

MASON MANTA RAYS

WWW.MASONSWIMMING.ORG



2016 Parent Meeting

- I. Welcome
 - a. Coaching Staff
 - i. Ken Heis, Todd Billhimer, Mark Sullivan, Katie Schmidt, Derek Finn, Heather Shooner, Ashley Heinsen, Trish Schoenlein, Courtney Ryan, John Galvin, Brandon Williams, Casey Thompson, Mike Tomes, Amy Robillard, Sabrina Manning, Mary Wunderle, Lisa Hardwick (please see bio's on web site).
 - ii. Vern Gambetta – Dryland, Dawn Weatherwax – Nutrition,
 - iii. Stable Core—For Swimmers, Mark Daasch, PT (513)671-6362
 1. Injury & preventive care for entire team.
 - b. History of the Manta Rays
 - i. Team Founded by the City of Mason in August 2003
 1. Goal: To have a nationally recognized competitive aquatics program that teaches and trains all levels of swimmers, emphasizing individual progress, team unity, family participation, and competition at the highest individual level.
 2. Philosophy: The team philosophy is encompassed in the acronym P.R.I.D.E. This word is made up of our core values: perseverance, responsibility, integrity, dedication, and empowerment.
 - a. Teach children to work hard, to work together, to cooperate, to be part of a team, to compete fairly, to respect others who do likewise, to learn positive lessons about delayed gratification.
 - c. Practice and Attendance Policies
 - i. Practice Group Changes
 1. In case we have placed some swimmer in the wrong group, we may ask for them to switch groups (up or down) through the end of October. Please be open to these changes.
 2. Practices the first few weeks will be a little crazy because of water polo games going on during practice and because everyone attends almost every practice.
 - ii. Goal Packets
 1. We encourage all swimmers to set goals. Each group will have goal setting meetings appropriate for each level. Coaches will go over how they are going to implement goal setting in the individual group parent meetings.
 - iii. Practice Attendance
 1. The more your swimmer comes the better they will become.
 2. Please bring your swimmer on time and pick them up after practice. If they are going to be late, please give them a note or drop us an e-mail to let us know the reason. Late swimmers disrupt the whole practice group.
 - a. All swimmers need to check in with their Community Center pass.

3. Swimmers are expected to use the restroom before and after practice. If a swimmer needs to go during practice, they should ask the coach.
 4. PARENTS: Please stay off the pool deck during practice.
 5. We will have two coaches on deck for all groups. This may not be the case for every practice. Also, your swimmer's coach may not be at every swim meet or every session. Another Manta Ray coach will coach your swimmer if this happens.
- iv. Building strokes for long term
1. During the first four weeks of practice most groups are going to review/introduce a stroke a week—freestyle, backstroke, breaststroke, and then butterfly.
 2. Everyone needs fins by Sept 30. Each coach for each practice group will go over everything they need
- v. Dryland Program: Integral part of the program
1. New Program (Year 3): We have developed a progressive & comprehensive program from age 8 to 18 that is developmentally appropriate.
 2. Mission: To instill a culture of daily physical preparation that grows & nurtures adaptable swimming athletes who understand the wisdom of their bodies, its ability to self-organize and solve movement problems
 3. Goal: At the end of the journey all physical limitations are eradicated and the swimmer is ready technically, tactically, physically, and psychologically to compete to win.
 4. Training Movements not muscles – not bodybuilding!
 5. Everything we do has been vetted by orthopedist & PT to help w/ shoulder injuries
 6. Please bring athletic shoes.
- vi. Proper Dress To and From Practice
1. Cold Weather: Dress Appropriately
 - a. For example: If the weather is under 40 degrees, everyone should be changing out of their suits and wearing a coat & warm hat.
- vii. Weather, Pool Problems, Last minute changes
- a. If the Mason Community Center is closed, we will not have practice. Check www.masonswimming.org & your email.
- viii. Locker Room Etiquette
1. Remind swimmers to behave in locker room. If you witness poor behavior, please let the coaches or the front desk know.
- d. Communication
- i. If you are not getting any team emails from the team, please email Coach Todd as soon as possible tbillhimer@masonoh.org. We will make sure your address is updated in the system so you can log on the web site.
 - ii. Please feel free to contact any of the coaches via e-mail. Their e-mail addresses are on the web site.
 - iii. Practice Group Parents Meetings—Times and dates are posted in the September Calendar & online. (Or coaches will email out the times)

- iv. Please do not talk to the coach while he/she is coaching.
- v. Family Files, Emails, Web Site

Please visit: **www.masonswimming.org** Soon, if not already, you will be sent a system generated email with your login credentials to your own private account and email. This email will grant you access to your own secure account. **Please login and update all of your contact information.** Please contact Todd Billhimer tbillhimer@masonoh.org with any difficulties you may have logging in to your account or questions.

