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# CCP 2023

## SWIM & DIVE

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# Parent Handbook

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Welcome to the 2023 summer season. We look forward to another great year at the pool! Please read this updated handbook.

**The purpose of this handbook is to:**

- 1) Educate new and returning members on the CCP swimming and diving program**
- 2) Outline various rules and policies that affect all swimmers and parents**
- 3) Ensure parents and swimmers/divers make the most of this summer program**

**Whether you are new to the program or have been participating for years, all families should read the following pages to become familiar with important facts and rules of the team.**



## Staff and Committees

Coaching Staff	Josie Graham (Head Coach)
Pool Staff	Joe Jackson (Pool Operations Manager) Josie Graham (Assistant Pool Manger) Matt V. (Assistant Pool Manager)
Pool Chair	Matt Coulter



## What is Central Illinois Country Club Association (CICCA)

What is it?	For over 75 years, our club has been part of the CICCA along with five other clubs from the following cities: Bloomington, Champaign, Danville, Decatur and Springfield. Our swimming and diving program competes against each club individually within a two-month period each summer. The season culminates in a CICCA Conference Swimming and Diving meet with all six clubs on the last weekend of each July (verify exact date in the schedule).
Who sets up the rules?	The CICCA Swimming and Diving Conference has been in existence since 1937. Its official rules are subject to review and revisions each year at the annual and other meetings of the coaches and pool chairs in a continuing effort to improve the competition program.

What is its purpose and objectives?	<ol style="list-style-type: none"> <li>1. To promote a summer of competitive diving and swimming for as many of our children as possible and thereby stimulate in each member club an interest in aquatics, not only among team members, but also in those striving to make the team, in parents and in spectators.</li> <li>2. To encourage skills in all competitive strokes and in diving through competent coaching during carefully supervised regular training periods.</li> <li>3. To develop sportsmanship, self-confidence, team loyalty and sociability among all participants.</li> <li>4. To sponsor, in addition to a swimming and diving team, an all-around aquatics program to include swimming and diving lessons, events or programs for non-team members, all of which will help to achieve improved conduct and safety in the use of club pools.</li> </ol>
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## Qualification and requirements for participation

Eligibility	All participants must be children of bona fide members of a CICCAs country club.
Divisions	6 and under 8 and under 10 and under 12 and under . 14 and under Seniors (15 through the summer after the fourth year of high school or graduation from high school whichever occurs first).
Age	A contestant's age for each summer of competition shall be determined by his or her age as of June 1

Swim Team	<ul style="list-style-type: none"> <li>• Swim length of pool (25 yards) unassisted</li> <li>• Knowledge of at least freestyle and backstroke</li> </ul> <p><b>If these requirements can not be met, the child must start on Pre-Team. This will be determined by the coaching staff.</b></p>
Pre-Team	<p>Goal: to make it onto swim team by the end of the summer or the next summer.</p> <p>Some water experience needed .</p> <p>Must be able to float on the back/stomach unassisted</p> <p>Basic strokes will be taught</p> <p>Must attend the qualifier (TBD)</p> <p>If your child doesn't meet these requirements, you may consider group lessons or private lessons.</p>
Group Lessons	<p>Goal: learn the basics of swimming and possibly join pre-team by the end of the summer.</p> <p>No previous water experience needed</p> <p>Emphasis in water confidence, basic swimming needs</p>
Private Lessons	<p>Based on a need basis</p> <p>Available for any age and skill level</p> <p>Charge made to member account</p>
Swim Team <u>Qualifier</u>	<p><b>All new team members must attend this for evaluation purposes.</b></p> <p>The coaching staff will look at each of these swimmers and place them into a group. There will be opportunities throughout the summer for swimmers to improve and move into a different category at the discretion of the coaching staff.</p>

# Coaches and Coaching Responsibilities

Swim Coaches	<p><b>Head Coach:</b> Josie Graham          grahamjosie253@gmail.com or (309)214-2427  <b>Remind:</b> text @ccofp2023 to the number 81010 or text updates through REMIND (mass text system). Information on how to join REMIND will be at the end of this handbook. All parents of swimmers and divers <b>MUST</b> join the remind text.</p>
Responsibilities of Coaches	<p>Teach swimmers/divers fundamentals of sport          Create a fun and competitive environment for our athletes to grow          Create lineups* that are fair to all swimmers and the team as a whole *NOTE: Lineups are made with regards to both a swimmer's times and attendance record, while also looking at each individual's attitude and behavior during practices.  <b>TO ADD A SWIMMER TO THE MEET YOU MUST CONTACT COACH JOSIE AT LEAST 48HRS BEFORE THE MEET. THERE WILL BE NO LATE ENTRIES AFTER THAT TIME. TO UNADD A SWIMMER FROM THE MEET YOU MUST CONTACT COACH JOSIE 24HRS BEFORE THE MEET.</b></p>
Responsibilities of Coaches and Parents	<p>The CCP coaching staff has the final decision regarding practice assignments, enforcement of team rules, and meet lineups.          It is understood that a parent's responsibility is to support and look out for their swimmer/diver, and it is the coach's responsibility to support and do what is best for the entire team.  <b>Parents are required to work at least one meet</b> either by timing, doing ribbons, announcing, or working at the table. We also must provide 6-8</p>
Team Philosophy	<p>We aim to create a fun, competitive, and safe environment for our athletes to grow - while placing an emphasis on goal setting and personal bests for all of our swimmers/divers.</p>

