Boise Parks and Recreation
Swim Team Parent Handbook

Registration

- Registration for swim team begins in April each year. Please check the website for registration dates for the current year. 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 1**
- 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, City Championships, is usually the 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 and 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 are new to coaching but have grown up in our program or a similar one, or have other teaching experience.
- Coaches’ names and team contact info are posted on the [Swim Team Page of the website](#) once the hiring process is complete.
- All coaches receive training on how to run an effective practice, how to use the computer system for meet registration, and an outline 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 July 4th if it falls on a weekday.
• 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 608-7675 or Fort Boise Community Center at 608-7680.

Suits

• Team Suits are OPTIONAL. You can purchase any suit in the team color, or choose to wear a suit you already own. It is up to you. If you would like to purchase the team suit or your child needs a new suit for practice, team suits are available.
• Team suits are chosen every year and available through the Swim and Run Shop, 8620 W Fairview Ave, Boise, ID 83704, (208) 321-0105. You may also purchase a suit of similar color on your own.
• Swim Caps and goggles are optional individual choices and can be purchased on your own.

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.
• Meet volunteers can be divided into two shifts if enough parents from your team sign up to help. First shift would be approximately 4:45pm – 7:00pm, 2nd shift 7pm-9pm.
  o 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.
  o Timers: Each lane has two timers who use stopwatches to capture swimmers times and record them on the swimmers’ card.
  o 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 USS rules for swim meets. Training will provide demonstration of correct and incorrect strokes and turns as well as printed materials for reference.
  o Starter: Call swimmers to the blocks and start each race.
  o Card Runners: Collect the swimmers cards from the timers after each race and bring them to the officials’ area for recording.
  o Averagers: Average the two times from the timers and organize the cards by fastest to slowest.
Ribbons: Once the times are recorded, place ribbons are stapled to the time cards 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 time cards, organize swimmers into their events by heat and lane so they are ready to report to the starting blocks in 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.
- Each team has four (4) dual or tri meets per season.
- Each swimmer can swim 3 individual events and up to 2 relays.
- Warm ups 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.
- Because 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 and prepare for their race. Clerk of course is the area with the rows of chairs. It is a different area at each pool. If you or your child is not sure where to report at a meet, please find a coach. Feel free to escort your child to Clerk of Course if they need assistance or are apprehensive.
- 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 in getting kids lined up where they need to be and keep the team together.
- Depending on the size of the teams and the location, meet can last until 8pm or in few instances until 10pm, though we are constantly working on ways to streamline these meets so they are done no later than 9:30pm.
• Order of events is available on the City of Boise website or from your coach. This gives you an idea of when your child will swim. Please direct any questions to your coach.

Championship Meet

• At the end of the season we hold a City League Championship meet at the Boise City Aquatic Center (West YMCA pool). This is a two (2) day meet held on Friday and Saturday, typically the fourth weekend in July.
  o Friday Warm-ups are at 3:00-3:45pm and the meet begins at 4pm.
  o 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 or Saturday or both.
• To qualify for the Championship meet, a swimmer must participate in two dual meets during the regular season.
• 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 ten (10) league teams participate in this meet, a timetable is available to coaches two days before the meet and also available in the heat sheets, available for $3. Heat sheets are sold at Fort Boise Community Center on Thursday and Friday morning before the meet, and also sold at the swim meet.
• League Championship t-shirts are sold at the championship meet. A unique design is created each year for kids to commemorate the season. They are sold for $8 for Youth sizes and $10 for Adult sizes.

End of Season

• 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. Coaches distribute information about date, time and other details.