

# Glen Oaks Sea Lion



## Swim Team Handbook

## **GLEN OAKS SWIM PARENTS ASSOCIATION BOARD**

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<b><u>Swim Pro</u></b>	Roxanne Mefford	<a href="mailto:roxannemefford@comcast.net">roxannemefford@comcast.net</a>

### **COACHING STAFF**

Roxanne Mefford

Gary McLaughlin

Lisa Williams

Nancy Hastie-Pierucci

Dan Helm

### **SEA LIONS WEB PAGE ADDRESS**

[www.swimglenoaks.com](http://www.swimglenoaks.com)

(See page 3 for further information on use of our team website.)

### **GLEN OAKS SWIM AND TENNIS CLUB**

916-967-7022

[www.goswimandtennis.com](http://www.goswimandtennis.com)

## Glen Oaks Swim Team Website Information

[www.swimglenoaks.com](http://www.swimglenoaks.com)

**Purpose** – The purpose of the Glen Oaks swim team website is to be the primary, one-stop shop 'portal' for information regarding all aspects of the swim team operations. This includes information regarding practices, social events, swim meet schedule, parent jobs, swimsuit information, coaches' contact, reviewing results, records, board member information, and signing your swimmer into a meet. The website is also the center of the swim team newsletter which comes out as needed during the season. There are a few resources on the site for training and help when you need them.

**Overview** – For each meet, **you will sign your swimmer up for the meet** by clicking 'Attend this Event' next to each meet that you want to have your swimmer participate in. There are a few clicks you will do after this to actually put your swimmer into the meet. You will do these steps for each of the swimmers in your family that are planning on swimming in the meet. **Coaches will only seed swimmers in the meet that have signed up so it is very important that you do this.** As a parent, you will also sign up for various jobs and shifts that are available. It is your responsibility to sign up for specific slots. At the conclusion of a meet, **all the results and times for the swimmers are loaded on to the website** so you can see the progress of your swimmer. There are many other functions the site performs but it is important that you understand how your swimmer is entered, how you sign up for a job and how you look up your swimmer's progress.

**Your Account** – Each swim family will have a logon for the site. There is one logon account per family. The email address that you provide the team at registration will be the login for all members of your family. **NOTE:** The site is setup to support billing for year round swim teams. We do not have a need for that feature and do not use it. So don't get nervous if you see menu items that refer to invoices or billing. Each account can have up to two additional email addresses added to the account so that they get emails that are sent out. So, in the case where the family has signed up and the mother's email address was listed on the registration form that will be the login-id for both the mother and the father (and the swimmers for that matter). The father's email address can be listed as one of the additional two email addresses and he will then also get any email newsletters sent out. Same holds true for a third email address if you provide one.

If you are a returning swim family, your family account from last year will continue to be the account for this year. If you are new to the team, once your registration information is loaded into the site, the registrar will have the site email you your password. This password will be sent to the email address on the registration form. You will then take the email address and password to the website and login. From there, it is pretty self explanatory, but if you have any questions, you can ask a board member or use the 'contact us' feature on the site to submit a question.

The feature for signing up for volunteer positions will open up the weekend of Open House. We look forward to a great season and we want to thank you for paying attention to the site, your account and information you receive from the newsletter.

**NOTE:** If your email address changes, you can make the changes yourself on your account. If it is the primary account, just remember to tell others in your family who are accessing the site. Thanks!!

## GLEN OAKS SWIM PARENTS ASSOCIATION

The Glen Oaks Swim Parents Association is an organization open to all parents or guardians of registered team members. The Association assists the swim team in the coordination and operation of its team. As parents or guardians of swim team members, you are invited and encouraged to attend the monthly Association meetings. Your input is necessary and sought after in order to guide our swim team.

The Executive Board, elected by the general membership, is comprised of a President, Vice President, Secretary, Treasurer, League Representative, Championship Representative, Computers/Website, Spirit/Social Chair and Fundraising Chair. The Glen Oaks Swim Pro and team coaches serve as ex-officio members to this board.

The role of the Association Officers is to coordinate and direct the activities of the swim team during the pre-season and the swim season. The officers serve as liaison between the Glen Oaks Club staff, the coaching staff, team members and parents to offer suggestions about the program to assure its success as well as to help resolve any problems.

## ASSOCIATION OFFICER RESPONSIBILITIES

**President** shall preside at all meetings, appoint all committees and have general supervision of the work of the Association. The President shall be an ex-official member of all committees of the Association and shall serve as: 1) League Meet Director, 2) Alternate League Representative, 3) Liaison between Association members and swim pro and 4) Liaison between Association members and Glen Oaks Board.

