

Country Club of Peoria

Swimming & Diving



2024 Parent Handbook

Welcome to the 2024 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

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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 Members

Josie Graham (Pool Manager, Head Swim Coach), **Palmer Smith** (Assistant Swim Coach),
Finley Smith (Assistant Swim Coach), **Grace Digi** (Assistant Swim Coach), (Dive Coach)

What is the 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, in July.

Who sets up all 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?

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.
2. To encourage skills in all competitive strokes and in diving through competent coaching during carefully supervised regular training periods.
3. To develop sportsmanship, self-confidence, team loyalty and sociability among all participants.
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.

Qualification and requirements for participation

CICCA MEETS

ELIGIBILITY: All participants must be children of bona fide members of a CICCA 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 1st

SWIM TEAM

- Swim length of pool (25 yards) unassisted. This is non negotiable to qualify for the swim team.
- Knowledge of at least freestyle and backstroke

PRE-TEAM

- Some water experience needed, looking to learn how to swim the whole length of the pool .
- Must be able to float on the back/stomach unassisted
- Basic strokes will be taught
- Must attend the qualifier

GROUP LESSONS

- Group of three or more swimmers that have little to no water experience
- Looking to learn how to float on back/stomach unassisted
- Freestyle and Backstroke will be taught

PRIVATE LESSONS

- No previous water experience needed
- Emphasis in water confidence, basic swimming needs
- Available for swimmers of all levels

Swim Team Qualifier- May 31st 9am-11am

All new team members must attend this for evaluation purposes. 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.

Coaches and Coaching Responsibilities

Swim Coaches:

- **Head Coach:** Josie Graham - grahamjosie253@gmail.com or (309)214-2427
 - Text ccofp2024 to 81010 for text updates through REMIND (mass swim team communication system). Information on how to join REMIND will be at the end of this handbook.
- **Assistant Coaches:**
 - Palmer Smith, Finley Smith, Grace Digi
- **Dive Coach**
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Responsibilities of Coaches

- 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.*

Coaches and Parents

- 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.
- **Parents are required to work at least one meet** either by timing, doing ribbons, announcing, or working at the table. We also must provide 6-8 timers when we are at away meets as well.

Team Philosophy

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.

Practice schedule and expectations

Swimming

	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		

Diving

	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

First Day of Practice: June 3rd

Requirements/expectation

- Swimmers are expected to attend practice whenever they are able
- 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
- Swimmers must arrive in a timely fashion, stretches will begin at the set practice times
- 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
 - 1st offense: verbal warning
 - 2nd offense: 10 minutes out of practice and parent notification
 - 3rd offense: removal from practice, coach/parent meeting
- Weather Policy
 - Under 65 degrees: practice canceled (check weather.com, zip code 61616)
 - Severe weather (i.e., lightning or thunder): no practice
 - Practice cancellation will be communicated as soon as possible using the REMIND app.

Competition expectations

Lineups: emailed at least 24 hours before the meet

Attendance: 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!!

Missing Meets: In recent years, we have been dealing with a large amount of day-of scratches. This affects the quality of a meet tremendously! We will be implementing a new rule for day-of scratches: **If your swimmer is a day-of scratch, your swimmer will be subject to possibly not being placed in a relay at the next meet.**

CCP Rules:

- If a swim cap is worn, it **must be a CCP swim cap.**
- **CCP team suits** are preferred. You can go online to order
- Swim team and parents are responsible for picking up after themselves at home meets and staging areas for the team at away meets.

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, 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.

What should your swimmer/diver bring to a meet?

Checklist:

- CCP team suit
- CCP cap
- Goggles
- Towel(s)
- Snacks and water bottles
- Pen or marker (for swimmers to write down events)
- Positive and sportsman-like attitude
 - Caution: swimmers are responsible for any and all items that they choose to bring, CCP and its employees do not assume any responsibility for collecting or watching personal belongings

Parent Checklist:

- Swimmer or Diver
- Directions to the meet
- Positive and sportsman-like attitude
- Cheering voices
- Willingness to help and out and volunteer

Do parents/guardians need to volunteer to help and home and away meets? **YES!**

- No meet can be run without the help of numerous volunteers.
- Timers, runners, scorekeepers, ribbon writers and other responsibilities are needed at ALL home meets, and timers are needed at **ALL away meets.**
- Every parent is required to volunteer **AT LEAST** once.
- At least 15 volunteers are needed at **EVERY** home meet.
- 6-8 volunteers are needed at **EVERY** conference away meet.

****Please make sure the club has your current email address and phone number****

If you have an questions, please feel free to contact me:

Josie Graham

grahamjosie253@gmail.com

(309)214-2427



Sign up for important updates from J. Graham.

Get information for **2024 CCP Swim and Dive** right on your phone—not on handouts.

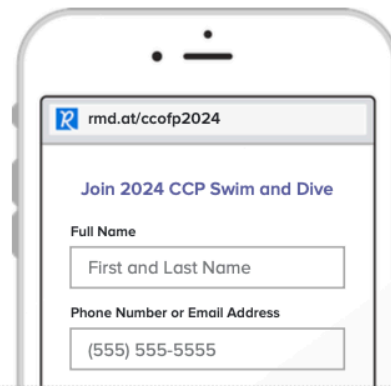
Pick a way to receive messages for **2024 CCP Swim and Dive**:

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/ccofp2024

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 **@ccofp2024** to the number **81010**.

If you're having trouble with **81010**, try texting **@ccofp2024** to **(415) 813-2648**.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/ccofp2024 on a desktop computer to sign up for email notifications.