

Goshen Rays

Parent Onboarding Guide

Welcome to the Team



Welcome

Welcome to Goshen Rays! This guide helps new families understand how our team operates and what to expect.

Our Philosophy

We focus on long-term athlete development, proper technique, and a positive team culture. Improvement and effort are the priority.

First Week Checklist

- Swimsuit, goggles, cap, towel, water bottle
- Arrive 10–15 minutes early
- Meet your swimmer's coach
- Review communication channels
- Ask questions before or after practice

Practice Expectations

- Arrive on time and ready
- No parents on deck during practice
- Coaches run all instruction
- Consistency = improvement

Communication

- Use team app/email
- Contact coaches outside practice time
- Follow chain of command

Final Notes

Swimming may feel overwhelming at first, but it becomes easier quickly. Stay patient, ask questions, and enjoy the journey.

Your First Swim Meet – Step by Step

Before the Meet

- Declare attendance in Commit system
- Check meet info (time, location, warm-up)
- Pack bag: suit, goggles, cap, towel, snacks, water

Arrival

1. Arrive 15–20 minutes before warm-ups
2. Find Goshen Rays team area
3. Check in with coach if needed

Warm-Ups

4. Swimmers warm up with the team
5. Listen to coach instructions

During the Meet

6. Write events/heat/lane on swimmer's arm
7. Swimmer reports to blocks on time
8. Swimmer races
9. Immediately talks to coach after race

Between Events

- Stay warm (towels/clothes)
- Hydrate and eat light snacks
- Rest and stay with team

Parent Role at Meets

- Encourage effort, not results
- Do NOT coach from stands
- Let coaches handle racing and feedback

Leaving the Meet

- Check with coach BEFORE leaving
- Confirm swimmer is not in a relay

Frequently Asked Questions (FAQ)

Do we have to attend every meet?

No, but meet participation is strongly encouraged as swimmers progress. Higher-level groups are expected to attend regularly.

Can I pick my swimmer's events?

You may suggest events, but coaches make final decisions based on what is best for the swimmer and team.

Why can't parents be on deck?

USA Swimming rules restrict deck access for safety and fairness. It also allows coaches to fully manage training and competition.

What should my swimmer eat at meets?

Light, healthy snacks such as fruit, granola bars, sandwiches, and plenty of water. Avoid heavy or greasy foods.

How long are swim meets?

Most meets last between 3–6 hours depending on size and format.

What if my swimmer is nervous?

This is normal. Encourage effort, not results. Confidence builds with experience.

How do swimmers move up groups?

Advancement is based on skill, attendance, attitude, and coach evaluation—not just age or times.

Who do I contact if I have concerns?

Start with your swimmer's coach. If needed, follow the chain of command to the Head Coach.

What happens if we miss a meet after signing up?

Meet fees are typically non-refundable once entries are submitted.

Do we need to volunteer?

Yes, parent involvement is important to running meets and team events.

Training Group Expectations

Elementary Bronze

- Focus: Learning basics and having fun
- Attendance: Encouraged
- Meets: Optional but encouraged

Elementary Silver

- Focus: Technique development and legal strokes
- Attendance: Regular
- Meets: Encouraged

Elementary Gold

- Focus: Performance and racing
- Attendance: Consistent expected
- Meets: Expected

Middle School

- Focus: Endurance and race strategy
- Attendance: Strong commitment
- Meets: Expected

High School

- Focus: High-level competition
- Attendance: High commitment
- Meets: Expected