

Three Rivers Swim Club Handbook, 2008-09

Dear Swimmers and Parents of Three Rivers Swim Club,

Welcome to Three Rivers!

Three Rivers Swim Club (TRSC) was founded in 1994 by a group of parents who were dedicated to developing swimming opportunities for their own children and the youth of Rome and Floyd County. TRSC offers programs for young swimmers of various abilities, from those who can swim the length of a 25 yard pool to those who compete on the state and national level.

TRSC continues to be run by an elected, volunteer parent board. The current officers, board members and coaches are as follows:

TRSC Officers and Board Members:

Michelle Picon - President
Jackie Hostetler – Vice-president
Angie Douglass – Treasurer
Stephanie McElhone
Beverly Coville
Neal Jochimsen
Julie McCormick

TRSC Coaches:

Brooks Coville – Head Coach
Bryan Hostetler – Assistant Coach
Jessica Hook – Assistant Coach
Melissa Picon – Assistant Coach
Brennan McElhone – Assistant Coach

The TRSC board generally communicates with swimmers and parents through e-mail. If you have questions for a board member or one of the coaches, please e-mail Beverly Coville at bacoville@aol.com or Jackie Hostetler at jhostetler30@comcast.net. You may also call the TRSC hotline at 706-232-0010. Leave a message and someone will call you back.

If your e-mail address changes, please let Jackie know. If you don't have access to e-mail, please ask another parent to keep you up to date on TRSC.

Please feel free to speak with coaches before or after practice, but not during practice. Also board members Jackie Hostetler and Beverly Coville try to be available at practice once or twice a week to answer questions.

Introduction

TRSC is Georgia non-profit corporation and is a member of USA Swimming. USA Swimming is the national governing body for amateur competitive swimming in the United States. Based at the Olympic Training Center in Colorado Springs, USA Swimming's staff serves 59 local swimming committees (LSCs), 2500 USA Swimming registered clubs, and 220,000 registered swimmers nation-wide.

USA Swimming's website is www.usaswimming.org. TRSC's website can be found by going to the USA swimming website and searching for "Three Rivers Swim Club," within the site.

Swimming is an ideal sport to develop high quality aerobic endurance and proportional muscular development. Swimming enhances flexibility and develops coordination. It is the most injury-free of all children's sports and is a sport that one can enjoy into adulthood.

A solid ability to swim provides many opportunities to young people, both for personal development and employment. Good swimmers can go on to kayaking, canoeing, water safety, life guarding, scuba classes, as well as high school and college swimming. They are well prepared for Boy Scout and Girl Scout aquatic activities. Teenagers with excellent swimming skills have the basis for further training that allows them to find part-time and summer employment as lifeguards, camp counselors, swimming instructors, and coaches.

At Three Rivers Swim Club, we strive to provide a program that instills discipline, time management skills, and self-motivation in the student athlete, as well as the understanding that "consistent practice and good swimming technique pays off."

TRSC has a history of success great success!

- Several TRSC swimmers have been Georgia age-group champions.
- Two TRSC swimmers have gone to Junior Nationals.
- Two TRSC swimmers have been ranked in the Top-16 nationally in various events
- Several former TRSC swimmers have received college swimming scholarships.
- Many TRSC swimmers have qualified for the High School State Championship.
- One TRSC swimmer was a four-time High School State Champion
- Three former TRSC swimmers have made the Olympic Trials.
- Hundreds of TRSC swimmers have become excellent and confident swimmers.

Administrative Items

Weather Policy

Swimmers will be asked to get out of the pool if thunder and lightening are in the area during practice. Practice will continue on the deck. If an extended period of violent weather is expected during practice times, the TRSC practice may be canceled.

We will make every effort to let you know in advance by e-mail that practice is canceled, but please understand that this is not always possible. You may find out that there will be no practice when you arrive at the pool.

Drop-off Policy

When dropping off your child, please wait to make sure that the coach is there. If you are in a hurry and need to leave your child, please ask another parent who is waiting to be responsible for your child. Coach Coville makes every effort to be on time, but he has another job, and sometimes it is impossible for him to leave his other job to get to the pool on time.

Parents on Deck

Parents are welcome to stay and watch practice anytime. You may also leave your child after the coach has arrived. Coach Coville considers the swimming pool area his classroom. He asks that parents and visitors sit on the benches along the sides of the pool if they would like to watch. He also asks that if you need to get your child out before practice is over, speak with him, rather than directly to your child during practice.