**1<sup>st</sup> Vice President** shall preside in the absence of the President, shall perform such other duties as may be delegated by the President, organize end of the season awards, coordinate the design/ordering/selling of apparel, and coordinate volunteer workers for dual meets and Championships.

**Secretary** has custody of the Association Bylaws and all other records and documents of the Association. The Secretary shall keep an accurate record of the meetings and activities of the Association and the Executive Committee and shall transmit the same to his or her successor. The Secretary shall have charge of all correspondence and publicity.

**Treasurer** shall receive and disburse, with approval of the Executive Committee, all Association funds, and shall keep accurate account of all transactions. The Treasurer shall make financial reports to the Association and to the Executive Committee upon request and shall transmit the accounts and all undisguised funds to the successor in office. In addition, the Treasurer shall be responsible for developing proposed budget, and collection of fees, dues and monies.

**League Representative** shall attend all League meetings; handle all League affairs, act as Meet Referee or designate at all home League meets, and coordinate swim team registration.

**Championship Representative** shall serve as the Association's representative to League Championships, attend scheduled League meetings, coordinate supplies as needed, distribute Championship ad information, collect/organize Championship ads for the League program, and communicate Championship information to swim team families.

**Spirit/Social Chair** shall coordinate all swim team activities with the master calendar and communicate these activities to the swim team members. Duties will include timely correspondence

with team parents on age group activities and with coaches on all team activities, encourage new member connection through age group activities, coordinate by committee such activities as pictures, bead incentive program, bulletin board, Sunsplash, coaches appreciation week, poster/pizza party prior to Championships, end of season banquet, car decorating for Championships, and any other family fun that may arise.

**Fundraising Chair** shall coordinate all swim team fundraising activities with the master calendar and communicate these activities to the swim team members. Duties will include coordinating by committee the seeking of corporate sponsors, arranging home meet concessions, coordinating Swim-a-thon, and continuing to be creative and strive for new fundraising ideas.

**Computers/Website Chairperson** shall be responsible for maintaining the team management software database as well as updating and evolving the team's website. Relative to the team management software, this position is responsible for maintaining the athletes, swim meets and events for the season. This includes replicating the database as needed to work with the coaches as well as merging results data into the master database. On the website, this position is responsible for creating and maintaining the overall navigation, content, e-mail newsletter administration and the billing for the site from the hosting company.

## **ASSOCIATION RESPONSIBILITIES**

1. Organization of Association
2. Conduct monthly Board Meetings
  - a. to conduct regular business.
  - b. to decide and organize fund raisers, socials, etc.
3. Conduct General Meetings as needed
  - a. to elect officers.
  - b. to serve as forum for discussion of Association and team business.
4. Provide necessary meet workers per NCSL Rules.
5. Provide training and workshops for meet workers as needed.
6. Purchase and maintain supplies and equipment needed to operate the team as deemed necessary by NCSL, the Glen Oaks Club and/or the membership.
7. Organize and conduct fund raising events.
8. Assist with publicity and recruitment.
  - a. Distribute flyers to schools.
  - b. Have meet results published in local newspapers.
  - c. Other.
9. Contribute to the Glen Oaks Club Gazette and swim team newsletter.
10. Compile team records and update as necessary.
11. Purchase end of year awards and work with coaches in selection of awards.
12. Organize committees as needed.
13. Appoint a parent representative to sit on the Interview Board when hiring coaches.
14. Maintain and update the Glen Oaks Swim Team website.

## **ASSOCIATION MEETINGS**

Yes, we mean YOU! We need your ideas and input at our Association Meetings. Please plan on attending the meetings to discuss upcoming events, fundraisers, team incentives and whatever else you may want to discuss. Your help is always appreciated and sought after. Tune into the team's communication outlets (pool bulletin board, team website, newsletter) for date information.

## **PARENT VOLUNTEER REQUIREMENTS**

The swim team requires that each family works ½ of each dual meet in which your child competes. All families are required to work Championships. The team cannot operate without the support of all of us as parents. Meets take many workers!!!!

## TEAM PHILOSOPHY AND GOALS

The philosophy and goal of the Glen Oaks Swim Team, its coaches and the Northern California Swim League is to promote the finest recreational swim program and an enjoyable spectator and participant experience for all. We are guided by the following goal: within the parameters of the League, an individual is encouraged to grow to his/her full potential.

In addition, we are guided by the following Northern California Swim League objectives:

- To be basically recreational in nature and to promote good sportsmanship, physical fitness and team spirit.
- To promote the participation during the course of the swim season of all swimmers, regardless of swimming proficiency, thereby enabling the maximum number of swimmers to enjoy a well-rounded, recreational program.
- To recognize the need for and seek to maintain to the maximum extent possible, competitive parity among the teams participating in the League.

