

Team mission: Engage swimmers in a competitive program by teaching proper technique and encouraging skill development in a supportive team environment.

Swim Season

The swim year is divided into three seasons.

- Fall: September-December
- Winter: January-April
- Summer: May-July

Short Course

Short Course Season is swum in either a 25-yard or 25-meter pool. Vortex competes in Short Course meets September-July. The majority of short course meets end in February.

Long Course

Long Course is swum in a 50-meter pool, which is the format used for Olympic and international competitions. Vortex competes in Long Course meets March-July.

Types of Swim Meets

Silver Circuit

These meets are offered throughout the year by Northern Colorado Swimming and geared toward beginner swimmers. They are \$10.00 for 4 events and they have time limits. You can't be too fast!

Intrasquad

During regular practice time Vortex is divided into two teams and swimmers compete against similar age swimmers. It gives swimmers the chance to compete and parents a chance to practice running an effective meet.

Dual Meet

Occasionally, Vortex competes with one other team. These meets help promote team unity and allow us to build relationships with other teams.

Pentathlon

Swimmers compete in one event of each stroke plus an Individual Medley (I.M.). Awards are based on swimming all 5 events. The swimmers with the total lowest time in the swimmer's gender and age bracket receive awards.

High Point

Awards are based on the total points earned in each event swum.

Silver State and State Championships:

At the end of Short Course (winter) and Long Course (summer) season, Championship meets are sanctioned by Colorado Swimming Inc., the governing body of swimming in the state of Colorado. Colorado Swimming Inc. sets the qualifying time standards for these state meets. Time standards are available on our website.

Coaches Corner: Vortex Head Coach, Jackie Stiff



This season we would like swimmers to attend as many swim meets as possible. It is important to help the swimmers improve. At a swim meet, coaches oversee less swimmers than they do in practice. Therefore coaches can give more detailed feedback to swimmers at swim meets. This is another way coaches get to know the swimmers: The one-on-one or one-on-two is a great way for coaches to learn about the swimmer. Please keep this in mind when planning your schedule for the season. I do realize that it is not possible for every swimmer to attend every meet. It would be nice if every swimmer could attend a meet every two months. If your swimmer is nervous about swimming a meet Eaton is a small and intimate pool. It would be a great meet to get your feet wet. It is also close enough (roughly 35 minutes from Fort Collins) if you want to watch a meet first before you try it.

Go Vortex! — Coach Jackie

Group Swim Meet Expectations

Waterspouts & Whirlpool Groups

There are no meet expectations for these groups. Swimmers may attend Silver Circuit meets after a discussion with the group Lead Coach.

Cyclone Group

Cyclone swimmers should attend Silver Circuit swim meets. They may attend other meets appropriate for their level after a discussion with the group Lead Coach.

Tsunami Group

Tsunami swimmers should attend at least three meets per year. Silver Circuit meets are strongly recommended for beginner swimmers.

White, Green, and Black Groups

Swimmers in the White, Green, and Black Groups should attend at least one meet per month with the focus of an end of season group championship meet. Many swimmers set goals to qualify for State or Silver State meets. The last day to qualify is usually two weeks in advance of the meet with the option of attending a last chance qualifier. Silver State is a last chance qualifier for State.

High School Preparation Group

High School Prep swimmers should attend 1 focus meet with the Black Group to truly prepare for competition in high school.

Competing at Swim Meets

Competing at meets is part of swimming on a competitive team. Team Vortex tries to not overwhelm families with too many meets in any given month. The team also attends all Silver Circuit meets offered to give new swimmers the opportunity to get used to swimming at meets before they attend a full 2-day or 3-day meet. Competing at meets allows the coaches to see if the swimmers are progressing at the level set at practice. It gives coaches the opportunity to watch swimmers one-on-one and make notes on their stroke development. Meets let swimmers put what they have learned in action. Swimmers may pick up awards earned at meets in their swimmer folder located in the on-deck cabinet.

Swim Meet Sign-Ups

Please follow this **two-part process** when signing up for meets on the website.

Part One: Read the meet information so you understand what days and times your swimmer's events are running! We suggest printing out the meet information and marking it up after discussing events with your swimmer.

Part Two: After studying the meet information go back to the home page and sign in. Click the Meets & Events tab, locate the meet, and follow these steps:

1. Click "Attend this event," under the meet.
2. Click your athlete's name. Click "Yes I will attend".
3. Click boxes next to events your swimmer will swim. Most meets limit swimmers to 4 events per day or session with the exception of a Pentathlon.
4. Click the button to save and submit.

