

Welcome To the Arapahoe Park and Recreation District C.A.R.A Swim Team!

Season Dates: May 28-July 27



Lookout Pool: 720-870-1924

Head Coach: Jascha Morton-

Email: jaschamor@the-trails.org

Assistant Coach: Alexandra (Lexie) Wissler

Assistant Coach: Alexis Floodeen

Assistant Coach: Savannah Yost

Practice Times: Practices are organized so that swimmers attend M/W Evenings OR Mornings and T/Th evenings OR mornings depending on their ability and age, a total of 4 practices a week. **Siblings may come to the same practice to accommodate schedules. Please speak with a coach to determine which group would be the best fit for your swimmers.**

May 28th-May 30th

Evening practices only the first week

Gold and Blue- 6:00 PM-7:00 PM

White- 7:00 PM-8:15 PM

June 3-July 25th

<i>Group</i>		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<i>Gold (6-8) Beginners</i>		<i>7:30 Am-8:30 Am 6:15 Pm-7:30 PM</i>	<i>7:30 Am-8:30 Am</i>	<i>7:30 Am-8:30 Am 6:15 Pm-7:30 PM</i>	<i>7:30 Am-8:30 Am</i>
<i>White(8/9-11) Intermediate</i>		<i>7:30 Am-8:30 Am</i>	<i>7:30 Am-8:30 Am 6:15 PM-7:30 Pm</i>	<i>7:30 Am-8:30 Am</i>	<i>7:30 Am-8:30 Am 6:15 PM-7:30 Pm</i>
<i>Blue 11/12- 18 Advanced</i>		<i>7:30 Am-8:30 Am 6:15 PM-7:30 PM</i>	<i>7:30 Am-8:30 Am</i>	<i>7:30 Am-8:30 Am 6:15 PM-7:30 PM</i>	<i>7:30 Am-8:30 Am</i>

***We understand families may have a difficult time adjusting to this schedule due to multiple family members coming to different times and other obligations. Morning practices are open to all groups. Groups will be determined by age and ability.**

What to Bring (not provided):

Everyone should bring to practice everyday:

Water Bottle

Light Workout clothes (for stretching before getting in water),

Running Shoes

Swim Suit

Goggles

Swim Caps - required for females

Towel

Weather:

Practices will be cancelled due to weather at the discretion of the Coach.

Practice will be cancelled if it is lightning and thundering consistently. The

Coach will make an effort to be at the pool to tell swimmers of the

cancellation. Unfortunately, most cancellations are last minute due to

Colorado's constantly changing weather and will not be determined until the

scheduled practice time. Fridays will be used as a makeup day at the

discretion of the Head Coach.

****All families who have a swimmer participating in the Home Swim Meet must provide at least 1 volunteer. If you are unable to provide a volunteer, a fee of \$25.00 per family will be assessed. Bringing food and a canopy is separate from volunteering.**

Swim Meet Dates:

Pool

#1 Saturday June 15

HOME

Cards due: June 11

#2 Saturday July 13

Thornton

Cards due: July 9

#3 Sunday July 21

Parker

Cards due: July 16

#4 Saturday July 27

APS

Cards due: July 23

#5 Summer Invite August 3 Thornton @VMAC

Entry Deadline: Aug. 1

****Swimmers must meet qualifying times to participate in the summer invite**

All swimmers are expected to be at the pool at 7:00 AM on Swim Meet Days for warm up. Participation at meets is encouraged but not mandatory. Each swimmer may swim 3 individual events and 2 relays. Relays will be handed out during stretches the morning of the swim meet.

