East Cocalico Swim Team Team Handbook 2020

Swim Team Communication

All of our main communications will be via email, website and our Facebook page. The team bulletin board and mailboxes will also be another way we communicate with our families at ECST. To let you know about canceled practices or meets due to weather, we will use a text/email alert system called Remind 101.

**Swim Team Bulletin Board and Mailboxes**

Please check our swim team bulletin board, which is located on the wall as you enter the pool, to keep you informed about swim team events. In addition to the bulletin board there will be a file folder mailbox containing a folder with each family’s name on it, where we will put ribbons for your swimmers. You can also leave information for the coaches in their file.

**ECST Web Page**

Our website can be found at www.ecdolphins.com. It will have everything on it you need to stay informed about registration, swim team practices, upcoming swim meets, ECST events, volunteer opportunities, etc. It will be updated regularly so please check there first when you have any questions. In order to view certain areas of the website, you will be given a special login email address and password once the swim season has begun. Please do not share this log-on information with anyone not associated with ECST.

**Facebook**

“Like” us on Facebook, East Cocalico Swim Team - ECST Dolphins, and become our friend. We will post information on Facebook as well as through email and our website.

**Email**

Please check your email for team communication. If we do not have your email and you would like to receive information this way, please make sure we get it! Contact Stacy Rally at webmaster@ecdolphins.com to add your address to the list.

**Remind 101**

ECST uses this message system to notify parents and swimmers of any changes to meets and practices due to weather.

*To receive messages via text:*

Text @fha68 to 81010 or 208-881-9922. You can opt-out of messages at anytime by replying 'unsubscribe @fha68'.

Or

Download the Remind 101 app from the app store on your phone.

*To receive messages via email:*

Go to rmd.at/fha68 on a computer and follow the directions. To unsubscribe, reply with 'unsubscribe' in the subject line.

Communicating with Coaches and Board Members

The coaches are very willing to answer questions or concerns. If you need to speak with them, please do so before or after practice. You may reach the coaches via email or leave a note placed in the coaches’ file located in the file folder mailbox. We ask that parents do not try to talk with the coaches during practice, as the swimmers need their full attention.

Please make sure that you sign your swimmers up for each meet on our website as soon as possible. If something comes up and your child is not able to attend, it would be appreciated if you could notify the coaches one week in advance for dual meets and two weeks ahead for invitational meets. The meet line-up takes several hours to complete. The coaches would like to finalize the line-up as early as possible.

During swim meets, the coaches are very busy. It is best if parents avoid calling on them at this time unless absolutely necessary. Solicit help from other parents and experienced swimmers when possible. Your cheerful, friendly board members are always willing and available to help.

**Coaches**

Head Coach: Ryan Gunn ryan.gunn1993@gmail.com

Assistant Coach: Paxton Steffy s\_steffy@easdpa.org

**Board Members**

President: Amy Nedimyer president@ecdolphins.com

Vice- President: Tara Griest vice.president@ecdolphins.com

Secretary: Amanda Good secretary@ecdolphins.com

Treasurer: Susan Cohen treasurer@ecdolphins.com

Webmaster: Stacy Rally webmaster@ecdolphins.com

Concessions Coordinator: Stacey Parmer concessions@ecdolphins.com

Swim Meets and Important Dates 2020

Monday 5/18 Start of dry land practice

Monday 5/25 No Practice!!!

Tuesday 5/26 Start of in-water practice

Sunday 5/31 Stroke and Turn Clinic @ Eden Resort, 6-8pm

Wednesday 6/3 Start of daily morning practice (times assigned by coaches)

Tuesday 6/9 Intrasquad meet @ East Cocalico (raindate 6/11)