If we have done our job as a club in achieving our goals, what will be remembered by the participants will not be the number of first place finishes. It is our goal that participants will look back and remember the fun they had at practices and meets, the special friends they made, the excitement of the meets and competition, and the successes and disappointments that were shared with fellow teammates, coaches and parents.

## WATCHING PRACTICE

Workouts are a learning situation and swimmers need to be able to concentrate. Parents are encouraged to remain and watch workouts. The coaches ask that you honor the following requests:

- Stay clear of the immediate practice area. Sit in designated areas. (Trellis area, benches, chairs and tables, etc.)
- Avoid analyzing practice.
- Refrain from communicating with your swimmer during practice.

Remember that we do have a plan for each practice and many times we will be focusing on some factors to the exclusion of others. When a coach is in the process of handling a meet, workout or is working in some capacity with his/her swimmers, please do not interfere. If you wish to speak with the coach, contact him/her before or after meets/practices or at home, if necessary.

**Please note:** Please do not talk to a coach while he/she is giving a lesson. All of the above applies to the swim lesson also.

Thank you for your cooperation!

***Sea Lions Coaching Staff***

# **WHAT DO YOU NEED TO KNOW ABOUT SWIM TEAM MEETS?**

## **First, you need to sign up to be in the meets!**

1. Registration for swim meets is done by logging onto the team's web site, [www.swimglenoaks.com](http://www.swimglenoaks.com). You need to login with your personal code and then sign your swimmer(s) up for a meet by clicking the correct box. Meets must be marked at least five (5) days prior to the scheduled meet.
2. A list of events and swimmers (meet sheet) will be posted by Friday prior to the meet. It is the **swimmers' and/or parents' responsibility** to check this list that will be posted on the north wall of the building. Last minute changes may be made. A current list of events will be available from the team parent the day of the meet.

## **The swim meet and what to expect!**

1. Dress warm for the mornings. Sweats, a couple towels, sleeping bag/big blanket, etc. will be needed. Swimmers also like to pack toys, books, etc. to keep them busy during the meet. Although shade is provided for the swimmers, parents may want to bring shade structures for themselves and the rest of the family. Chairs are nice too!
2. Swimmers get hungry throughout the day so you will need to pack breakfast, snacks, lunch, etc. Most of us pack up an ice chest for the day. All swim meet locations provide a snack bar so you can also plan your eating with that in mind.
3. When arriving at the meet, swimmers must first check-in so that the coaches know whether the swimmer is at the meet or not. This is a must or the swimmer will be scratched from the meet during the morning scratch session. **Check-in is at 7:00am unless otherwise posted.** Check-in at home meets takes place in front of the gazebo located by the wading pool. When swimming away, just look for an area in the middle and front of the team area.
4. Locate your team area and age group area. Settle your swimmer in by rolling out the sleeping bag/blanket, etc. Settle yourselves in too! Swimmers must remain in the designated team area and must be alert as to which events are being swum so they can be ready when their turn arrives. The swim "team parents" will help the very young swimmers get to the ready area at the proper time as long as these swimmers are in the team area. Swimmers go to the "Ready Bench" one event prior to the event in which they are swimming. After each event, swimmers are to return to the team area.
5. You may be able to find the list of events and what events your swimmer is swimming from your team parent. Sometimes it takes a while due to scratch sessions in the morning. Due to scratches, your swimmer may be swimming something different than was listed on Friday.
6. Warm ups occur next and will go by age group. Your team parent will know when to get your swimmer to the pool. The coaches are usually announcing age groups to the blocks.
7. The team cheer and pep talk are the last hurrah before the meet starts!!!!

## **Home Meets:**

Check-in time is 6:45am.

Be prepared to enter the water for warm-ups no later than 7:15am.

## **Away Meets:**

Check-in time for away meets is 6:45am or TBD.

Warm-ups will begin at 7:45am.

### **N.C.S.L. SWIMMER ELIGIBILITY RULES**

A participant who will attain the age of 19 on or before June 15 of a League swim season shall not be eligible to compete.

- a) If, between the time period commencing on February 1 and continuing through the completion of all four conference championship meets, an individual:
  - i) swims in any United States Swimming sanctioned meet; or
  - ii) participates in any stroke and turn clinic in February or which does not comply with Section 12.06; or
  - iii) practices with, or competes for, any swimming team other than the swimmer's team; then said individual shall be ineligible to register and participate (or continue participating, as the case may be) in the League swimming season occurring in said calendar year.
  
- b) For the period commencing February 1 and ending March 31 an individual shall be ineligible if that individual participates in any swim practice at the direction or supervision of any coach. For purposes of this section "direction" or "supervision" shall include any oral or written directions given by a coach to a swimmer.
  
