



Parent Meeting 9/7/24

Alligator Aquatics Team Background

Alligator Aquatics was founded in 1978. It is a private, year-round USA Swimming Club, supported solely by membership fees and fundraising efforts of our members. We are a 501 (c)(3) not for profit corporation.

Our Values

We are a swim club that value integrity and strong values in and outside of the pool. We strive to help instill a healthy lifestyle, strong coping skills, good sportsmanship, time management, honesty, discipline, teamwork and the desire for excellence. We strive to help develop the total person with healthy and resilient life-long habits.

Our Philosophy

The team is dedicated to putting the athlete first. We want every member of our team to live and thrive by the motto that no dream is out of reach. All of our Alligator swimmers have the potential to compete at the local, regional, state and national levels.

Our Vision

We are dedicated to:

- Developing athletes who grow in commitment, integrity and sportsmanship
- Keeping our coaches educated in the sport of swimming on a local and national level
- Providing ongoing opportunities for all athletes to achieve their own personal goals
- Provide a safe, healthy and positive environment for our athletes in partnership with the U.S. Center for SafeSport and USA Swimming

Introduction of the Executive Board

President- Mike Lindberg

Vice President- *Bill Gazda (vacancy)*

Secretary - Loraine Kirkiris

Registrar - Laurie Flight

Treasurer - *vacant*

Member at Large - Mary Ruffin

Head Coach/CEO - Stacy Cassiday

Introduction of Officials

Head Meet Referee – Joe Roznai

John Dembowski

Ryan de Jonckheere