Thursday 6/18 Away meet vs East Petersburg

Saturday 6/20 Conestoga Valley Invitational

Tuesday 6/23 Home meet vs Denver

Thursday 6/25 Away meet vs Bent Creek Country Club

Sunday 6/28 East Pete Tadpole Invitational

Tuesday 7/7 Home meet vs Lancaster Country Club

Thursday 7/9 Away meet vs SECA

Saturday 7/11 Manheim Fast & Furious Invitational

Tuesday 7/14 Home meet vs Conestoga

Saturday 7/18 Divisionals meet

Week of 7/20 Practice for League Championships (time qualifications)

7/24-7/25 League Championships (time qualifications)

Tuesday 7/28 Team Picnic and end of season celebration (rain date 7/30)

**\*\*All meets are open on the website for you to sign up your swimmer. Please make sure you commit your swimmer on the website at least a week prior to the meet.\*\***

Coaches make up the line-up for the meet based on your child being signed up for the meet online. If you do not sign them up, they will not be swimming. There can be no additions made to invitational, divisional or All-League meets, so it is critical for you to commit to these events.

ECST Practice Schedule

(coaches will advise on the group your child will swim prior to changing to am practice)

***Afternoon Practices / Dry Land (May 18 – May 22)***

All ages: 4:00 - 5:00 pm

***Afternoon Practices / In-water (May 26 - June 2)***

12's, 14's, and opens:   4:00 - 5:15 pm  
8's and 10's:                5:15 - 6:00 pm

***Morning practices (Starting June 3)***Monday/Wednesday  
GOLD:     8:00 - 8:30 am: Dry Land  
              8:30 - 10:00 am: In Pool

SILVER:  10:00 - 10:30 am: Dry Land  
              10:30 - 11:30 am: In Pool

Tuesday/Thursday/Friday  
GOLD:     8:30 - 10:00 am: In Pool

SILVER:  10:30 - 11:30 am: In Pool

Swim Team Parental Duties

The success of the swim team is a TEAM effort for both the children and the parents. Parents are essential to the running of swim meets. You will be asked to sign up to help out at the swim meets. Home meets require more volunteers than away meets.

Many jobs require no experience but only a willingness to help. These include: meet set-up and tear-down, working at the concession stand, staging swimmers for their events, timers, runners for time sheets, and filling out ribbons. Other jobs require some training such as scorers, stroke and turn judges, and finish judges. Most jobs during a meet are divided into two shifts. The first shift will begin when the meet starts and last through the end of the backstroke event. The second shift will begin with the breaststroke and end with the freestyle relays.

When arriving at the home meets, volunteers will be asked to check in at the pool snack bar area so that the volunteer coordinators know that the volunteers are present.

Parents are also asked to donate food items for our concession stand at home meets. Non-perishable items may be dropped off during practice in the morning. Perishable items should be brought to the concession tables before the meet starts. Concessions are the primary fundraiser for our team, so we greatly rely on the generous support by our ECST families via donations and purchases from our concession stand. Thank you in advance for your volunteer efforts; our kids couldn’t have a fun and successful time without your efforts.

Parent Volunteer Positions

\*\*Please note that accommodations are made so that you can see your swimmer compete, regardless of which job choose\*\*

**Set up/Tear down (home meets only)**

Volunteers need to arrive at the pool around 4:45- 5:00 to help prepare the pool area for the meet. Swim blocks need to be installed; back stroke flags need to be put in their place; the scoring table needs to get set up etc. The more help that is there, the faster the pool can be ready for warm ups. After the meet is over volunteers need to put the pool back to the way it was.

**Timer**

This is the most popular meet job among both new and experienced swim parents. You use a stopwatch to time the swimmer in your assigned lane. There are two timers per lane (1 from each team). This is a GREAT position to get an up-close view of the races.

**Head Timer (home meets only)**

The Head Timer runs an extra watch for every heat and acts as a back up to the primary lane timers in the event of a watch malfunction. They also collect the time sheets from each lane.

**Runner (home meets only)**

After each race, the runner collects the time sheets from the head timer, and takes them to the scoring table. You stay on the move throughout the meet, so it's great exercise!

**Scoring Table**

Scorers from each team record the results following each race and track the team scores.