- c) Section 11.03 (a) and (b) notwithstanding, an individual will remain eligible to participate in a League swimming season if the individual participates on any of the following teams at any time between February 1 and the end of the League's swimming season:
  - i) high school swimming teams;
  - ii) intercollegiate (junior college, community college, college or university) swimming teams;
  - iii) water polo or synchronized swimming teams;
  - iv) another Team of this League provided that either the individual's participation is limited to attendance at stroke and turn clinics sponsored by said other member Teams or the individual complies with Section 11.04 of these Bylaws;
  - v) a team, which is a member of another recreational league, provided that said team has not practiced during the time period commencing on February 1 and running through March 31, and further that the individual complies with Section 11.05 of these Bylaws.
  
- d) A participant who becomes ineligible after the League swimming season commences shall immediately cease participation in all League swimming meets remaining in the season. All points scored by the participant prior to the date of his ineligibility shall remain valid and in full force and effect. If a participant competes in a League meet while ineligible, all points scored by the participant and any relay of which the participant was a member shall be rendered null and void, and the participant shall be deemed disqualified from all said events.

**Please Note:** If you have questions or need clarifications, please feel free to call Randy Olsen, Glen Oaks League Representative.

### **N.C.S.L. SUSPENSION AND EXPULSION OF LEAGUE MEMBERS**

The Board of Directors is authorized, as herein provided, to censure either privately or publicly, suspend from membership for a period of time of not more than one year, or to both censure and suspend and fine, or expel from membership any Team, participant, coach, official or other representative of this League for good cause. The term member as used in the remainder of this section shall mean any of the persons or entities named in this paragraph.

1. A Good cause, as used in this section, means:
2. Any willful failure or refusal to abide by the Articles of Incorporation, Bylaws or Rules of this League;
3. Any willful failure or refusal to abide by the terms of an award in any arbitration proceeding under the terms of this Article after having agreed in writing to do so and after having received notice of the award;
4. Any willful failure or refusal to pay any assessment levied pursuant to the provisions of this Article; or
5. Any conduct which, in the opinion of the Board of Directors, is prejudicial to the League's welfare, good order and discipline therein or violates the purposes for which this League is formed.

## SWIMMER RESPONSIBILITIES

*Any dependent of a paid member of the Glen Oaks Swim Parents Association and the Swim and Tennis Club who is properly registered, and can swim the length of the pool by the first time trials may be on the team. Swimmers are responsible for maintaining a COOPERATIVE attitude at all practices, meets and swimming events.*

### **Swimmers should:**

1. Respect, listen and follow the instructions of the coach, Glen Oaks staff members, Association Board members, Team Parents and Host Officials, all team members, and teams we are competing against at all times.
2. Understand and accept the philosophy of the Sea Lions.
3. Attend practices regularly.
4. Participate at time trials and all meets and events as assigned.
5. Register to swim/not swim meets on the team's website, **five (5) days prior** to the respective meet. If you are unable to swim at a meet or need to leave a meet early, leave the coaches a note in the "comment" section. (NOTE: The coach has the prerogative not to swim a swimmer in a meet because of lack of attendance at practices, with or without a written excuse.)
6. Be in the ready area at the proper time.
7. Discuss problems with the coaching staff.
8. Demonstrate good sportsmanship at all times.
9. Keep team areas clean and litter free.
10. Cooperate with the coaching staff at all times.
11. Be ready to begin practices or warm-ups at meets by the designated time.
12. Notify a coach, before practice, if a swimmer needs to leave early.
13. Listen attentively to coaches whenever they are giving instructions. Swimmers should ask questions before the set begins.
14. Perform practice sets correctly and at the proper level of effort.
15. Foul language, horseplay, unauthorized running, and other such conduct will not be permitted at any time.
16. Set up and take down of the practice and meet equipment is time consuming. Please lend a hand whenever possible.
17. Disciplinary measures, such as being asked to leave practice, receiving a citation, being excluded from a meet or in extreme cases, being removed from the team, will be taken as a violation of the rules of Good Conduct.

## PARENT RESPONSIBILITIES

*Parents are responsible for providing a supportive attitude toward all aspects of swimming and ensuring that their child is in attendance at every practice and all meets entered.*