# Practice schedule and expectations

Swimming and Diving	<div>Swimming</div> <table><tr><td></td><td>Monday</td><td>Tuesday</td><td>Wednesday</td><td>Thursday</td><td>Friday</td></tr><tr><td>9:30-10:30</td><td>10&amp;Unders</td><td>10&amp;Unders</td><td>10&amp;Unders</td><td rowspan="4">10:00-11:00 AM ALL AGES</td><td>10&amp;Unders</td></tr><tr><td>10:30-11:45</td><td>11&amp;Ups</td><td>11&amp;Ups</td><td>11&amp;Ups</td><td>11&amp;Ups</td></tr><tr><td>12:00-12:30</td><td>Pre-team</td><td>Pre-team</td><td>Pre-team</td><td rowspan="2">Make up day if bad weather</td></tr><tr><td>12:30-1:00</td><td>Group lessons</td><td>Group lessons</td><td>Group lessons</td></tr></table> <div>Diving</div> <table><tr><td></td><td>Monday</td><td>Tuesday</td><td>Wednesday</td><td>Thursday</td><td>Friday</td></tr><tr><td>9:30-10:30</td><td>11&amp;Ups</td><td>11&amp;Ups</td><td>11&amp;Ups</td><td rowspan="2">NO DIVING</td><td>11&amp;Ups</td></tr><tr><td>10:30-11:15</td><td>10&amp;Unders</td><td>10&amp;Unders</td><td>10&amp;Unders</td><td>10&amp;Unders</td></tr></table>		Monday	Tuesday	Wednesday	Thursday	Friday	9:30-10:30	10&Unders	10&Unders	10&Unders	10:00-11:00 AM ALL AGES	10&Unders	10:30-11:45	11&Ups	11&Ups	11&Ups	11&Ups	12:00-12:30	Pre-team	Pre-team	Pre-team	Make up day if bad weather	12:30-1:00	Group lessons	Group lessons	Group lessons		Monday	Tuesday	Wednesday	Thursday	Friday	9:30-10:30	11&Ups	11&Ups	11&Ups	NO DIVING	11&Ups	10:30-11:15	10&Unders	10&Unders	10&Unders	10&Unders
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Requirements/expectation	<p>Swimmers are expected to attend practice whenever they are able</p> <p>Attendance, while not mandatory, does have great benefits to swimmers of all ages and abilities, as well as a significant impact on the meet lineups</p> <p>Swimmers must arrive in a timely fashion, stretches will begin at the set practice times</p> <p>Swimmers must be respectful of coaches and fellow swimmers at all times while in the pool area, misbehavior distracts from being able to coach other kids and will not be tolerated</p> <p>We want this to be a fun summer, but we also need to prioritize safety and respect for the others on the team. We are lucky to have a large group of kids this year, but with a large group comes more disruptions. It is not fair to the kids who want to swim for the coaches to have to stop practices multiple times when a child is misbehaving. Here are our rules for misbehavior:</p> <ol style="list-style-type: none"><li>1. When a child is misbehaving or not listening we will give them one verbal warning</li><li>2. If there is a second offense, the child will be pulled out of practice that day</li><li>3. If there is a third offense, the child will be pulled out of practice, they will not be able to participate in Fun Friday, and there will be a parent/coach meeting phone call.</li></ol>																																											
Weather Policy	<p>Under 65 degrees: practice canceled (check weather.com, zip code 61616)</p> <p>Severe weather (i.e., lightning or thunder): no practice</p> <p>Practice cancellation will be communicated as soon as possible using the REMIND app.</p>																																											

# Competition Expectations

Line Ups	Emailed at least 24 hours before the meet
Requirements/expectation	<p>At the beginning of the season there is a sign up sheet letting the coaches know which meets your child will (and will not) be able to attend. We understand that things may change throughout the season. Please make sure coaches know if your child will not be at a meet and/or check the line up to be sure they aren't listed so coaches have an opportunity to fill that spot with another swimmer. This also keeps our team from having to scratch relays the day of the meet due to missing swimmers. Communication is key!</p> <p>Here is our meet attendance policy again:            TO ADD A SWIMMER TO THE MEET YOU MUST CONTACT COACH JOSIE AT LEAST 48HRS BEFORE THE MEET. THERE WILL BE NO LATE ENTRIES AFTER THAT TIME. TO UNADD A SWIMMER FROM THE MEET YOU MUST CONTACT COACH JOSIE 24HRS BEFORE THE MEET.</p>
Meet Rules	<p>If a swim cap is worn, it must CCP swim cap.</p> <p>CCP team suits are preferred. You can go online to order.</p> <p>Swimmers must wear goggles for their safety.</p> <p>Swim team and parents are responsible for picking up after themselves at home meets and staging areas for the team at away meets.</p> <p>More rules about etiquette for away meets will be on the meet checklist at the end of the handbook.</p>