Locker Rooms

The Rome High locker rooms are available for changing, showers, etc. Please ask your child to bring his or her belongings back onto the pool deck. TRSC shares the locker rooms with others who are involved in afternoon and evening activities at the school. There have been incidents of items disappearing from the locker rooms.

High School Meets

During high school swim season, mid-October through mid-February, Rome High School holds a few meets during the time that TRSC usually practices. TRSC practices are canceled on those nights. We will send out the schedule and reminders as soon as we have the high school schedule each year.

Fees (2008-2009 Season)

- Annual fee: \$85.00 - The annual fee of \$85.00 is used to register swimmers with USA Swimming, and each swimmer must be registered each calendar year.
- Monthly fees: \$75.00 per month. You only pay for the months of the year that your child swims. If your child is not going to swim for a month, please send an e-mail to Jackie Hostetler to let us know. Months will not be prorated. If your child swims at all during a month, you should pay for that month. Monthly fees are subject to a sibling discount.
- Meet fees: Meets are pay as you go. Meets generally cost about \$3.00 per event that your child swims.

Please put your check (or cash attached to a note telling us what it is for) in the secure black box on the wall of the pool next to the door near the shallow end of the pool.

You may also mail your check to the following address:

Three Rivers Swim Club
P.O. Box 1151
Rome, Georgia 30162

You will not be invoiced unless we don't receive your payment.

Goggles

Good goggles help swimming ability. TRSC tries to keep a variety of good goggles that are designed for young faces in stock. Please wear one pair and keep an extra pair in your bag. Our goggles cost \$14.00.

Caps

Each swimmer receives one TRSC cap. There is a \$3.00 charge for another one.

Equipment

Year round TRSC swimmers are expected to purchase a few items of equipment that they will bring with them to practice each day. The equipment includes fins, a pull-buoy, an exercise cord, and a mesh bag to hold the equipment. Each swimmer should also have two pairs of goggles available. The approximate cost of all of the equipment, not including the goggles, is \$51.00. During times when the team orders as a group, the price is lower. TRSC does not require a team suit.

Competition

Year round TRSC swimmers may attend USA Swimming meets, but are not required to do so. TRSC offers meets, with a coach attending, about once a month to swimmers of various ages and abilities. The meets TRSC attends are USA Swimming sanctioned, and are usually in Atlanta or Dalton.

Some swimmers find the meets motivating and fun. Other swimmers prefer to perfect their strokes at practice without adding a competitive element. TRSC accommodates both approaches.

Meets generally cost around \$3.00 per event. Parents are also responsible for transportation to and from the meet and accommodations if needed.

If you have signed your child up for a meet and your child has been placed on a relay, please make every effort to come. Three other children will be very disappointed if their fourth relay team member does not show up and prevents them from swimming the (very fun) relay event.

Meet sign up announcements will be distributed e-mail, and placed on the doors of the pool. Meet registration forms are available at the pool and a check for the meet must accompany the registration form.

Swimmers who have never swum a particular event in a meet will be entered in that event as a “no time” (NT) swimmer. NT swimmers will likely swim in heats with other NT swimmers. After a swimmer achieves a time in an event, he or she will be registered in subsequent meets with times that have been achieved. The swimmer will then swim in heats with swimmers of similar abilities.

At the present time, TRSC does not require a team suit. We do ask, however, that swimmers make an effort to wear a TRSC cap at meets. The cap helps coaches and spectators easily identify TRSC swimmers.

The TRSC team warms up together before a meet under the coach’s direction. This gives swimmers the opportunity to test the water and try the blocks. You will be told the time to be at the meet for “warm-up.” Each team is assigned a lane.

Coach Coville

Brooks Coville is a registered USA Swimming coach who has been coaching swimming for the past ten years. He is a member of the American Swim Coaches' Association, (ASCA) and has attended various ASCA coaching conferences. He spent a week at the Olympic Training Center in a small seminar taught by Bill Boomer, a well-known stroke technician for several Olympic medallists. A firm believer in dry-land training, Coach Coville is also certified by the National Strength and Conditioning Association.

Coach Coville is married to Beverly Coville, one of the founders of TRSC, and they have two sons who grew up swimming on the TRSC team. Older son Andre swam on the Columbia University swim team during his senior year of college. Younger son Alex is currently on the Stanford University swim team.

Coach Coville coaches swimmers of all ages and skill levels. He has coached various TRSC swimmers who have been Georgia age-group champions and who have achieved recognition on USA Swimming's "Top 16" list. He has taken two of the more advanced swimmers to Junior Nationals in Florida and California.

He is dedicated to making swimming understandable, accessible and fun. He feels strongly that the sport of swimming has a major contribution to make to the health and fitness of the United States.