- e. Team Suit and gear orders (ORDER BY 9/18)
 - i. Spirit Wear & personalized cap orders coming soon!
 - ii. **GO TO** **www.augustaswim.com**
 - iii. **CLICK ON** **TEAMS**
 - iv. **USERNAME** **MMR**
 - v. **PASSWORD** **1234**
 - vi. **ORDERING INSTRUCTIONS: ATTEND TEAM FITTING ON 9/14 OR 9/15 FROM 5-7 pm IN POOL BLEACHERS. THEN ORDER ONLINE FROM AUGUSTA SWIM SUPPLY BY SUNDAY, 9/19/2016, TO RECEIVE FREE SHIPPING AND TO GET ORDER BY OUR FIRST MEET. PURCHASING ITEMS THROUGH AUGUSTA SWIM SUPPLY SUPPORTS OUR TEAM – NO TAX! ONLINE INSTRUCTIONS:**
- f. Website Help: We have a few tutorials on our website covering some of the important tasks. Some of these tasks include meet entry, update contact info, track volunteer hours, billing, and changing t-shirt sizes. If you have any questions about the website, please don't hesitate to ask Ken or Todd.
<https://www.teamunify.com/SubTabGeneric.jsp?team=ohmmr&stabid=50278>
- g. Meets (2016-2017 SCHEDULE IS ONLINE www.masonswimming.org)
Meets may be added or dropped during the season
 - i. Meet Expectations/Explanation
 - 1. Most of our meets the entire team will be able to attend; however, there will be some meets that will cater towards certain ages/abilities. Meet details can be found under each individual meet the web site.
 - a. Some meets have time standards to enter.
 - 2. Sign-up Process
 - a. Online only: Click "Edit Commitment" and follow the directions.
 - b. If you have to cancel out of a meet **after** the scratch/add deadline, please let us know via e-mail or phone. *Meet fees cannot be refunded at this time because fees are prepaid to the meet host.*
 - ii. Meet Attire
 - 1. Manta Ray Suit and Manta Ray Swim Cap
 - a. Fast Suits should only be worn, if at all, at the MAKOS meet, Mid-Winter Clipper Meet, and Championships. Please talk with your swimmer's coach about whether a fast suit would be beneficial. The Manta Ray team suit and swim cap should be worn at meets.

2. Three Manta Ray t-shirts are included with registration fees. We will wear a certain shirt on each of the three days of the meets.
 - a. Shirts will be in by October 7 and will be handed out at practice.
- iii. Encourage your swimmer to come talk with the coaches after each race and BEFORE he or she talks with you.
 1. Parents need to parent, coaches need to coach.
- h. Incentive Awards (see online for details)
 - i. Ironman, A-Team, Attendance Pizza Party
- i. Team Activities
 - i. Social Activities will be planned about once a month. Past outings have included Bowling, Pump it Up, Pizza Parties, Psych Dinners, Reds Games, Laser Tag, and more will be announced throughout the season on the website and through e-mail. Please contact Ken Heis at kheis@masonoh.org or your swimmer's lead coach if you are interested in helping with social activities.
- j. Volunteering
 - Volunteer Options
 - Officials: If you are interested in becoming an official, please contact Terry Anchrum at terrence@anchrum.com
 - Volunteer Sign-up: Online only
 - DATABOARD (Runs the Scoreboard and touch pads)
 - Training and sign-up will be emailed out soon.
 - COMPUTER TABLE (Compiles the data for results)
 - AWARDS LEAD NEEDED

I .Billing Questions or concerns please contact Coach Katie Schmidt at kschmidt@masonoh.org.

