

East Longmeadow Marlins

Team Handbook



WINTER 2020

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Team Objectives

Mission Statement

The East Longmeadow Marlins' mission is to foster a fun yet competitive environment in which the emphasis is on developing swimmers skills and technique in a team setting throughout the summer.

Team Philosophy

As a team, we strive to develop well-rounded athletes, in and out of the pool, who learn to love the sport of swimming and continue to enjoy success throughout their career. While competing and achieving personal best times is an important aspect of swimming, there are other qualities such as accountability, respect, time management, and communication skills swimmers learn by being a part of a team which are arguably just as important. The EL Marlins is a developmental program that places a strong emphasis on learning correct stroke technique and developing good practice habits.

Marlins swimmers are held to a high yet achievable standard. All swimmers are different, no matter how old the swimmer is or the swimmer's level of training, there is always a need for an aspect of enjoyment for the swimmer to want to continue to grow. Swimmers will learn the importance of goal-setting as well as how to create individual and team goals.

As coaches, we strive to get to know our swimmers and why they're on the team. May it be to try something new, meet new friends, achieve personal bests, or simply just stay active. Every swimmer has different reasons for joining the Marlins, and as a team, we acknowledge and value all of those reasons. The Marlins' Swim Team is a program that has benefit for any young athlete. The Coaches are looking forward to having a fun and successful season!

Contact Information

Meet the Coaches

Cora Gauvin, Head Coach

Email: cora.gauvin@eastlongmeadowma.gov

Coach Cora started her competitive swimming career at the age of five years old and continued swimming until she was a Division 1 swimmer at the University of Vermont. Once her swimming career ended, she started her coaching career giving back to the sport she loves. Her extensive coaching resume includes thirteen years of being the Head Coach for the Burlington Tennis Club in Vermont, a Coach for Green Mountain Aquatics (a USA club team) in Vermont, and the two seasons as the Assistant Coach of at University of Vermont Women's Swimming & Diving Team, one season as the Marlins Assistant Coach and two years as the Assistant Coach for Wilbraham & Monson Academy where she is a Middle School Math Teacher.

Krysta Downs, Assistant Coach

Email: misskrysta35@gmail.com

Coach Krysta began competitive swimming at 11 for the Springfield Sharks. She quickly transitioned to the Mass Aquatics Club. A season later, she went to the Holyoke YMCA where she competed twice at the YMCA Nationals Long Course Meet. In high school, she helped set a Western Mass relay record, as well as, swimming two personal and two relay high school records at Westfield High. In her time in aquatics, she has served as the Springfield Sharks assistant coach for two seasons, Aquatics Director at two YMCA's. She is currently the Aquatics Coordinator at the Farmington Valley YMCA in Granby, Ct.

Julianne Gordon, Assistant Coach

Email: juliannegordon2016@gmail.com

Coach Julianne has been a competitive swimmer since she was four years old and has experience teaching swim lessons and working with swim teams since 2014. Julianne is an RN working in-home healthcare and her future goals are to be a nurse in the Neonatal Intensive Care Unit.

John Tarbell, Assistant Coach

Email: john.tarbell@outlook.com

Coach Tarbell comes to the EL Marlins team during the middle of Coronavirus and began coaching with the Marlins the summer of 2020 after assisting with scorekeeping and timing console operation during the Winter 2019-2020 season. John was born and raised in East Longmeadow and was a Marlin swimmer 2002-2012, Marlins Assistant Coach Summer 2010, and an ELHS Spartan swimmer 2008-2012 and Captain 2012 where he was a distance freestyler. John works full time as an Emergency Medical Technician for a private commercial service and covers all corners of MA. John also coaches with the Farmington Valley YMCA Tsunamis.

**Parent Board Members
2020-2021**

Name	Title	Email
Charles Gray	Co-chair	charles_gray2@msn.com
Dave LaPorte	Co-chair	david.laporte@comcast.net
Jared Petit	Treasurer	jaredpetit@gmail.com
Corrin Schulze	Communications Coordinator	corrinschulze@yahoo.com
Chad Lachapelle	Member at Large	chadlachapelle@gmail.com
Jen Lachapelle	Member at Large	jenniferlach13@gmail.com
Kevin Lennon	Member at Large	kevinlennonjr@gmail.com
Jen McGowen	Member at Large	jennmcgowan27@gmail.com
Joe Williams	Member at Large	jdubs816@gmail.com

Team Communication

- **Communication** is extremely important.
- **Parents, please note that, practice is reserved for the swimmers.** We kindly ask that you save your questions for coaches before or after practice, not during.
- **Email is an ideal way to reach us!** If you have any comments, questions or concerns about your child or the Marlins' swim program, please email the coaches directly or our board member (Communications Coordinator) at elmarlins2@gmail.com
- SMS/Calls to coaches should be reserved for last-minute meet cancellations. Any swimmer who fails to communicate in advance that they will not be arriving at the time scheduled in TeamUnify will be considered a "no show" and scratched from the meet.

Email

- A weekly email will be sent out from one of the coaches entitled "**Coaches Notes**" that will provide:
 - Changes to practice and/or meet schedules
 - Reminders for any upcoming events
 - Personal messages from the coaches

Team Apparel and Equipment

Team Suits

- Team suits are available for purchase on the EL Marlins' website. All swimmers must have a competitive style suit before the first meet.
- Purchasing a team suit is not mandatory, however, it is required that if a swimmer does not have a team suit, they wear a competitive style, team colored suit during competition.