### **Parents should:**

1. Understand and accept the philosophy of the Sea Lions.
2. Each swim family is **required** to provide a parent volunteer for a minimum of half of each swim meet and time trials. Volunteer sign-ups will be made available through our website at [www.swimglenoaks.com](http://www.swimglenoaks.com) approximately two weeks before Time Trials. Additional requirements will be needed at Championships.
3. Encourage swimmers to fulfill their team obligations.
4. Register your swimmer for meets on the team's website, **five (5) days prior** to the respective meet. If you are unable to swim at a meet or need to leave a meet early, leave the coaches a note in the "comment" section. Excessive absences may result in swimmers not being seeded for meets.
5. Familiarize yourself with the Bylaws of the Glen Oaks Swim Parents' Association.
6. Actively participate in meets and team functions. Specifically, each swimmer must be supported by a parent or guardian working at meets and special events for the general good of the program.
7. Promptly pay all dues, fees, assessments and monies as levied by Glen Oaks.
8. **NEVER INTERRUPT PRACTICE OR GIVE SUGGESTIONS TO SWIMMERS DURING PRACTICE.** Remember that the coaching staff has been trained, interviewed, hired, and directed toward specific goals. Each practice contains certain criteria that are intended to improve individual swimming skills and our team goals. The swim team bulletin board has a "mailbox" in order to leave messages for the coaching staff, and they will respond to you as soon as possible.
9. **Encourage swimmers to discuss problems with coaches directly.**
10. Always check the bulletin board and the family mailboxes. We will have mailboxes on deck that will contain pertinent information about meets, missed ribbons, etc. **Please check them regularly.**
11. **If a swimmer or parent is unable to resolve a conflict with the coaching staff, they are invited to contact the coach and the Swim Pro. If they are still unable to resolve the conflict, contact the Swim Parents' Association President, who will become the liaison between the parents, swimmer and coach.**

## COACHES RESPONSIBILITIES

*The Swim Parents Association Executive Committee develops the strategic plan for the aquatics program at Glen Oaks, which consists of the Swim Team season, the Fall Program, clinics and instruction. The Swim Pro implements the aquatics program and supervises the coaches. The coaches shall model positive leadership and sportsmanship to the Sea Lions and attempt to foster these qualities in the team members.*

### **The Coaches shall:**

1. Understand and accept the philosophy of the Sea Lions.
2. Understand the Bylaws and policies of the Swim Parents' Association.
3. Respond to parent concerns in a timely manner. Utilize the advice and counsel of the Swim Pro.
4. Provide active supervision of all practices, meets and swimming events.
5. Maintain an atmosphere at practice conducive to a good instructional program.
6. Familiarize themselves with the swimmers and their abilities. Assist each swimmer to develop individual goals for the swim season.
7. Provide instruction in all aspects of competitive swimming: i.e., starts, turns, touches and stroke improvement. Individual lessons and swim fundamentals shall be taught outside of team practice.
8. Cooperate with other club personnel.
9. Comply with the rules of the Northern California Swim League and Glen Oaks Swimming and Tennis Club.
10. Prepare, deliver and post all league and non-league meet sheets. These sheets shall reflect the coach's determination of consistent times, legal strokes and cooperative attitudes. The sheet shall be posted prior to each meet and remain unchanged unless the posted swimmer is unavailable. If a change is made, the coach shall notify the replacement swimmer, who should be the swimmer with the next fastest time.
11. Every eligible swimmer (except 6 & under) who attends practice regularly as required by the coach should swim a minimum of two individual events each week in either a league or non-league meet. The coach may establish minimum attendance standards for participation in meets.
12. The first time trial will be used as a guide in establishing a ranking for all swimmers. The coaches retain discretion in seeding meets according to the need of the team.
13. Subsequent rankings, updated from each meet, shall be determined by consistent times and legal strokes. First, second and third swimmers in each stroke will swim first, second and third at each league meet. League rules limit swimmer participation in league meets to three individual events and two relay events. The coaches retain

discretion in seeding meets according to the need of the team.

14. A second time trial may be used to help prepare rankings for Championships. All swimmers meeting the criteria set forth in the League Bylaws will swim at Championships.
15. The coach shall post the last date for qualification for Championships.
16. All home non-league meets shall run according to United States Swimming (USS) rules governing disqualifying strokes, touches, turns, and starts.
17. Relays are a team event. The relay teams for dual meets and Championships are based on best times or coaches' discretion.

## **COACHES' DISCIPLINARY GUIDELINES AND PROCEDURES**

1. The use of foul language, derogatory statements towards teammates, coaches, opposing team members or parents and/or meet officials, uncooperativeness, fighting, inattentiveness, chronic complaining, or any other unsportsmanlike conduct are grounds for immediate dismissal. A written citation will be sent home immediately. It must be signed by the parent and swimmer and returned to the coach before the swimmer is able to return to a practice session.
2. Repeated misconduct may result in a suspension from practices until a conference is arranged with the swimmer, parent(s) and coach. The Executive Committee will also be informed immediately thereafter as to the results of the conference.
3. If misconduct continues after the above conference, the swimmer will be suspended from practices until a conference is arranged with the swimmer, parent, coach, and the Executive Committee. The President shall preside and the matter shall be reviewed by the Executive Committee. Serious infractions may result in the swimmer being placed on suspension for the remainder of the swim season.
4. Everyone has the potential to be a "WINNER." The objective of the program is to give every swimmer the opportunity to become as good as they desire. The purpose of these guidelines is to insure that this objective is achieved.

