



www.SealBeachSwimClub.Org

Orange County Swim Conference

O.C.S.C. SUMMER 2010

(Different from SCS Meets)

Every summer, SEAL is an active participant in the Orange County Swim Conference (OCSC) which is a league of 15 teams throughout Orange County. These teams are divided into 4 regions. During the months of July and August, we participate in Dual Meets with other teams in our region, the Pentathlon, Region II Finals, & OCSC Championships. These meets are a great way to bring the whole team together, are perfectly suited for the beginning swimmer to learn about competition, and are a fun for everyone involved.

In 2009, the Seal Beach Swim Club finished 1st in the OCSC Regional Finals. GO SEAL!

You have been Registered All SBSC members have been registered to participate. There is no separate charge to participate in the Dual Meets, Regional Finals, or Championships. There is a separate charge to participate in the optional Pentathlon.

OCSC Dual Meets SEAL is part of the Region II conference, along with: Shore Aquatics, Long Beach Yacht Club, and Rocket Fish. Unfortunately, Long Beach Yacht Club will not be able to participate in OCSC this year so we will only have two Dual Meet opportunities. (Reminder: We won't have practice on Dual Meet days)

To participate in Dual Meets, swimmers need to sign-up for the meet. Families will be notified by email when it is time to sign up. To sign-up, detach and turn in to LeighAnne the form below OR locate the sign-up sheet located at the Base Office. If you absolutely have to you can email LeighAnne at L.MEISEL@HOTMAIL.COM to sign up.

Events: Swimmers are placed into their events by the coaches. Each swimmer may swim a maximum of 2 individual events and 2 relays, or 3 individual events and 1 relay. However, not all swimmers will swim the maximum events. Swimmers are placed into the events that are best for each swimmer as well as what can best help out the team.

Parent Participation Required: For each of the Dual Meets, each family that has a swimmer participating in the meet will be assigned a period of time in which they must fulfill a timing assignment during the meet. Timing assignments usually are 30 – 45 minutes long. We'll give you instruction on how to work the stopwatch and you will write down each swimmers times as they exit the pool.

Region II Finals: To participate in Regional Finals, swimmers must have participated in at least 1 dual meet.

OCSC Regional Finals Regional Finals is the “championship meet” for the teams in Region II. At this meet, all teams compete against each other. The top 8 swimmers in each event are awarded. The team with the most points is honored with the Region II Championship.

Participation: Like the dual meets, swimmers must sign-up. However, swimmers can choose which 2 individual events they would like to swim. These events do not have to be the events they swam in the Dual Meets but they must be chosen from the OCSC Schedule of Events. At Regional Finals, swimmers may only swim in 2 individual events but may also participate in 2 relays. To participate in Finals, swimmers must have participated in at least 1 dual meet. Only swimmers who participate in Finals can qualify for Championships. Each family will also be asked to work a Timing assignment.

OCSC Championships OCSC Championships is the championship meet in which the top swimmers for all the teams in the league (all 4 regions) compete against each other for individual and team awards.

Participation: To participate in OCSC Championships, swimmers are invited by the league based on their performance in their events at their Regional Finals. It is the top 10 swimmers in each event from all the Regional Finals combined. You will be notified by email and/or phone 24 hours before the meet. As with other events, each family will also be asked to work a Timing assignment.

OCSC Pentathlon The Pentathlon is a meet in which swimmers compete against other swimmers in their division for awards. Although, teams from all four regions are participating in the meet, our swimmers are only scored against swimmers from teams within our region. At this meet, swimmers must participate in all 5 events, which include the Fly, Back, Breast, Free, and the Individual Medley. Swimmers 8 & under swim 25 yard events, swimmers 9 & up swim 50 yard events (except for the I.M.). Swimmers in the 5-6 age group do not swim the I.M. Swimmers are given a combined score based on their performance of all of their events. This score is then ranked with the other swimmers of the same age group and region. Swimmers who are ranked among the top 8 get medals. There is also a team award for the Pentathlon Division Champion.

Participation: Swimmers must sign up for this meet two weeks prior to the meet. This meet is not included in the \$25 fee you paid for OCSC and will have an additional charge. YOU must mail in the entry form and your fees directly, they will not be collected by the club and you need to mail it well BEFORE the deadline. Please see our website www.SealBeachSwimClub.org under EVENTS for forms.

OCSC SUMMER SCHEDULE

MEET DATES	TEAMS	WHERE	WARM UP TIME	MEET START TIME
*** Remember: No Practice on Dual Meet Days ***				
Fri, July 2 nd	Dual Meet: Rocket @ SEAL	Los Al Base	4:00 PM	4:30 PM
Thurs, July 8 th	Dual Meet: SEAL @ SHORE	Wilson High	3:15 PM	4:00 PM
Sat, July 10 th	OCSC Pentathlon	Valencia High	7:30 AM	9:00 AM
Sat, Aug 7 th	OCSC Region II Finals	TBA	7:30 AM	9:00 AM
Tues, Aug 10 th	OCSC Championships	El Toro	4:30 PM	5:30 PM

Detach and Return to Coach LeighAnn

2010 OCSC DUAL MEET REGISTRATION SLIP

SWIMMERS ATTENDING **FRIDAY JULY 2ND** MEET
 AT BASE POOL

SWIMMERS ATTENDING **THURSDAY JULY 8TH** MEET
 AT WILSON HIGH SCHOOL
