

2009
Burlington Country Club
BCC Swim Team
Handbook

By
Head Coaches
Caleb Hall and Molly MacMillan

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Coaches Statement

As coaches, we believe that we can have a fun, successful and safe season together. Our goals are to improve the swimming skill and overall athletic ability of each athlete through dynamic, fun and skill appropriate practice sessions. Through hard work, dedication and a strong work ethic, the Burlington Country Club Swim Team will build character, create strong individuals and foster lasting friendships. If we work together with a common goal in mind, we will have a great summer season!

General Information

BCC is a summer recreational swimming program for youth and teens. We are a very team oriented program where a lot of emphasis is placed on success through team work. That goes for both swimmers and parents of BCC swimming. We expect constant, enthusiastic, but most importantly, encouraging cheers from our team every race!

Practices will be held from 8:00-10:30am. Meets will be on Tuesday and Thursday except for League and State Championships which will be held on weekends. For meets, swimmers should bring two towels as meets can last a few hours and go late into the night when it gets colder.

Team Mission

Our team mission is to have each individual swimmer, as well as the overall team, improve throughout the course of the season, swim fast, have fun, and display good sportsmanship!

Team Philosophy and Goals

1. Safety is the first priority. We strive to keep swimmers safe by enforcing the pool rules as well as educating swimmers on these rules.
2. Each participant is a person first and then an athlete, and each will be treated as so.
3. The development of one's character comes before the development of one as a swimmer
4. We strive for long-term swimming accomplishments
5. Good character values and good sportsmanship is essential
6. Provide support to the parents to be knowledgeable swimming parents
7. Have fun!

Team Colors

Our team colors are dark blue and gold.

Coaching Staff

Head Coaches

Molly Macmillan

Molly MacMillan comes to BCC from Doylestown Pennsylvania. She is a member of the UVM Varsity Women's Swim team where she is currently the captain. Molly is an Environmental Studies and Spanish major and is minoring in Political Science at UVM. She spent last summer in Granada, Spain where she studied and swam with the University of Granada Swim Team. Molly has been a swimmer all of her life and has seen the sport open many doors. She believes that the sport of swimming builds character, creates a strong work ethic and fosters lasting friendships. Molly is very excited to work with the Burlington Country Club Swim team this year and believes that we can have successful and fun season together.

Caleb Hall-Potvin

Caleb has just finished up his freshman year at St. Michael's College, where he swam on the team. He spent 13 years swimming with the Burlington Country Club, and over the course of that time has gone through many different coaches. He is looking to keep all the traditions of BCC intact while also adding newer elements to the swim program. At St. Michael's he specializes in butterfly and freestyle. He is very excited to be a part of the Country Club family once more.

Assistant Coaches

Alex Suppan

Alex is 18 years old and has been swimming since she was four years old. BCC was the second swim team she ever participated on, the first being the YMCA dynamos. Over the past fourteen years she has been to numerous national swim meets as well as U.S. Open meets. In 2006 she was the national YMCA champion in the 100 meter backstroke. In the fall she will be attending the University of Denver on a swimming scholarship. This past year she has broken many high school state records. In addition she holds many Vermont state records. She is very excited for this upcoming season and hope everyone else is as well!

Ariel Jarvis

Ariel has been swimming at the Y.M.C.A for 13 years and swimming at BCC for 10 years. She has been captain of the Dynamo swim team for 2 years. She has also gone to Y.M.C.A nationals for the past 6 years. She broke the 50, 100, and 200 free state records every year between the ages of 12-15. She is very excited about her first year coaching at the country club and believes it should be a great, fun and exciting summer!

The Structure of BCC Swimming

Practice Schedule

-The first week of practice, which takes place while school is still in session, the week of Monday June 8 until Friday June 12, EVERYONE will practice from 4:00-5:30pm

-PLEASE TAKE NOTE OF NEW PRACTICE TIMES STARTING JUNE 15

- 13 and over's will practice from 8:00-9:30am
- 9-10 and 11-12 age groups will practice from 9:15-10:30am
- 8 & under kids will practice from 9:45-10:30am

Early Morning

The practice from 8:00-9:30am will focus more on yards per work, increasing endurance, and less on actual technique of the stroke, due to the fact that the morning group consists of our more experienced swimmers.

Late Morning

The late morning practices at 9:15 and at 9:45 will be less focused on the intensity of practice, and more so on coaching a sound technical stroke and making the swimmers well rounded in the strokes they can perform.

