

Boise Parks and Recreation Swim Team Parent Handbook

Registration

- Registration for swim team begins in April each year. Please check the [Youth Summer Recreational Swim Team Webpage](#) for registration dates. City of Boise residents are able to register two days before non-residents. *Boise Parks and Recreation is subsidized by Boise City property taxes. This is how the residency determination is made, not by mailing address.*
- Registration is based on your child's age as of **June 1st**.
- Age groups for swim meets are as follows: 5-6, 7-8, 9-10, 11-12, 13-14, 15-16 and 17-18. Awards are given based on these age groups, but sometimes groups are combined into one race so the meets can be run more efficiently. Most commonly 8 and unders swim together as well as 15–18-year-olds.
- Please view the current Activity Guide or the website for the first date of practice. The final meet of the season, League Championships, is usually the third or fourth weekend in July.
- This league is for recreational swimmers only. Swimmers who train and/or compete in organized competitive swimming at any time from January 1st through May 31st are not eligible for this program.
- Registration fees include all practices, meets and the team t-shirt for the swimmer. Fees do not include swimsuit, swim cap, goggles, team or individual photos or League Championship t-shirts.

Coaches

- Coaches are seasonal employees hired by the City of Boise each spring. Coaches are hired as soon as possible between March and the first practice.
- Some coaches are recruited with years of coaching background. Some coaches have grown up swimming in our league and others participated in similar leagues.
- All coaches receive training on how to run an effective practice, how to use the computer system for meet registration, and an outlined schedule for parent communication.

Practices

- Practice times vary by pool, but each group receives the same amount of practice time based on the child's age.
- Practices are held Monday through Friday during the season except June 19th and July 4th if they fall on a weekday. If your swimmer cannot attend practice or a meet, please make sure your coach is aware.
- When weather is cold or a meet runs late the night before, practices may be made optional, but will be held whenever possible. It is your option as the parent to decide when to send your child

and when to keep them home. Practices are never mandatory, and 100% participation is not required.

- If there is a mechanical or other pool issue that prevents practice from being held, coaches will make every attempt to send out emails to the parents as soon as possible. If you are unsure if practice is being held, you can call the pool directly at 208-608-7675 or Fort Boise Community Center at 208-608-7680.

Swimsuits

- Purchasing a team suit is optional but encouraged. You can purchase any suit in the team color or choose to wear a suit you already own.
- Team suits are chosen every 2 years and available through [Boise Parks & Recreation Swim Teams - SwimOutlet.com](#). You can also purchase swim caps, goggles, and other items on this site.

Volunteering

- This league is run in large part by the volunteer parents who help us to make the swim meets run smoothly. There are a variety of jobs a parent can volunteer for based on your experience or time availability. **All swim team parents are required to volunteer for a minimum of two swim meets.**
- Meet volunteers can be divided into two shifts, only if enough parents from your team sign up to help. Shifts times are approximately 2 hours.
 - Volunteer Coordinator: Assist the coaches in recruiting volunteers to help run the swim meets. At the meets help volunteers get to their assigned position and learn their job.
 - Timers: Each lane has two timers who use stopwatches to capture swimmers' times and record them on the swimmers' card.
 - Stroke and Turn Judges: Free training is provided to all parents who can assist in this role. Boise Parks and Recreation swim league follows the USA Swimming rules for swim meets. Training will provide demonstration of correct and incorrect strokes and turns. Printed materials will be given to participants at the clinic.
 - Starter: Call swimmers to the blocks and start each race.
 - Card Runners: Collect the swimmers' cards from the timers after each race and bring them to the officials' area for recording.
 - Ribbons: Once the times are recorded, place ribbons are stapled to the timecards, and they are sorted by team for distribution.
 - Announcer: Use the PA system to call swimmers to the Clerk of Course to line up for their race.
 - Clerk of Course: Using the timecards, organize swimmers into their events by heat and lane so they are ready to report to the starting blocks in an orderly fashion when it is their turn. *Training provided for this position. 3-5 people needed for organization.*
 - Relay Parents: Gather kids on relay team and stick with them through clerk of course so they stay together and know where to go. *Mainly for 10 and under groups*

- Other duties: Some coaches may ask for assistance in organizing ribbons at practice after a meet or other administrative tasks. We LOVE parent involvement, if you'd like to help with something, please talk with your coach.

Swim Meets

- Signing up for swim meets will happen at practices, please communicate with the coach about meets you cannot attend so they can plan relay teams accordingly. Kids are given choices on which strokes they would prefer to swim, but **ultimate decisions are up to the coach**.
- If your swimmer cannot attend a meet, please make sure your coach is aware.
- Each team has four (4) dual meets per season.
- Each swimmer can swim 3 individual events and up to 2 relays.
- Warmups are held from 4:15pm to 4:45pm. Meets are scheduled to start at 5:00pm and generally start on time if all volunteers are in place.
- Some meets can last up to 3-5 hours, swimmers should come prepared with sunscreen, water, snacks and a book or game.
- Coaches will email and/or post the heat sheet (list of all kids swimming in each event, including their heat and lane) so that you can see when and where your child needs to report for their events.
- The deck areas are kept clear so swimmers can be organized on deck for their race, and then find their way to their swim lane.
- The announcer calls for the swimmers to the Clerk of Course by their event number where they are organized into their heat and lane to prepare for their race. Clerk of course is the area with the rows of chairs and is in a different location at each pool. If you or your child are unsure where to report at a meet, please find a coach. Feel free to escort your child to clerk of course if they need assistance.
- If your child is part of a relay team, the kids will report together to the clerk of course. This is an area where parent help can really make a difference. All kids are lined up and kept together as a team.
- Depending on the size of the teams and the location, meets can last until 8pm or in few instances until 10pm, though we are constantly working on ways to streamline these meets, so they are finished no later than 9:30pm.
- An order of events is available on the City of Boise website, from your coach or on the Swimtopia App. This gives you an idea of when your child will swim. Please direct any questions regarding events to your coach.

Championship Meet

- At the end of the season, we hold a League Championship meet at the Boise City Aquatic Center (West YMCA pool). This is a two-day swim meet held on Friday and Saturday, typically the third or fourth weekend in July.
 - Friday Warm-ups are from 3:00-3:45pm and the meet begins at 4pm.
 - Saturday Warm-ups are from 8:15-8:45am and the meet begins at 9am.
- The order of events for this meet is different than the regular dual meets. Depending on the event your child signs up for, they may swim on Friday, Saturday, or both.
- **To qualify for the League Championship Meet, a swimmer must participate in two dual meets during the regular season. Swimmers must also have a legal time from the season in any event they plan to swim in at League Championships.**
- There are no minimum time requirements to enter Championships, but best times are used for entries and swimmers receive awards for their finish place in both their heat and their event.
- Because all nine league teams participate in this meet, a timetable is available to coaches two days before the meet and available on the Swimtopia App.
- League Championship t-shirts will be available by pre-sale only. Coaches will receive an order form during the season and all shirt orders must be paid in advance. Coaches will distribute t-shirts the week of the League Championship meet.

End of Season

- The week after the League Championship meet, City of Boise teams get together to have an end of season pool party. League Championship awards are given out and kids are recognized for their success during the season. Your coaches will distribute information about the date, time and any other important details before the League Championship meet.

Communication

- We encourage all parents and guardians to get to know their coaches. If you have concerns during the season, please address them with the Head Coach. Most questions and concerns can be handled at the pool. If you are unable to connect with the Head Coach at the pool, you can e-mail the coach via e-mail. The e-mail address is provided in your parent letter.
- If your swimmer cannot attend practice or a meet, please make sure your coach is aware.