Shannon Veltman

Jon Citron – AO

Introduction of Coaches

Bionic - Jenny Zapler

Quicksand - Jenny Zapler

Phoenix - Kelly Cantwell

Blaze - Adam Clementi

Summit - Stacy Cassiday

Apex - Stacy Cassiday

CLUB FINANCES

Alligator Aquatics - Fiscal Year 2024 Budget

Expenses

Administration

2.1%

Travel

5.4%

Insurance / Accounting

2.8%

Team Unify Fees

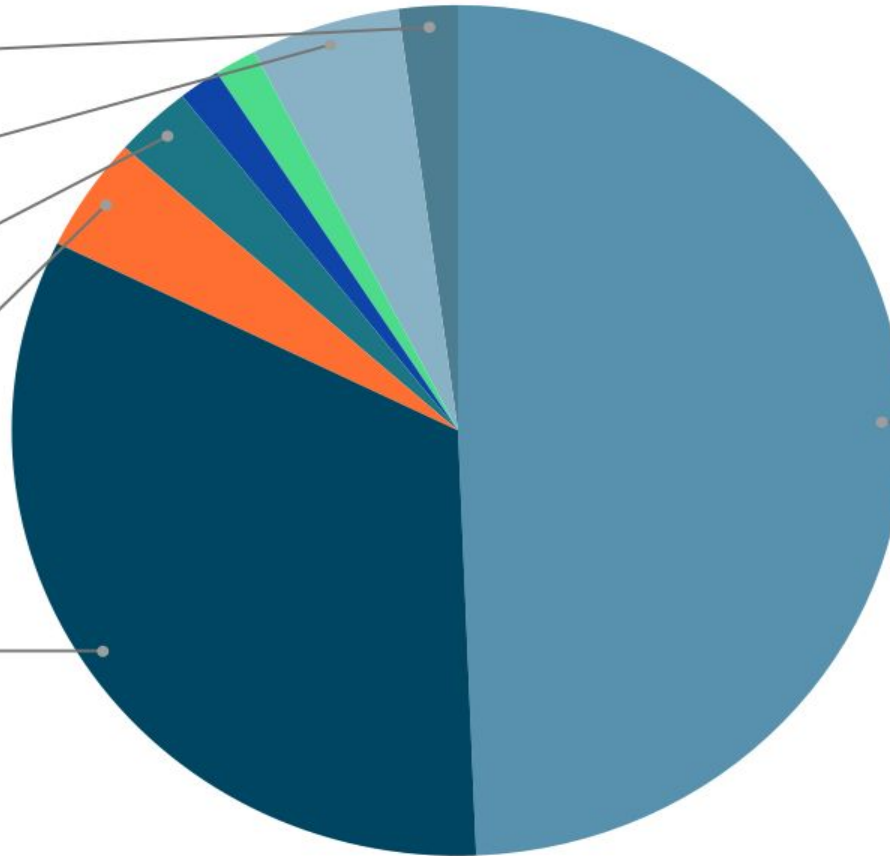
4.3%

Pool Rental

32.9%

Wages

49.4%



Alligator Aquatics - Fiscal Year 2024 Budget

Revenue

Interest Income

0.3%

Fundraising

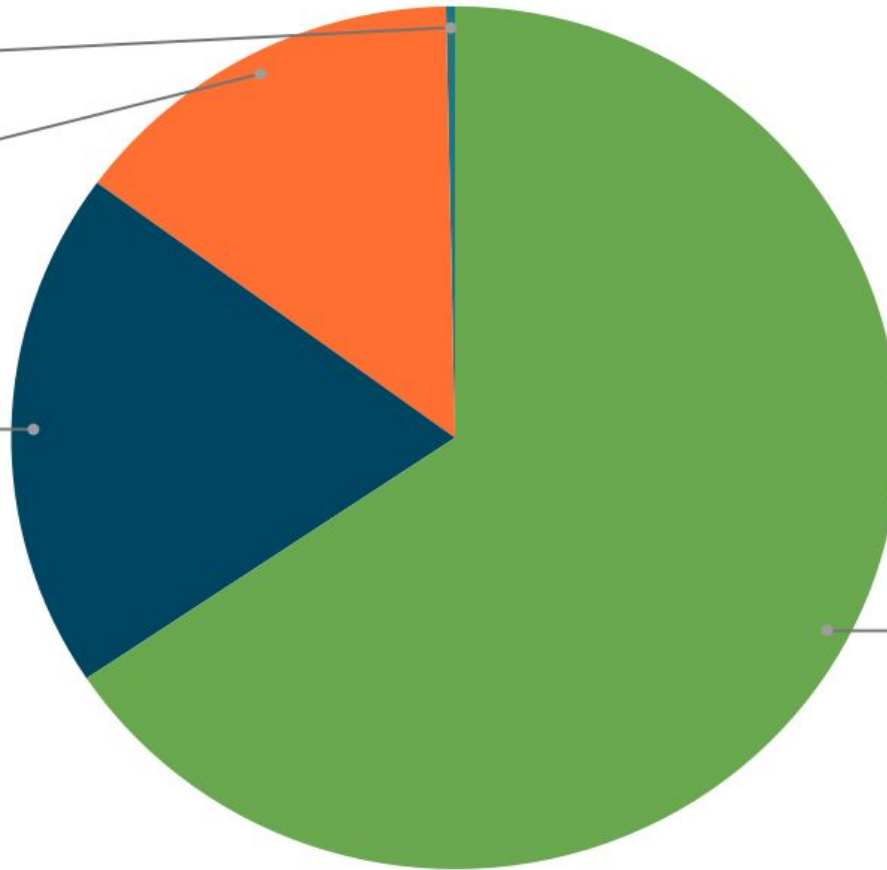
14.6%

Hosted Swim Meets

19.5%

Registration Fees

65.6%



CLUB FUNDRAISING!

FUN-draising with the Alligators

Fundraising is an integral part of the financial stability of our organization.

Why do we fundraise?

Helps pay
for pool
rentals.

Compensates
& retains
experienced
coaching staff.

Helps off-set
and reduce
swimmer
registration
costs.



Ok great - what's changed?

For 2024-2025, families will be **required** to participate in two annual fundraisers.

So, what am I in for?

Fun Fact: 20 coupons cover the cost of 1 hour of pool time rental!



Fall: Lou Malnati's Pizza - required

Swimmers will sell pizza coupons which can be turned into any local Lou Malnati's location for a 9" frozen pizza. Coupons are \$15 with \$5 going back to the club.

Expectation: 20 coupons per swimmer



Winter: Superbowl Squares

Each training group will be assigned a grid for the Superbowl game! The amount of squares to sell is split among the entire group. Squares are \$20 each. 50% of proceeds go back to the club - if an unsold square wins, 100% returned to club.