## SWIM TEAM

### Mailboxes

Mailboxes are used as one of our team communication systems. Each family will have a file folder labeled with its last name and filed in alphabetical order in a large plastic storage bin (mailbox). The mailboxes are put out every day during practices and are located on the north end of the trellis area. You need to check the mailboxes periodically for information on upcoming events, ribbons, notices, etc.

### Website (Complete Information on Page 3)

The Glen Oaks website is one of the main team communication systems. The address of the team's website is <http://www.swimglenoaks.com>. This site contains information regarding virtually every aspect of the swim team and swim season. The email feedback links available on the site are responded to by swim board members. There is also a sign-up option for a swim team email newsletter. This newsletter is the best way to get up to date accurate information about the swim team. ***If you want to keep up to date on the latest Swim Team news and information, it is highly recommended that you sign up for the swim team email newsletter.***

### Team Suit

Glen Oaks swim team selects an official swimsuit every two years. While the specific swimsuit is not required, most swimmers purchase the selected suit. The suit selected can be purchased at Carmichael Swim Shop, 7330 Fair Oaks Blvd., at a discount price or at any other shop that carries the suit for the regular price. The California Swim Shop number is 971-9836. Just tell the staff that you are with the Glen Oaks Swim Team and the staff can help you with sizing and the correct suit.

Girls and Boys Suits = Solid Blue with sea lion logo by Speedo

Nearly all of the swimmers will also want to obtain at least one pair of goggles. These will help the swimmer see lanes and walls while underwater as well as keeping the chlorine out of their eyes. Swim caps are also recommended for swimmers with longer hair. It is strongly encouraged that all swimmers wear Glen Oaks caps to swim meets.

### Team Clothing

A quality line of team clothing is offered for purchase throughout the year. Sample merchandise will be available at some of our meets for either purchase on the spot or as examples for you to place orders. Look for the Team Clothing booth at our meets and get yours early to wear throughout the swim season.

### Equipment Recommended for 12 and under

It is recommended that 12 and under swimmers purchase their own swim snorkel and fins. See attached supplies list for more details.

## Time Trials

Time trials are similar to a regular swimming meet except that the team competes against itself. The children all swim the regular events as in a swim meet and are timed in each. Time trials are held at the beginning of the season for several reasons:

1. To determine each child's performance level and strengths.
2. To have a comparison on improvement throughout the season.
3. To understand the process of a swim meet and to overcome the first meet jitters.
4. To get to know the other team members.

Time trials is held the second Saturday in May at Glen Oaks. Please check in all swimmers no later than 7:30am. It is very important for all to attend for baseline times and to help the coaches plan for the upcoming meets. All parents are needed to work at least one shift per family.

## League Meets

Regular meets of the Northern California Swim League are held on Saturdays during June and July. The meets usually run between 7:00am and 2:00pm. At League meets, swimmers will be placed in events that will best help the team.

## Non-Conference Meets

A few non-conference meets will be scheduled this season and will be run in much the same way as a conference meet. Coaches may choose to have swimmers swim events that they do not normally swim as a trial.

## Championships

Championships are a two-day event with the exception of 6 and under swimmers who only swim on Saturday. All team members are entered in Championships with the exception of swimmers who signed out of the meet. If you are not planning on swimming at Champs, please sign out AND notify the coaches. More information will be distributed as Championships nears.

**Note:** *The league requires swimmers to swim in two Saturday League meets and two individual events in those same meets in order to be eligible to swim in Championships.*

## Meet of Champions

Swimmers who placed in the finals of Championships are automatically qualified to compete in the Meet of Champions. The Meet of Champions also publishes qualifying times allowing swimmers to qualify based upon their times. This meet is a competition of all qualified recreational swimmers in the Northern California region. Swimmers will be competing with the best of the best of the recreational swim leagues. Dates and location: TBD

## **RIBBONS**

Ribbons are awarded to all swimmers/places in each heat that have not been disqualified from that event. Although ribbons are made up during the meet, our team receives their ribbons in their mailboxes at Glen Oaks the following week.

## **TEAM AWARDS**

All of the awards below are awarded at the Awards Banquet at the end of the season. Because the League Record certificates come from the League, these awards sometimes are not available at our banquet. Swimmers will be recognized and given their certificates when they become available.

### **Participation Award**

Swimmers will receive a participation award if they have competed in at least two meets during the swim team season.

### **Hi-Point Trophy Winners**

The top 14 swimmers from any of the age groups who earn the highest total of points for our club during the dual meet season and championship weekend will be awarded high point trophies. A high point award is not necessarily given in each of the age groups.

