, of advice or instruction that the coaches have given them.
- Bear in mind that as we work on details of technique, swimmers will sometimes temporarily slow down, lose focus on other parts of their stroke, or start to feel awkward. These things are completely normal and will result in even better swimming over time; please remind your swimmer of that and encourage him/her to speak to the coach with any questions or concerns.
- Swimming is a sport made up of hundreds of tiny details – celebrate all accomplishments with your swimmer, even those that seem small!
- The 10 & under age group are the most inconsistent of all swimmers: one day they are finishing with top times and the next day they look like they forgot how to swim! This inconsistency can be frustrating for parents, coaches, and swimmers alike, but it is totally ordinary. Patience and positivity are the keys to getting through this developmental phase.
- *If parents cannot adhere to these expectations, their swimmers may be asked to leave the team. We do not give refunds to swimmers dismissed for parent behavior.*

TIME TRIALS + DUAL MEETS

We hold three on-site time trials over the course of the year (near the beginning, middle, and end of the season), and we expect every swimmer who is available on time trials days to attend. Time trials are run like an informal, Stingrays-only meet to give swimmers a chance to experience what meets are like and see their own progress, as well as helping coaches see how the group is doing as a whole.

Time trials are held in conjunction with the Stingrays, but Junior Rays swim their own races. In each time trial, they can expect to swim the 25-yard freestyle and 25-yard backstroke.

We also host informal dual meets against another local pre-team, the Penguins Peewees, two or three times each season. Entries are completed by the coaching staff; we will announce sign-ups via email prior to each competition. While attendance is not required, we encourage all swimmers to give meets a try.

FROM THE COACHES

We are confident that we are going to have an amazing 2018-2019 season! Our door is always open to both swimmers and parents and we encourage your feedback. Our hope is that together we can provide your swimmer with a positive experience that will not be forgotten and help them nurture friendships that will last in the years to come. Thank you for the opportunity to work with your child and **WELCOME TO JUNIOR RAYS!**