Expectation: 10 - 20 squares per swimmer depending on training group size



Summer: Splash for Cash - required

Swimmers get donations from personal contacts which serves as pledges for laps the swimmer needs to complete to achieve their training group's total. All proceeds go back to the club!

Expectation: \$100 worth of pledges per swimmer.

What if I want to opt out?

If you choose not to participate in our required fundraisers, a \$100 charge per swimmer that does not participate will be applied to your account per required fundraiser.

Please email Stacy to let her know if you decide to opt out in advance at **scassiday@alligatoraquatics.org**

A sense of ownership is the most powerful weapon a team can have.

Pat Summitt

Positives!

The most successful Senior state this summer since I have been head coach. We took the most kids we have in years and the most relays. This also aligns with our recent goals and vision. Yay! Celebrate!

This season, we have very strong numbers for our Phoenix group, with a greater balance among other groups. This structure is exactly what our vision was for our team.

While not gaining ground with District 214, we have a solid relationship with them and are part of their plans.

Our partnership with AHPD is strong and we will continue to use their pools for at least the next two summers.

Areas to Grow

- The top quarter of the team, meaning senior swimmers, have low numbers due to graduation and high school recruiting.
- Still only at EGHS and PHS for District 214 pool use.
- Still have MANY board and volunteer positions to fill.

T E A M

**Together
Every
Attitude
Matters**

What can parents do to support the team?

Looking at a theme in today's presentation:

Coaches-coach

Officials- officiate

Swimmers- swim

Parents- encourage AND volunteer :)

Open Positions for Parents

Vice President

Treasurer

Safe Sport Coordinator

Hospitality

Public Relations/Publicity

Social committee

Banquet

Training Group Outings!

Halloween Party

Parent social opportunities!

Please consider this: if you have been on the team for more than 1 year, you need to sign up to lead in one of these positions. If you have multiple swimmers on the team, you should consider board positions and/or a major coordinator role .

What can swimmers do to strengthen the team?

Sportsmanship

Respect

Spirit

Accountability

SPORTSMANSHIP

Conduct self with good sportsmanship at all times.

Always be respectful of my teammates, opponents, coaches, officials and volunteers.

follow all of the rules of my sport.

Celebrate my successes in a way that is positive for my team, and myself but is respectful of my opponents.

Use hard work and talent to win races – not my words.

Accept defeat with courage and dignity.

Do all to ensure that practices, meets and events are a positive experience for all participants and spectators.

Do not act like a bully!

Do not create a negative environment for my teammates or opponents by being intentionally hurtful either with words or actions.

Remember that I represent the community.

Always ensure that words and actions represent the club, the community, and myself in the best way possible.

RESPECT

Be respectful and polite to my coaches, teammates, opponents, officials, and parents or guardians. respect the personal space of others.

Do not touch others in anger, in any inappropriate way, nor in any way which makes anyone feel embarrassed, uncomfortable, or intimidated.

Always show respect for the well-being and safety of myself and others.

Always be respectful with my words. I will never swear, nor use racial slurs or derogatory comments which make teammates or opponents feel uncomfortable, intimidated, or degraded.

Respect personal property, not use the property of others without permission. not harm, steal, or destroy the property of others.

Respect the property and facilities used by the team. I will keep the facilities, such as locker rooms, pool decks, hallways, etc. clean and unharmed. I will treat all buildings, equipment, landscaping, etc. with respect.

Respect my coaches and teammates by arriving on time to practice and meets.

Respect and abide by the rules of Alligator Aquatics

Always attempt to resolve conflicts or disputes with respect.

Strive for positive communication with my teammates and coaches at all times.

Respect myself, my coaches, and teammates by always trying my hardest at meets and practices.

Never allow my actions to interfere with my teammates ability to perform to the best of their ability.

Respect my body and mind by not using tobacco products, illegal drugs or alcohol, nor any other harmful or banned substances.

SPIRIT

I will cheer for my teammates and encourage them at **all** times.

I will promote team spirit and morale.

I will lift the spirits of my teammates when they are down.

I will wear my AA apparel with pride.

I will always show my pride in AA and myself in a positive and uplifting manner.