## Entry limitations

CICCA dual meet - Danville, Decatur, Champaign, Illini & Bloomington

o Each contestant may enter no more than one diving event, three individual swimming events for four if one of them is either an individual medley event or a 100 yard freestyle event] one medley relay event and one freestyle relay event for a maximum total of six events [or seven if one is either an individual medley event or a 100 yard freestyle event]. Teams are limited to three entrants per event in a 6 lane pool, and 4 entrants per event in an 8 lane pool

o Exhibition heats of freestyle/backstroke events to incorporate all swimmers as per the decision of the HOST team

Dual meets

o Each contestant may enter no more than two individual swimming events and two relay events  
CICCA championships – each team is allowed 6 entries per event - no exhibition

o SWIMMER: Swimmers must swim in at least one event in a conference dual meet throughout the summer to be eligible to swim in the Conference meet.

Lineup spots will be determined by the top times from the season, and attendance records will also be taken into account.

o DIVER: A diver must dive in at least one conference dual meet (exhibition included) to be eligible for the Conference meet.

# THANK YOU!

The meet schedule, Remind information, and meet checklist is attached at the end of this handbook. Please reach out with any question!

**Josie Graham – (309)214-2427**  
**grahamjosie253@gmail.com**





# Meet Checklist

Must Have Items:	
<input type="checkbox"/>	<b>Team Suit.</b> If your child's swimsuit has not arrived yet, they can wear a navy racing suit or a racing suit they wear to practice.
<input type="checkbox"/>	<b>Two Towels.</b> Your swimmer will have to do some waiting in between races. Bring two towels if your swimmer would like to sit on one. The lounge chairs will be put away and there will be a designated open space for our swimmers bags and towels.
<input type="checkbox"/>	<b>Copy of Lineup.</b> Once the line up is sent to the Remind, take a photo or save a copy of the lineup to follow along with the meet and make sure your child knows the events they are swimming
<input type="checkbox"/>	<b>Good Sportsmanship.</b> All the kids and parents are encouraged to cheer for their friends and teammates. Everyone does better in their races when their team is cheering them on! Remind your swimmer to stay in the water until the last swimmer in their heat is finished to show sportsmanship.

Extra Items	
<b>Sharpie Markers.</b> Parents should bring sharpie markers to write your child's event number and stroke on their hand, if you choose to do so. We will not provide the children markers. <b>If you bring markers, the parent should hold the markers at all times. Children should not write on each other, others property, and especially not the pool deck.</b>	<input type="checkbox"/>
<b>Quick Snacks:</b> The meets can go for a few hours. It would be beneficial to have some quick and easy snacks for your swimmers in between races. <b>Children should not be going to the snack bar during the meet. All children need to be ready for their events or ready if they need to be added to an event.</b>	<input type="checkbox"/>
<b>Something To Do:</b> There is a lot of downtime, especially for the little ones because their events are more spread out. Bring something small to keep your child occupied during the meet. All kids should stay on the pool deck, so coaches can easily find them for races. Bring something small to do on the deck while they wait, if you choose. If you don't bring something to do, encourage the children to cheer on their teammates!!	<input type="checkbox"/>



# Sign up for important updates from J. Graham.

Get information for **2023 CCP SWIM & DIVE** right on your phone—not on handouts.

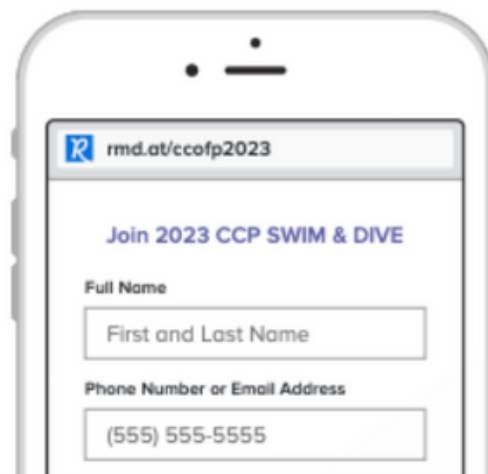
Pick a way to receive messages for **2023 CCP SWIM & DIVE**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/ccofp2023](https://rmd.at/ccofp2023)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message [@ccofp2023](https://t.me/ccofp2023) to the number **81010**.

If you're having trouble with **81010**, try texting [@ccofp2023](https://t.me/ccofp2023) to **(240) 297-4477**.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/ccofp2023](https://rmd.at/ccofp2023) on a desktop computer to sign up for email notifications.