Volunteers needed:

Team Mom or Dad (organizes team dinners, phone tree etc.)
Swim meet volunteers including; 2 per meet
Team Snacks for swim meets (apples, oranges, watermelon, water)
Team Dinner- Friday June 8
Parent to input Times after Swim Meet

Pasta Party:

The Team pasta party will be Friday June 7
Swimming will start at 6:00 PM
Eat: 6:30 pm

Place: Lookout Pool
Potluck Style

End of the year Party:

The party is tentatively scheduled for August 10 at Lookout Pool. Food will be served at 6:00 PM. Swimming for parents and participants is allowed. All pool rules will apply. All children 5 and under must have a parent in the pool with them who is in a swim suit and within arms reach. We ask that parents donate \$5.00 per family (fee for team does not cover cost). Children 3 and under are free.

Swim Suits:

We will be making a swim suit order again. Jascha has picked out a swim suit for the team (not required to buy), however price and make of the suit could change depending on availability. Deadline to register through Jascha will be May 18. After May 18, all team suits can be directly ordered from Swim N Things off I-25 and Evans.

Arapahoe Park and Recreation District Swim Team Policies*:

*Swimmers**

- Obey all safety rules of Lookout Pool and any Host Agency's Pool
- Never argue or challenge the coach's decision
- Be on your best behavior at all times
- You are responsible to keep track of all items you bring to the pool
- Refrain from any negative action or gestures that may cause discomfort or harm to oneself or others.
- Support all team mates (especially when they are swimming in a race)
- Have Fun!!

*Swimmers are subject to Disciplinary procedures if the Coach(es) determine the swimmer is a distraction or safety hazard to themselves, other swimmers, or coaches.

Parents/Guardians

- Please stay off the deck during practice times. You may sit in the grass areas or behind the gated fence by the baby pool. Please refrain from coaching your child during practice; this may cause a distraction to the Team.
- Participate only as a spectator during practices or a swim meets unless otherwise directed by the coach.
- Never approach the coach about a decision and/or concern during practice or swim meet (before or after practice; time may be set aside for major concerns)
- Bring child to practice and meets on time
- Arrive to pick-up child from practice and meets on time
- No one is allowed in the Baby Pool during practice; No lifeguard on duty.
- Be supportive and encourage your child and other team members (cheering is a must at meets)!

COLORADO ASSOCIATION RECREATIONAL ATHLETICS (CARA)

The C.A.R.A. Philosophy

The C.A.R.A. program was created and designed to be a program with a strong **recreational** format for the non-ranked, non-sanctioned participant. Competition has its place in the program and all participants are encouraged to do their best, but it must be emphasized that this is of secondary importance. The development of skills and sportsmanship, while stressing participation for all and assuring each swimmer experiences some degree of success are the main goals of this program.

Swimmers and Coaches Code of Conduct

Definitions

Coach: A person designated as in charge of the team.

Swimmer: A person who actively participates in the meet, or who is on the team roster.

Contest Area: That area which is designated by the meet host.

Spectator: A person who comes out to watch the games for entertainment with no physical involvement.

Official: Person or persons on the pool deck (usually the starter) to administer meet rules.

Participation: Any involvement in the C.A.R.A. activities such as spectating, officiating, swimming, coaching, or attending non-sporting events.

C.A.R.A. Activity: Any event designated by the Colorado Association of Recreational Athletics and hosted by an agency who is a member of C.A.R.A.

Host Supervisor: Full-time employee of the host agency.

Swimmers Code

A. No swimmer shall: At any time lay a hand upon, shove, strike, or threaten an official, other swimmers or spectators.

Minimum penalty: Host Supervisor is required to suspend swimmer immediately.

Maximum penalty: Penalty shall be determined by the CARA Swim committee at a later date.

B. No swimmer shall: Refuse to abide by an official's or host supervisor's decision.

Maximum penalty: Removal from further swims.

C. No swimmer shall: Be guilty of obscene gestures or objectionable demonstration of dissent at officials' or host supervisor's decisions.

Minimum penalty: Warning by the official, and report such person to the host supervisor.

Maximum penalty: Removal of swimmer from further swims.

D. No swimmer shall: Be guilty of an abusive verbal attack upon any swimmer, official, or host director.

Minimum penalty: Officials are required to suspend person from further meet participation.