A high point award is also given to the 6 & under boy and girl who earns the highest number of points for the team as 6 and under swimmers swim fewer events and have fewer opportunities to score points.

### **Swimmer of the Year**

The individual swimmer who scores the most points for our club during the dual meet season and at Championships is the winner of the Swimmer of the Year award.

### **Sea Lion Award**

This award may be given at the discretion of the coaching staff with input from the team parents and ready bench people to the girl and boy in each age group (plus four additional swimmers of any age or sex) who improves, is cooperative at practices, and who displays an especially good attitude.

Parents have been known to receive a Sea Lion Award for their dedication, hard work, number of years of service, etc.

### **League Records**

A swimmer or relay team that betters any League record receives a certificate noting the time and the event.

*All other awards must be approved by the Executive Committee prior to the Awards Banquet.*

## SEA LIONS SOCIAL PAGE

### **ICE CREAM SOCIAL / PARENT ORIENTATION (All Glen Oaks Sea Lions are Invited!)**

Our annual social gets the party season started at the club. This is a great time to learn about the swim season, tennis programs and club activities. Members of the Club board, swim association board, and coaches from each program will speak to the crowd about how the season runs, what things will be helpful to know and how to get the most out of your summer at Glen Oaks. Breakout discussions will also be held so that questions can be answered more specifically.

Enjoy an evening of catching up with old friends, meeting new friends and enjoying the facilities at Glen Oaks. The pool will be open for swimming; a hot dog meal will be available for purchase and of course, free ice cream sundaes! Swim team clothing orders will also be taken! Join us for a fun spring evening! Below is a sample agenda for the evening.

5:30 – 8:00 PM	
5:30 – 7:00 PM	Hot dogs will be for sale.
6:30 – 8:00 PM	Ice cream sundaes will be served!
6:00 – 8:00 PM	Swimming (with lifeguards)
7:00 – 7:30 PM	Program Introduction
7:30	Program Breakouts

### **PICTURE DAY**

A perfect opportunity to create a memory of your summer swim season! You can get a picture taken with a friend, sibling or a group of friends. Envelopes will be available on picture day to order photos. Keep your eyes open for more information to come at a later date!

## **SWIM-A-THON**

The Swim-a-thon is our team's **BIGGEST** fundraiser of the year. Your children will be asked to get pledges for the number of laps he/she will swim. Swimmers can swim for two hours or 200 laps, whichever comes first. Participation in the swim-a-thon requires a swimmer to raise at least \$35. Cool prizes will be awarded to the overall go-getters! In addition, there are generally coveted prizes for swimmers raising specific higher dollar levels. The swim-a-thon will be held from 4:00 to 8 pm at Glen Oaks. Look for pledge sheets and more information to come at a later date.

## **POSTER PAINTING**

Yes, Glen Oaks Sea Lions have **SPIRIT!** Thursday prior to Championships, have your swimmer help make posters, practice cheers and most of all load up on carbohydrates with your teammates by having a pizza lunch with your swim team as you prepare for the championship meet. Swimmers will swim their practice and then make an age group poster. Pizza will be served while they make their poster! Keep an eye out for more information!

## **AWARDS NIGHT/BANQUET**

Awards Night is the season finale in which our families, swimmers and coaches gather to celebrate the accomplishments and fellowship of the ending summer swim season. This special evening is held the first Tuesday evening following championships. Every swimmer that participated in at least two swim meets is recognized, brought up on stage and provided an award. Individual medals/awards from championships are also recognized and given to swimmers along with other team awards. At the end of the awards segment there is a slide show that is orchestrated to music. The show is comprised of pictures that were taken throughout the year. Dress is left up to the individual families but most of the swimmers dress up slightly for this event.

The cost of the awards is included in the swimmer registration fees collected at the beginning of the swim season. The cost of the banquet is separate from registration fees for the swim team and has run \$12 to \$15 dollars per person. Swimmers that are unable to attend the banquet can make arrangements with the swim board to receive their awards after the banquet.

## **OTHER SOCIAL EVENTS**

One of the many enjoyable aspects of the Glen Oaks Swim and Tennis Club is the many different social events that happen throughout the year. Many of these are directly related to swim team while others are not. Examples of these events include club wide dinner parties, live band performances, kid swim nights, parents' night out, and movie night. Historically, these events prove to be highly attended and very enjoyable. Most of these events are scheduled and advertised well in advance of their occurrence, providing plenty of opportunity for everyone to participate. Look for information in the monthly Gazette, on the bulletin board and in the Email newsletter.