**Ribbons (home meets only)**

Volunteers sit near the scoring table and fill out the ribbons for the top 3 finishers of each race.

**Finish Judge**

These judges stand at the end of pool and observe the end of the race. They help decide the order in which the swimmers finished the event (i.e., who won). No technical knowledge of swimming is required, but it does require a keen ability to focus your attention for close races.

**Stroke & Turn Judge**

These judges determine whether a swimmer touched the end of the pool during a turn and whether the technical aspects of the swimming stroke were legal. It requires knowledge of the US Swimming stroke regulations (which are taught at the stroke and turn clinic), and a willingness to fairly disqualify swimmers when appropriate. No prior knowledge of swimming is required for this position.

\*You must attend the Stroke and Turn Clinic in June to be a Stroke and Turn Judge\*

**Announcer (home meets only)**

This is a great job for someone with a strong voice and an ability to correctly pronounce names. You announce the names of the swimmers in each event and work with the Starter/Referee to keep the meet moving quickly and smoothly.

**Dolphin Diner (home meets only)**

The Dolphin Diner is a great place to work if you're not interested in watching the whole meet, but still get a break to watch your child(ren) swim. This is an important fund raiser for the team! You get to interact a lot with both kids and parents.

Dual Meets

Dual meets are competitions conducted between two teams within our division (Division III). There is no charge for admission to dual meets. They determine our win/loss record for the season. These are scheduled during the week on Tuesday and Thursday evenings. There are 7 teams within our division, so we have 6 dual meets each season. We swim against each team once throughout the summer. Dual meets always start at 6:15pm. Home team warms up first (5:30-5:45) visiting team second (5:45-6:00) **Swimmers and parents should arrive at the appropriate pool between 5:00pm and 5:15pm**.

**Exhibition and Live Heats**

Each team enters 3 or 4 swimmers (depending on the number of lanes a pool has) in an individual “live” (scoring) heat. These swimmers have the best times in their age group and will be scoring points for our team. We also have “exhibition” (non-scoring) heats. These “exhibition” heats provide opportunities for ALL swimmers on both teams to compete and improve their times.

Each swimmer may swim a maximum of three live events per meet, which effectively limits the maximum opportunities that each team can score points.

There is no minimum number of entries.

Individual events are broken down into the following age/gender groups:

8 and under

10 and under

12 and under

14 and under

18 and under

open

Age group is determined by the swimmer’s birth date as of June 1, 2019. In other words, the age of the swimmer on June 1, 2019 determines his/her age group for the entire summer of competition.

Below is the schedule of a typical swim meet:

Girls 8 & under 25 yard Freestyle

Boys 8 & under 25 yard Freestyle

Girls 10 & under 25 yard Freestyle

Boys 10 & under 25 yard Freestyle

Girls 12 & under 50 yard Freestyle

Boys 12 & under 50 yard Freestyle

And so on, with 14 & under, and 18 & under and then it continues with each age group swimming backstroke, breaststroke, and butterfly, in that order.

**Relays**

The final events of the dual meet program are the freestyle relays for each age group and gender. Relays are comprised of four swimmers on a team. We may have three teams (of four swimmers) swimming in one heat. That breaks down to 12 swimmers swimming in ONE HEAT. This can get confusing for the younger swimmers and difficult for the coaches to keep track of all the kids.

PLEASE DO NOT LEAVE IT UP TO THE COACHES OR STAGERS TO FIND YOUR CHILD! MAKE SURE YOUR CHILD IS READY FOR THE RELAYS!

If your swimmer is on a relay, it is crucial that they DO NOT leave the meet or wander off. Relays begin quickly after butterfly. Please make sure your child is with the team (not at concessions or in the bathroom). Remember, the relay team is made up of four swimmers; if ONE is missing, then the three remaining swimmers CAN NOT swim. League rules state we cannot substitute another swimmer. This can be very disappointing and frustrating to the relay team (especially our young swimmers), as they have waited all night to swim.