Team Uniform Apparel

- At the beginning of the season, each swimmer will be issued:
 - One complimentary, Marlins swim cap
 - One complimentary team T-Shirt
- Replacement shirts and caps will be available for a fee.

Team Equipment

- Your swimmer will need the following equipment during the season:
 - Water bottle
 - Two pairs of competitive swim goggles (one to wear and a back-up pair)
 - A swim cap
 - A towel
 - Warm clothes

Additional Team Equipment

Other equipment used during practice that is provided to swimmers for use includes:

- Kickboards
- Fins
- Paddles
- Pull buoys

If your swimmer wishes to bring their own personal equipment, they may do so but it is not required.

Additional Team Apparel

- Supplemental apparel items are available for purchase. Additional information will be provided on TeamUnify.

Practice Information

The EL Marlins is a developmental program that encourages swimmers to practice with correct technique and further develop all strokes. Practice is a time for the swimmers. Swimmers are encouraged to come to as many practices a week as possible.

Practice Attire

- All swimmers are required to wear competitive style swimsuits during practice, a pair of competitive swim goggles, and a swim cap is strongly preferred. Please see a coach with any questions in regards to what is considered a competitive style swimsuit.

Practice Groups

- Swimmers may be moved into different practice groups at the coaches' discretion.
- For everyone's best interest, a swimmer's age and skill ability are used as a guideline when creating practice groups.

Schedule

- The practice schedule will be posted on the team website.
- Practice schedule is subject to change. Please check TeamUnify daily for any updates or cancellations.

Pool Location

- The EL Marlins have two pool locations.
 - The ELHS pool
 - Pine Knoll Recreation Area Pool
- During the winter season, the ELHS pool is used exclusively.
- During the summer season, the team uses both facilities weather dependent.

- Tentatively the Pine Knoll Recreation Pool opens mid-June.
- Please follow the practice schedule and alerts in TeamUnify for pool locations
- Additional information will be provided via email by the coaches.

Practice Etiquette - Swimmers

- Practice is a time for the swimmers.
- Practice starts promptly. All swimmers should be prepared to get in the water and/or start dryland at the start of their assigned practice time.
- If swimmers need to use the restroom, they are required to always let a coach know beforehand and are encouraged to do so in-between sets.
- Swimmers are expected to be quiet and listen when a coach is speaking.
- Swimmers should respect others around them by being quiet when a coach is speaking.
- EL Marlins shall, practice good sportsmanship, use appropriate language, and support their teammates. Please refer to the code of conduct for more detail.

Practice Etiquette – Parents

- Parents are required to stay during practice. Please remain available in the school parking lot.
- The coach will run a closed practice.

Policies

Lifeguard Coverage Policy

- All practices are required to have a lifeguard present and on-duty before swimmers are allowed to enter the pool.
- No lifeguard = no practice.
- All practice cancellation notifications will be sent out via TeamUnify and an email will be sent out by one of the coaches and / or board members.
- Swimmers are NOT allowed to enter the water until given permission by a coach.

Practice Cancellation Policy

- Any forecasted changes in the practice schedule will be communicated via email and TeamUnify.
- In the event of an emergency, practice cancellation, and/or practice cancellation due to inclement weather, a notification will be sent out via TeamUnify and an email will be sent out by one of the coaches and/or board members.

Inclement Weather

- In the event of inclement weather, please do not assume practice is cancelled unless a notice has gone out.
- Check TeamUnify and email to verify any practice schedule changes.

- Please check your TeamUnify and email daily before practice for any updates from the coaches and/or board members.

Phone Policy

- Cell phone use during practice (including dryland) is prohibited.
- No swimmer and / or parent should record other swimmers during practice unless consent is granted.

Anti-Bullying Policy

All Marlins swimmers should have a safe, healthy, and fun sport environment to practice and compete in. **Bullying is prohibited.** The Marlins' have a zero-tolerance for bullying. Bullying is referred to as, "A specific type of physical, verbal or psychological aggression with the intent to harm, repetition over time, and imbalance of power (USA Swimming, 2018)." Regardless of when or where an act of bullying occurred, any swimmer who partakes in the act of bullying another swimmer will be eligible for dismissal.

- Examples of Bullying:
 - Verbal acts
 - Repeatedly and excessively verbally attacking another swimmer personally (e.g., calling them slow, fat or disgusting).
 - Repeatedly and excessively taunting another swimmer.
 - Physical acts
 - Throwing sport equipment or water bottles at other swimmers.
 - Physically hitting, or the intent to inflict harm on another swimmer.

Acknowledgment Form

Team Handbook Policies



Name of Swimmer: _____

Please choose one:

By signing below, I certify that I HAVE read and understand all the general policies and procedures contained in the ELM 2020 – 2021 Team Handbook. I will abide by these policies and understand that failure to do so will cause my child to not be able to participate in team practices, meets, and/or activities. I certify that I understand and will pay all registration fees associated with my child's swim group(s). I also understand that the policies in this handbook are subject to change at any time with written notice

By signing below, I certify that I have chosen NOT to read the information included in the ELM 2020 – 2021 Team Handbook. I understand that if I want my child to participate in team practices, meets, or activities, my child and I will be bound by these policies, regardless of my choice to not read them. I also understand that the policies in this handbook are subject to change at any time with written notice.

I have discussed the policies and procedures with my child.

Parent's Signature _____ Date _____

Swimmer's Signature _____ Date _____