ACCOUNTABILITY

- Understand that attendance at practice and meets is an important part of performance.
- Understand that I must attend as many meet sessions as possible.
- Understand that I will participate in all end of season championship meets as determined by my coaches.
- Always be accountable for my own actions.

PRACTICES

The Secret of Success:

The magic you desire is in the work you avoid

Swimmer Practice Expectations

Arrive to practice on time (10 minutes before the start time)

Bring athletic shoes to every practice

Bring a water bottle to every practice

Bring all necessary equipment to practice (stretch cords, parachutes...)

Be **POSITIVE**- Together Everyone's Attitude Matters!

Respect the facilities

Set short term and long term goals

Trust the coaching staff. Understand there is a clear developmental progression to success. This includes “taper” time.

Do not *compare* times to others, but to your own goals.

The “WHY”

Struggle is a biological necessity.

-The Talent Code

Dynamic Stretching

Dynamic Stretching is one of the most important things athletes in all sports do on a regular basis (minimally daily) to promote their best performances. This stretching should be done before all swim sessions, minimally. The swimmers know the routine, and for those who do not, there are paper copies of our routine in the mailboxes (to be kept at St. Viator).

Thoughts regarding stretching/warming up

From Carmel swimming:

- Warm up (on land) to swim not swim to warm up
- Do shoulder things every single day!!!!!!!!!!!!!!
- Build athletic bodies that are adaptable, not adapted.
- Build from the inside out. Core before extremities!

Swimmers - handle with care!

Nutrition

PLEASE help us accomplish this.

More and more information comes out every day regarding the dangers of processed foods and sugar. In line with our overall goal of developing healthy people, help your kids develop the knowledge and determination to eat healthy foods. This will promote excellence in swimming, school and life.

Screen time

Every family determines their own values and boundaries for screen time. However, I suggest that any athlete that takes their phones/tablets to bed with them is not getting proper recovery, which will impact school and swimming.

Practice Schedules

The Training Grid has shifted a bit, which we predicted. The changed practice times or locations are now highlighted in Pink.

However, still check the calendar on a **regular** basis for changes.

We have 4 coaches. If a coach is out or sick, we will most likely combine practices. In an ideal world, everyone would get an email AND everyone would read the email.

However, that is not always going to happen. Please check your calendars

SWIM MEETS!

Meet Sign Up Process

Who enters my child in events?

The coaching staff enters all swimmers in events in each meet. Decisions on event choice belongs exclusively to the coaches. Meet entry is an integral part of the process for the swimmer. The coaches make the decisions as part of the overall development of the swimmer and plan entries on a season long basis rather than just meet to meet.

Meet Sign Up Process

How do I cancel a meet sign-up?

To cancel a meet registration you have already completed before the entry deadline, you simply reverse the process you used to register for the meet in the first place.

Once the entry deadline for a meet has passed, you cannot withdraw from the meet.

Immediately following the entry deadline, coaches select events and submit the team entry including entry fees to the meet host. Once that entry is submitted, you are responsible for any entry fees incurred on behalf of your swimmer even if your swimmer does not attend the meet.

Meet entries are generally submitted 4-6 weeks prior to the meet. If you know your swimmer will not attend a meet and the entry deadline has already passed, please email your group coach or head coach so he/she is aware your swimmer will not attend the meet.

Prelim/ Final Swim Meets

Preliminary/Final Meet Participation Policy

- When attending a Prelim/Final Meet, it is expected that any swimmer who qualifies for finals during the course of a meet will attend and compete at those finals for the team.
- The parents of the swimmer(s) may pre-arrange scratching from finals (for the duration of the meet) with their group coach no later than 48 hours prior to the start of the meet, with a stated reason and discussion with the swimmer's group coach.
- Swimmers and/or parents will not decide to scratch from finals during the course of a meet.
- Any qualifiers and alternates in a preliminary event should be prepared to return and compete at a finals session, due to potential scratches. After the scratch deadline passes, a swimmer should check the final results to see if he/she has been scratched into a final. Swimmers who are alternates after the stated scratch deadline for an event should speak with their group coach to discuss options and determine attendance for that finals session.

