

## **INTRODUCTION**

The purpose of this handbook is two-fold: to explain to new members just what the San Luis Obispo Seahawks are and to outline various policies that affect all swimmers, year after year. All families should read it so that they may become familiar with important facts and rules of the club.

## **WHY SWIM?**

The USA Swimming age group swimming program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health, by teaching healthy fitness habits.

### **Physical Development**

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

- Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.
- Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most injury-free of all children's sports.
- Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's and beyond.

### **Intellectual Competence**

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger self-image.

## **GENERAL DESCRIPTION**

The San Luis Obispo Swim Club, founded in 1955, is known throughout the Central Coast as a premier, year-round swim program. We offer a guided swimming program for swimmers age 5 and up, from the beginning swimmer to the most competitive and skilled swimmer.

The core values of the Seahawks are to provide a safe, enjoyable & healthy environment, in which the members will learn Team Spirit, Commitment, Integrity, Personal Responsibility, Competitiveness, and Stability. Swimming, through the San Luis Obispo Swim Club, provides physical, emotional and intellectual skills that will last a lifetime.

The mission of the San Luis Obispo Swim Club is:

**“To provide a healthy competitive swim program where athletes of all ages and abilities can reach their highest potential through dedication to: personal challenge, team spirit, mutual respect and FUN.”**

## TEAM PHILOSOPHY

Personal improvement is the essence of competitive swimming in the Seahawk program. Every aspect of this program is to be designed to create personal improvement.

- 1. Discipline.** This must be maintained at all times. A few basic rules need to be set and identified. Any other problems that occur outside of these rules will be dealt with on an individual basis. Swimmers are taught how to fully understand that it is their duty to maintain behaviors that promote improvement.
- 2. Success Orientation.** Activities of SLOSC should promote individual feelings of success. Policies should not make a swimmer feel suppressed; policies should cause swimmers to feel a sense of achievement.
- 3. Team Concept.** Individual swimmers are taught that their personal actions will affect the entire team. The entire team's success depends on the improvement of all to varying degrees.
- 4. Individual Needs.** Each of our swimmer's needs is different. We try to identify these needs and meet them to the best of our ability.
- 5. Technique.** Technique is the backbone of competitive swimming. The Seahawk program is designed to teach the best competitive strokes in order for the members of the Seahawks to continue to personally improve.
- 6. Training.** Training is an area that gains importance as technique is refined. The Seahawks provide the best scientific training to help ensure the personal improvement of their swimmers

## USA SWIMMING

**(Parts reprinted from "A Tradition of Excellence" by USA Swimming.)**

USA Swimming is the National Governing Body for amateur competitive swimming in the United States. At its headquarters office, located at the Olympic Training Center in Colorado Springs, Colorado, USA Swimming staff interact with 59 Local Swimming Committees (LSC's), athletes, coaches and volunteers at all levels to provide a variety of services to over 220,000 registered athletes, 20,000 non-athletes and 2,500 swim clubs.

USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act, which decreed that all Olympic sports would be administered independently. Prior to this Act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming headquarters were moved to Colorado Springs in 1981.

USA Swimming is a Group A member of the United States Olympic Committee. Independent and a model for all amateur sport national governing bodies, U.S. Swimming is in the vanguard of the Olympic movement around the world.

As the National Governing Body for the sport, USA Swimming is charged with the responsibility to formulate rules, conduct national championships, disseminate safety and sports medicine information, select competitors to represent this country in international competition, insure the development of its' member clubs and age group swimmers.

USA Swimming hosts three major swimming meets each year--the Phillips 66/USA Swimming Spring Championships, Summer National Championships and the US Open. Additionally, USA Swimming holds a Junior Championship meet each year.

Sixty-six percent (66%) of the revenues of the USA Swimming budget come from registration dues from athletes and membership fees from non-athletes and clubs. Without the support of its membership, USA Swimming could not offer quality programs to its members. The remaining revenues are generated through corporate sponsorship, United States Olympic Committee development funds, event income, publications and promotional merchandise.

Year-round athletes pay an annual registration fee. Athletes receive a membership card and have both liability and secondary medical insurance coverage.

SLO is a club member of USA Swimming by paying the national fee. Membership benefits include USA Swimming Rules and Regulations, membership certificate and certificate of insurance. Clubs joining USA Swimming have liability insurance coverage for approved insured activities.

USA Swimming is the ruling body of sanctioned swimming meets in the United States. USA Swimming meets are designed to protect the swimmer, provide fair and equitable conditions of competition, and promote uniformity in the sport so that no swimmer shall obtain an unfair advantage over another.

The International Center of Aquatic Research, dedicated in 1988, provides the opportunity for state-of-the-art research and testing in the sport. The information gained through this facility, which includes a swimming treadmill, will be applied to improving swimming performances.

Obviously, the “wet” side of the sport receives a tremendous amount of money and attention, but the “dry” side of the sport receives considerable study as well.

Coaches and athletes education play an important role in USA Swimming. Programs such as the successful Coaches College, presenting the most current coaching and scientific literature, assist coaches in their efforts to provide optimal training conditions for their athletes.

USA Swimming National Headquarters strives to educate and inform its’ membership through continued communication. Once a year USA Swimming publishes the USA Swimming Rules and Regulations, this is the final word in technical swimming rules. *Splash* is a bi-monthly publication providing current and timely information of interest to all USA Swimming members.

The USA Swimming Headquarters provides a variety of services and programs for its membership. Some of the additional services provided by USA Swimming are fund-raising activities, sports medicine programs, video resources and general information about swimming related activities. USA Swimming staff is available to assist in answering questions or providing additional information about USA Swimming. For information or assistance, contact:

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