The team that places 1st in the relay will earn 7 points. Only the 1st place winner is awarded points. Often the final outcome of the meet is determined during the relays. Many teams make comebacks and win the meet after being behind. So, the excitement of the meet culminates at this time. The team accumulating the most overall points determines the winner of the meet.

Scoring is as follows:

**Individual Events**

**Relay Event**

1st place:

2nd place:

3rd place:

5 points

3 points

1 point

1st place: 7 points

ONLY a coach may approach the scoring table to make inquiries about the meet. There are NO exceptions to this rule!

A team cannot sweep all points for individual events (maximum eight points per event). Even if a team comes in 1st, 2nd and 3rd they can only receive eight points and the opposing team receives one point.

Our swimmers and parents generally get very excited and enthusiastic at the end of the night. In the past, if our team wins a home meet, you may find our coaches being pushed into the pool! Coaches will let swimmers know if this is acceptable at morning practice.

Invitational Meets

Invitational meets are **optional** meets that occur on Saturday mornings. Parents/guardians will need to pay a fee (usually $3-4 per event depending on the invitational). Payment can be remitted to the parent board Treasurer. Interested swimmers should sign up on our website the same way as dual meets. Please then notify the head coach which events your swimmer has chosen to enter. Usually by the preceding Friday, information will be emailed with a heat sheet for the event(s) your swimmers will be entered in. Specific information concerning the meet will be posted on the website and through email with arrival times, warm-up times, directions, and possibly suggestions for parking.

It is a good idea to come to these meets well prepared because they can be very long. Remember to label all personal items. Things that are left behind are much easier to identify if they have a name on it. We will have tents available for swimmers to find shade or keep dry. If it rains, the event will only be canceled if it is lightning or thundering.

**There is always an admission charge for spectators**, unless they areworking at the meet (for example, timers). At these meets there are heat sheets for sale which contains the schedule of events with your swimmer’s lane assignments (bring a pen or highlighter to mark your swimmer’s events.) You will want to take lawn chairs along for seating although bleachers are usually provided by the pool deck. All these meets have concessions where you can purchase food and drinks which help support the hosting team.

List of items to bring to a meet:

Swimmers:

* a few towels (they get wet and dirty if your swimmer is sitting on them.
* blanket for on the ground
* goggles (extra pair in case a pair breaks)
* ECST swim cap
* sunscreen
* sweatshirt and sweatpants (sometimes it gets cool in the evening)
* dry clothing for them to change into after the meet
* healthy snacks – please avoid sugary foods
* water/drinks
* electronic devices/games/books - for the kids to play with during the meets
* rain gear if rain is expected

(Please mark your swimmer’s gear in case it gets lost or left behind)

Parents:

* Folding chairs
* Money for the concession stand or snacks for your family
* rain gear if there is going to be rain
* cameras

Parent Board

The ECST parent board is made up of parent volunteers. Its role is to help facilitate the necessary requirements to run a swim season and most importantly ensure the swimmers have fun.

The board members work within the Bylaws established for our team and by Lancaster Summer Swim League rules. These Bylaws can be viewed on our website. Board member terms are two years in length, with the exception of the president, who has a one-year term (but can be re-appointed). They organize fundraising, coaching staff, pool reservations for meets and practices, schedule officials, ensure communication with families and manage the team finances. The board always welcomes feedback and suggestions to help make the season a success. Without the help of the parents, they cannot handle running the season alone.

Team Apparel

**Team Suits**

Please contact a parent board member for purchase of a team suit.

If you are unsure of your swimmer's size, there will be suits available to try on at the parent meeting. If you choose not to purchase a meet suit, please wear a royal blue, dark blue or black suit. Suits and goggles can be purchased online (swimoutlet.com is a good site).

**Caps**

Caps can be purchased from the ECST board. If a cap is worn during a meet, it has to be an ECST one.

Team spirit wear will also be available for purchase at the beginning of the season. More information will available soon.

Away Meet Directions

Please see our website, www.ecdolphins.com, for directions to away meets.