E. The coach shall: Be the **ONLY** team representative who may discuss a decision with the officials.

F. The coach & team: Are responsible for the conduct of spectators.

Minimum penalty: Verbal warning to the coach regarding spectator behavior.

Maximum penalty: Removal of spectator from the contest area.

G. The officials decisions are final. Judgement calls may not be protested.

Enforcements

1. Warning methods: verbal and written notices.

2. A verbal notice shall be followed up by a written notice to supervisor.

3. Suspended coach: Suspension from the contest area shall result in the coach(es) case being heard by the CARA Aquatic committee.

4. A suspended coach must remove themselves immediately for the confines of the contest area as defined by the host director.

5. If a suspended coach does not remove themselves from the confines of the contest area, the host supervisor shall call the authorities.

6. The host supervisor shall be responsible for suspending coach(es) from the contest area.

7. The CARA Aquatic committee may suspend coach from further participation in C.A.R.A. Swimming program.

8. Elasticity – Host Supervisor: Any enforcement procedures which are not stated herein may be provided by the host supervisor as is necessary to provide for the recreational enjoyment of swimmers, coaches, and spectators.

Age Group	Boys	Qualifying Time	Event	Qualifying Time	Girls
15-18	1	:33.00	50 Butterfly	:36.00	2
13 & 14	3	:38.00	50 Butterfly	:39.00	4
11 & 12	5	:19.20	25 Butterfly	:18.00	6
9 & 10	7	:23.00	25 Butterfly	:23.50	8
8 & under	9	:32.00	25 Butterfly	:30.00	10
15-18	11	02:05.0	200 Fr R	02:06.0	12
13-14	13	02:10.0	200 Fr R	02:14.0	14
11 & 12	15	01:12.0	100 Fr R	01:12.0	16
9 & 10	17	01:15.0	100 Fr R	01:20.0	18
8 & under	19	01:34.0	100 Fr R	01:38.0	20
15-18	21	02:50.0	200 IM	02:53.0	22
13 & 14	23	02:55.0	200 IM	02:56.0	24
11 & 12	25	01:30.5	100 IM	01:41.0	26
9 & 10	27	01:50.0	100 IM	01:59.0	28
8 & under	29	02:14.0	100 IM	02:15.0	30
15-18	31	:29.00	50 Free	:32.00	32
13 & 14	33	:33.00	50 Free	:33.50	34
11 & 12	35	:16.50	25 Free	:17.00	36
9 & 10	37	:20.00	25 Free	:20.50	38
8 & under	39	:25.00	25 Free	:26.00	40
15-18	41	:35.00	50 Back	:37.50	42
13 & 14	43	:40.00	50 Back	:40.00	44
11 & 12	45	:20.00	25 Back	:21.00	46
9 & 10	47	:25.00	25 Back	:23.50	48
8 & under	49	:26.00	25 Back	:29.00	50
15-18	51	02:20.0	200 Med R	02:28.0	52
13 & 14	53	02:35.0	200 Med R	02:45.0	54
11 & 12	55	01:18.0	100 Med R	01:20.0	56
9 & 10	57	01:30.0	100 Med R	01:40.0	58
8 & under	59	01:45.0	100 Med R	01:45.0	60
15-18	61	:40.50	50 Breast	:42.65	62
13 & 14	63	:39.50	50 Breast	:45.00	64
11 & 12	65	:25.00	25 Breast	:26.00	66
9 & 10	67	:27.00	25 Breast	:28.00	68
8 & under	69	:31.00	25 Breast	:32.00	70
15-18	71	01:09.0	100 Free	01:10.0	72
13 & 14	73	01:11.0	100 Free	01:12.0	74
11 & 12	75	:36.00	50 Free	:37.00	76
9 & 10	77	:40.00	50 Free	:42.00	78
8 & under	79	:45.00	50 Free	:46.00	80