

SDA Relays:

Relays are a very important and exciting part of any swim meet, especially our State Championships. SDA has a strong tradition of excelling especially in relays; we have set National records for the 13-14 year old girls and have some of the fastest relays times in the country with our 10 and under and 11-12 age groups. Our team's depth and enthusiasm set us apart when it comes to relays making this even more of a team sport. It is the only time in our sport that it becomes a "team event". Instead of cheering for your teammates in individual events, we bring all of our sites together, to compete together in the relay events. In addition to being the most exciting part of a meet, relays are very valuable as they are worth twice the amount of points for the team than the individual events.

During the season, relays will be made up of the fastest combination of four swimmers that are available for the meet. As championship season approaches, we will ask for swimmers to be available for relays even if they aren't qualified for the individual events in a meet. For example, all group 3 swimmers are expected to be available for our State Championship meet as a relay participant if needed. These relays will still be made up of the fastest combination of 4 swimmers. And this decision is made by our coaching staff. There are times when a swimmer set to participate in the "A" relay (the fastest one) is moved to the "B" relay the day of the race. This happens when the "B" swimmer out-performs the "A" swimmer in the same event.

When you commit to attending a meet you commit to participating in everything that the team participates in. This includes relays. Unless you communicate to your coach (in an email preferably so it's not forgotten) that Susie has a softball game at noon or that Johnny has to leave no later than 1pm for Grandma's birthday party your swimmer needs to be available for relays.

Swimmers who leave meets early without properly notifying the coach let the team down by leaving spots open on relays. Often, we can work to find a replacement for the relay. But there are times when another swimmer isn't available in that age group. A swimmer who leaves early and doesn't participate in their relay leaves 3 swimmers who were prepared to represent their team on the relay unable to swim.

If your swimmer leaves the meet before participating in a relay they will be responsible for the entire cost of the relay, even if the spot is filled by another swimmer. The second time that the same swimmer leaves a meet without participating in their designated relay, they will be suspended from practices for 1 week (at full training fees for that month).

Relays are meant to be fun, exciting and fast! It's not our intention to be punitive; rather to communicate the importance of these events to the strength and camaraderie of the team. If you have any questions about the relay policy, or any concerns about relays at meets, please address these concerns to our President, Mike Chasson.