## ORDER OF EVENTS For Duel Meets

Dual Meet Swim Events By Order			
Event #	Age	Gender	Event
1	6 & U	Mixed	100 Free Relay
2	7-8	Girls	100 Medley Relay
3	7-8	Boys	100 Medley Relay
4	9-10	Girls	100 Medley Relay
5	9-10	Boys	100 Medley Relay
6	11-12	Girls	200 Medley Relay
7	11-12	Boys	200 Medley Relay
8	13-14	Girls	200 Medley Relay
9	13-14	Boys	200 Medley Relay
10	15-18	Girls	200 Medley Relay
11	15-18	Boys	200 Medley Relay
12	9-10	Girls	100 Individual Medley
13	9-10	Boys	100 Individual Medley
14	11-12	Girls	100 Individual Medley
15	11-12	Boys	100 Individual Medley
16	13-14	Girls	100 Individual Medley
17	13-14	Boys	100 Individual Medley
18	15-18	Girls	100 Individual Medley
19	15-18	Boys	100 Individual Medley
20	6 & U	Girls	25 Freestyle
21	6 & U	Boys	25 Freestyle
22	7-8	Girls	25 Freestyle
23	7-8	Boys	25 Freestyle
24	9-10	Girls	25 Freestyle
25	9-10	Boys	25 Freestyle
26	11-12	Girls	50 Freestyle
27	11-12	Boys	50 Freestyle
28	13-14	Girls	50 Freestyle
29	13-14	Boys	50 Freestyle
30	15-18	Girls	50 Freestyle
31	15-18	Boys	50 Freestyle
32	6 & U	Girls	25 Backstroke
33	6 & U	Boys	25 Backstroke
34	7-8	Girls	25 Backstroke
35	7-8	Boys	25 Backstroke
36	9-10	Girls	25 Backstroke
37	9-10	Boys	25 Backstroke
38	11-12	Girls	50 Backstroke
39	11-12	Boys	50 Backstroke
40	13-14	Girls	50 Backstroke
41	13-14	Boys	50 Backstroke
42	15-18	Girls	100 Backstroke
43	15-18	Boys	100 Backstroke

44	7-8	Girls	50 Freestyle
45	7-8	Boys	50 Freestyle
45	7-8	Boys	50 Freestyle
46	9-10	Girls	50 Freestyle
47	9-10	Boys	50 Freestyle
48	11-12	Girls	100 Freestyle
49	11-12	Boys	100 Freestyle
50	13-14	Girls	100 Freestyle
51	13-14	Boys	100 Freestyle
52	15-18	Girls	100 Freestyle
53	15-18	Boys	100 Freestyle
54	7-8	Girls	25 Breaststroke
55	7-8	Boys	25 Breaststroke
56	9-10	Girls	25 Breaststroke
57	9-10	Boys	25 Breaststroke
58	11-12	Girls	50 Breaststroke
59	11-12	Boys	50 Breaststroke
60	13-14	Girls	50 Breaststroke
61	13-14	Boys	50 Breaststroke
62	15-18	Girls	100 Breaststroke
63	15-18	Boys	100 Breaststroke
64	7-8	Girls	25 Butterfly
65	7-8	Boys	25 Butterfly
66	9-10	Girls	25 Butterfly
67	9-10	Boys	25 Butterfly
68	11-12	Girls	50 Butterfly
69	11-12	Boys	50 Butterfly
70	13-14	Girls	50 Butterfly
71	13-14	Boys	50 Butterfly
72	15-18	Girls	50 Butterfly
73	15-18	Boys	50 Butterfly
74	7-8	Girls	100 Free Relay
75	7-8	Boys	100 Free Relay
76	9-10	Girls	100 Free Relay
77	9-10	Boys	100 Free Relay
78	11-12	Girls	200 Free Relay
79	11-12	Boys	200 Free Relay
80	13-14	Girls	200 Free Relay
81	13-14	Boys	200 Free Relay
82	15-18	Girls	200 Free Relay
83	15-18	Boys	200 Free Relay

## SCORING

<b>Dual Meet Point Scoring</b>		
<b>Place</b>	<b>Individual</b>	<b>Relay</b>
1 <sup>st</sup>	5	7
2 <sup>nd</sup>	3	0
3 <sup>rd</sup>	2	0
4 <sup>th</sup>	1	0
5 <sup>th</sup>	0	0
6 <sup>th</sup>	0	0

<b>Championship Point Scoring</b>		
<b>Place</b>	<b>Individual</b>	<b>Relay</b>
1 <sup>st</sup>	11	22
2 <sup>nd</sup>	9	18
3 <sup>rd</sup>	8	16
4 <sup>th</sup>	7	14
5 <sup>th</sup>	6	12
6 <sup>th</sup>	5	10
7 <sup>th</sup>	4	8
8 <sup>th</sup>	3	6
9 <sup>th</sup>	2	4
10 <sup>th</sup>	1	2