Championship Swim Meets

Swimmers will swim the events they qualify for in Championship meets (Regionals, State, Sectionals, etc.) unless they have too many events and need to scratch one (or more!).

If a swimmer qualifies with a relay, that swimmer is expected to attend the championship meet.

Alligator Aquatics Proposed Meet Schedule

Alligator Aquatics *Proposed* Meet Schedule 2024-2025

- **Sept 29** - WDST Fall Kickoff Classic - Woodstock High School North
- **Oct. 19-20** MMSC Fall Frenzy- RecPlex, Pleasant Prairie, WI
- **Oct. 26-27** LFSC Monster Mash - RecPlex, Pleasant Prairie, WI
- **Nov. 22-24** Suzy Gavars Memorial Meet - Barrington High School
- **Dec. 7-8** AA Winter Splash - RecPlex, Pleasant Prairie, WI
- Dual meet with BDSC **OR** Woodstock Candy Cane Dec. 21-22
- **Jan. 3-5** Super Teams Meet GSC - Glenbrook North High School
- **Jan 18-19** AA/PPD - Buffalo Grove High School
- **Jan 31- Feb. 2** ? Purdue University
- **Feb. 16-** WDST Going the Distance Meet - Woodstock High School North
- **Regionals-** Feb
- **Senior State**
- **10 & Under State**
- **Age Group State**
- ****April 2-5 ISCA Showcase Classic** - St. Petersburg, Florida (depends on number of swimmers committed to attending)
- **June 13-15** Fishers, IN Travel Meet, Fishers High School, Fishers, IN
- **June 28-29** AA Summer Splash, RecPlex, Pleasant Prairie, WI

Additional Important Information

Team Apparel

At all competitions, AA swimmers should be in **team** gear only. This includes suits, caps, parkas and warm-ups. Team suits and caps are typically, but not always, Speedo products. By abiding by these contract rules, Speedo gives our members discounts on technical suits based on their level of qualification, as well as discounts to the club. All Alligator team members are encouraged to have a Alligator Warm-Up/parka. All Alligator swimmers are required to wear a team t-shirt at competitions. All Alligator swimmers that choose to wear a swim cap are required to wear the team cap at competitions. All Alligator swimmers must wear the required team suit (black or green Speedo). In championship meets, swimmers 13 and older are expected to purchase a Speedo Championship Technical Suit.

The more we look like a team and act like a team, the more people will want to be a part of our team!

Battle Board

We will have the Battle Board again this year. Coaches are getting it ready to go. We made a few tweaks to help the swimmers achieve their goals.

Last year, swimmers were confused by the fact that they need to complete each column before moving on to the next. For example, our swimmer who qualified for Futures, did not swim 100s of every stroke. So, he was one of the lowest on the board.

We may add IMX/IMR points this year. This comes from competing. USA Swimming calculates times, etc and gives points to each swimmer. For example, last summer, our very own Clare O'Neil was ranked 14th among 13 year olds in our LSC!

Reminder - SWIMS registration

We will be sending out an informational email regarding your swimmer's registration with USA Swimming. This is mandatory for each swimmer on the team. You will receive a code and instructions to follow.

Communication

Best way to reach coaches is email.

Every coach has an email address with the first letter of their first name, their last [name@alligatoraquatics.org](mailto:scassiday@alligatoraquatics.org)

Ex. scassiday@alligatoraquatics.org

Swimmer's Code of Conduct

Swimmer Code of Conduct

I understand that it is an honor and a privilege to swim for Alligator Aquatics.

As a swimmer/athlete member of Alligator Aquatics, I agree to abide by the standards of conduct outlined below:

1. Team members of Alligator Aquatics should always act with respect and with positive support towards coaches, swimmers, officials, and the greater swimming community. Behavior that reflects poorly on Alligator Aquatics will not be tolerated.
2. Team members will adhere to Safe Sport Rules and Regulations.
3. Team members will not engage in any physical contact that could be deemed as unwanted or inappropriate.
4. Team members will not use obscene, profane, or abusive language.
5. Team members will respect the host personnel at our host swim meet facilities and abide by all rules concerning the use of those facilities.
6. Team members are prohibited from possession and use of illegal substances as well as possession and use of tobacco in any form, e-cigarettes and any form of "vaping", and alcohol.
7. Team members will refrain from all illegal or inappropriate behaviors detrimental to Alligator Aquatics and the team culture.
8. Bullying is prohibited. It is defined through the MAAPP SafeSport guidelines.
9. Any violations of the Code of Conduct will result in a formal review of events and actions by any combination of coaching staff and the Alligator Aquatics Executive Board. This may result in any and/or all of the items below:
 - a. Swimmer restricted from participating in some or all team activities.
 - b. Swimmer moved to a different group at the discretion of the coaching staff and review committee.
 - c. Swimmer sent home from team activity at the swimmer's expense.
 - d. Swimmer suspended or completely removed from the Alligator Aquatics program.

10 Commandments for Sports Parents

from USA Swimming

- I. Thou shall not impose thy ambitions on they child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.

Expectations of Parents

Support your swimmer - see 10 Commandments for Sports Parents

Let the Coaches-Coach, Swimmers-Swim, and Parents-Support

(Everyone gets excited during their child's sport. However, please let the coaches do the coaching with the kids. Please do speak to your swimmer during practice. Parents should not signal their swimmer during the practice. It is distracting to everyone involved and sends the wrong message to the swimmer(s). Let us work with your children and understand that we have the knowledge to help them progress in the sport. Without that trust, the swimmer/parent/coach relationship cannot work.)

Understand there is a progression to our skills, please do not interfere with that progression

Don't compare your swimmer to other swimmers

Stress goals and improving times, not beating other swimmers

Understand physical maturation and the importance it has on development

Parent Conduct Policy

1. Practice teamwork by supporting cooperation, loyalty, commitment, and hard work among parents, swimmers, and coaches.
2. Refrain from coaching or instructing the team or any swimmer during training sessions or meets, avoiding interference with coaches on the pool deck.
3. Demonstrate good sportsmanship, earning the respect of my child, fellow swimmers, parents, officials, and coaches at meets and training sessions.
4. Enjoy involvement with the Alligator Aquatic team by fostering positive communication and actions in support of swimmers, coaches, and parents.
5. Maintain self-control at all times, understanding the roles of swimmers, coaches, officials, and parents.

Swimmers – swim, - Coaches - coach, - Officials – officiate, - Parents – parent

Parent Conduct Policy- continued

6. Keep communication with coaching staff to either before or after a training or meet session.
7. Hold questions or concerns regarding decisions made by meet officials or coaches until the end of the meet session, directing inquiries to a member of the AA coaching staff only.
8. Express problems with any coach, swimmer, parent, or official within Alligator Aquatics immediately to your child's coach. If unsatisfactory, escalate to the head coach and, if necessary, submit a formal complaint to the Alligator Aquatics executive board in writing, with all issues documented, signed, and dated.
9. Refrain from using audio or visual recording devices in changing areas, restrooms, locker rooms, or on the pool deck.
10. Abstain from consuming alcohol, tobacco products, or illegal drugs at any Alligator Aquatics event.
11. Recognize that Alligator Aquatics does not tolerate sexual harassment or any form of intolerance, including harassment based on race, ethnicity, socio-economic status, and/or sexual orientation/identification.

Coaches' Code of Conduct

- The coaching staff at Alligator Aquatics promotes a positive team environment and good sportsmanship for all our athletes.
- At all times, adhere to USA Swimming's rules and code of conduct.
- Set a good example of respect and sportsmanship for participants and fans to follow.
- Act and dress with professionalism and dignity in a manner suitable to his/her profession.
- Respect officials and their judgment and abide by the rules of the event.
- Treat opposing coaches, participants, and spectators with respect.
- Instruct participants in sportsmanship and demand that they display good sportsmanship.
- Coach in a positive manner and do not use derogatory comments or abusive language.
- Win with humility and lose with dignity.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- Always maintain a professional separation between coach and athlete. Any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and/or the club's board of directors.

Every Swimmer, Every Day.

Our coaches strive to connect with their athletes daily. Swimmers can attend practices knowing that their coaches will be finding thoughtful and positive ways to give them feedback and encouragement, pushing them beyond the limitations they may put on themselves. The coaches always want to see the swimmers achieve their full potential as a person and a swimmer.