Workout Details

Workouts provide an opportunity for the coaches and the athletes to accomplish many objectives. These include, but are not limited to:

- Setting goals (long and short term)
- Team building (success of some sets will depend on overall performance of a lane or team, and not just an individual)
- Increase speed
- Increase endurance
- Refine and learn new skills
- Have fun (in addition to fun day, there may be some practices where the athletes do events out of the pool)

Workouts are always open for observation, we actually encourage parents to show up and watch their kids, they may not say it, but it means a lot to have that support when they (the kids) can. However, it is recommended that there be little to no interaction with the swimmers or coaches during a practice as this can provide an outside distraction that can interfere with the quality of practice. If you have questions or concerns, please bring them to our attention before or after a practice.

Equipment

Practice suit: Each swimmer should have a practice suit. We recommend a Speedo, Nike, TYR, or Reebok brand suit for practice rather than the casual swim trunks (trunks provide a lot of resistance and drag in the water, so if swimmers do want work outs to be even harder, they can choose to wear trunks OVER their practice suit). It is also recommended that if a swimmer has a suit from previous years that still fit, that they wear that in practices so the newer team suits stay in top condition for meets.

Goggles: While the BCC pool may not be as harsh on the eyes as other indoor pools, goggles are required. Being able to have the best possible vision underwater allows swimmers to follow the line, see teammates, and watch for specifics of a stroke. It also helps prevent burning and redness of the eyes. Several styles are available; preference is up to the individual. See coaches for help with adjusting goggle size.

Caps: Caps are a great tool for helping swimmers move quickly through the water. They are required if your hair is longer than shoulder length, or if your hair interferes with the vision of your stroke at all. **It is recommended that all female swimmers wear a cap, to avoid loose hairs that float around in the pool.**

Sneakers, shorts, and shirt: These are needed on a daily basis in case of dry land and out of pool workouts that may take place during practices. It is not required that athletes show up wearing these items, it is recommended however that they have them available to them at the pool.

Pool Rules and Guidelines:

- No shoes are allowed on the pool deck.
- Swimmers **MUST** walk when on the pool deck. Running is not permitted.
- Swimmers must stay on the pool deck at all times during practice hours.
- Diving is not permitted. Swimmers must enter feet first unless ok'd by a coach or a lifeguard.
- No splashing
- Swimmers are **NOT** to hang on or pull on the lane lines as they can break.
- Swimmers must keep hands to themselves.
- Do not mistreat or misuse team equipment.
- Respect and follow all directions of coaches and lifeguards.

Locker Room and Lobby Expectations:

- Walk.
- Use showers and soap responsibly.

- Treat the Burlington Country Club and members with respect.
- For additional help, talk to a coach, lifeguard, or parent.

Weather

If bad weather closes the pool, practice will be cancelled, as well as meets if the weather still provides problems at the meet, or if the likelihood of a meet is doubtful due to weather. An email or phone call will be given to participating parties in the event of a meet cancellation due to weather. Due to practices now being a half-hour later, coaches will try to send an email if a practice is cancelled.

Roles

Athlete's responsibilities are to be prepared for practice and meets. Along with coming prepared, all athletes should be willing to try hard, to enjoy the experience and to celebrate individual and team success.

Seniors are swimmers in the age group of 15 years through and including 18 years. The seniors will be called upon to aid in the leadership and communication within the team. The seniors will be role models for other swimmers, as well as help lead cheers, and bring enthusiasm to the team.

Parents are critical to the efficient running of our swim team program. Starting in 2009, parents have even more of a specified role to play with the swim team, from timing, bullpen assignments, to helping with the snack bar at home meets. As always, we expect a cheerful crowd!

The **coaches** will be role models for all swimmers, setting an example of what appropriate behavior for the team should be, in and out of the pool. Coaches will also provide technical expertise, motivation for swimmers, communication with parents and swimmers, as well as give feedback to swimmers and parents.

Communication

Communication between coaches and families is important to BCC swimming, and because of this the bulletin board located at the pool deck will be used much more frequently than past years. At it, you can find coaches contact information, a newsletter, the meet schedule as well as directions to meets (directions will be posted as the meets approach), along with other general information.

In Person

Talking to one or any of the coaches before or after a practice is a good way to communicate a quick message, or to set up another time to meet in which ample time and privacy can be given to handle an issue properly.

Email

Email will remain one of the best forms of communication as both head coaches check e-mail daily. This is the best method in which a parent can notify a coach if a swimmer will miss a practice or a meet. You will also notice that often the information posted on the bulletin board will be sent via email in case not all parents can make it to the pool on some days.

Coaches Contact Information

Coach Hall can be reached at 802-881-3297 (cell)

Email Coach Hall at challpotvin@smcvt.edu

Coach MacMillan can be reached at 215-290-6847 (cell)

Email Coach MacMillan at mollymacmill@gmail.com