Meet Fees

Fees vary depending on the level of the swimmer and the meet. Meets usually charge a \$3-\$8 per swimmer pool fee plus \$3-\$5 per event. Most meets limit swimmers to 4 events per day, plus relays. Check the meet information for fees.

- Swim meet fees are charged to your Vortex account. Make sure you read the fee information and understand how much each event & meet will cost.
- You can make changes to your swim meet registration up until the registration deadline. There are no changes after the registration deadline.
- Coaches are NOT responsible for changing your swim meet declarations.
- Swim meet fees are non-refundable after the registration deadline has passed.
- Swimmers who qualify for Championship meets will be entered in their events unless the Head Coach receives written notice at least two weeks in advance.

What to Wear to a Swim Meet

- **A team suit with our Vortex logo OR a plain black suit.**
The Speedo Endurance team logo suit can be ordered in September on the website or at Sport About during the year: Girl's suit \$50, Boy's jammer \$38
- **Vortex Swim Club swim cap**
Purchase from the team store on our website. The cap will be delivered to your swimmer's folder and swimmers can pick them up at practice. Latex \$5, Silicone \$15, Silicone w/name 2/\$30.00 available in the Fall
- **Sport About**, 1205 W. Elizabeth, Fort Collins, 970-221-0129

What to Bring to a Swim Meet

Swim meets are crucial to the development of a swimmer and they build a positive team atmosphere. Please remember, swim meets are not short. The average meet will last up to four hours. We recommend packing the following:

- Folding chairs or stadium chairs and blankets to sit on.
- Warm clothes and extra towels. Swimmers can get cold after their races!
- Food and Drink. Water and healthy snacks are the key to better races. Swimmers that become hungry or dehydrated are not happy swimmers.
- Travel games, books, or music to pass the time between races.
- A Sharpie to write your swimmer's events on them. A highlighter and cash if you plan to purchase a meet program. The program lists all the events.
- A good sense of humor. Sometimes swim meets are stressful. A good sense of humor will make it easier to cope with more chaotic meets.

Warm-Up

Don't skip warm-up! Yes, it is early but warm-up is important. It helps loosen up swimmer's muscles, calms swimmer's nerves, and allows them to practice starts and turns in an unfamiliar pool. Coaches also give important pre-meet information during warm-up and arriving late to a meet is often stressful for swimmers.

Questions?

Email or talk to your swimmer's Lead Coach after practice if you are unsure what to sign up for or you have questions. Contact Head Coach Jackie if there is a problem with the meet information or sign-up process at coachjackie@teamvortex.org.



Selecting a Swim Meet

All swimmers may compete at regional swim meets several times a month. Swimmers and their families choose the meets they attend and the events they swim. Coaches can also help you select events.

Meet information is emailed to you and posted on the website on the home page. ALWAYS read the meet information BEFORE you sign up for a swim meet. *Entry deadlines are crucial!*

How to Select a Swim Meet

- We encourage swimmers to attend our designated monthly TEAM MEETS.
- Beginner swimmers should swim at Silver Circuit meets.
- Good first swim meets are Eaton & Brighton.
- FAST and Loveland swim meets are NOT recommended as a first swim meet for swimmers in the Cyclone group.
- All Vortex swimmers should swim at Northern Colorado District meets.
- All Cyclone and above swimmers should swim in our one team-hosted meet, the Shamrock Shindig, Sunday, March 25, 2012.

Coaches at Swim Meets

For financial reasons, in the event that less than 3 swimmers sign up for a meet (with the exception of Silver State and State meets) families will be notified that a coach will not be attending the meet. Swimmers may attend meets that are not on the Vortex meet schedule. Please know that a coach will not be staffed for these non-scheduled meets.

Checking Swimmer Times

Visit our team website at www.teamvortex.org

- Sign-in to your account.
- Click "My Account" then "My Meet Results" on the left-hand side of the screen.
- It will pull up your swimmer's times in all meets.

To check your swimmer's times for championship meets: (2012 times will be posted in Fall)

- Highlighted in Green it says "Standard".
- Change to 2012: CO CSI Silver State
- Next to your swimmer's name it says "Top Times". Change this to Top 1. Click search. You will see how far your swimmer is from the qualifying time in each stroke.
- Change to 2012: CO CSI Age Group. Change top times to Top 1 and click search.
- 15 & over use 2012: CO SENIOR MEET