

Saline Stingrays Swim Team Information Booklet Winter 2013

Team Philosophy

The Saline Stingray's primary goals and philosophy are to develop and improve each athlete's swimming and/or diving technique and competitive ability; to promote teamwork, spirit, and unity among all team members; and to deliver a positive and enjoyable athletic experience.

SWIMMER EXPECTATIONS

SWIMMER/GROUP EXPECTATIONS

All Swimmers - All swimmers are expected to:

- Be ready to swim at the start time of their practice
- Be respectful of:
 - Coaches
 - Other swimmers
 - The facility and equipment
- Participate to the best of their ability and push themselves to improve
- Communicate with coaches when they have questions or concerns

Mini-Rays Pre-Swim Team - This group will be divided into an A group and B group. Mini-Rays is a pre-swim team group that focuses on getting swimmers with lesson experience ready to join the swim team. Participants should have some swim lesson experience and should be able to swim at least one length of the pool without stopping. They should be between the ages of 5-8. They should be comfortable swimming on their own. They will mainly work on becoming more comfortable in the water, building their swimming strength and improving their freestyle and backstroke technique. We will also spend a lot of time kicking to build swimming strength. They will also work on swimming starts, streamlines and proper breathing patterns.

Before advancing to the Green group they must be able to:

- Swim both Freestyle and Backstroke for 2 lengths of the pool without stopping
- Know general land etiquette
- Perform a dive start off the starting blocks
- Demonstrate enough endurance to keep up with the green group
- Advancing from one group to another is at the discretion of the coaches

Green Group – This group will be divided by swim experience and age into an A group and B group. The focus of this group is to teach and develop the fundamentals of competitive swimming while developing and maintaining a general level of fitness. They will mainly work on advancing their stroke technique while building strength and endurance. Swimmers will be expected to make corrections based on proper instruction and reminders from the coaches. Swimmers in this group should attend practice an average of 3 days per week. Athletes in this group are either beginning with the sport or swimmers that are currently doing other activities that prevent them from attending more than 3

times per week. They should have some swimming experience either Mini-Rays pre-swim team (preferred) or swim lessons.

Before advancing to the Yellow group they must be able to:

- Know how to swim all four strokes
- Demonstrate general lane etiquette
- Perform a dive start off the starting blocks
- Perform proper turns for all 4 strokes
- Make stroke corrections when given instruction
- Read a pace clock with some assistance
- Demonstrate practice commitment averaging 3+ times a week
- Advancing from one group to another is at the discretion of the coaches

Yellow Group - The focus of this group is to continue developing more advanced competitive swimming skills. They will work on building endurance & interval training while maintaining good stroke technique. Swimmers will be expected to be able to perform interval based swim and kick sets and follow along with the pace clock while making stroke corrections with reminders from the coach. Swimmers in this group should attend a minimum average of 4 practices per week. They should have past swim team experience and should meet all of the requirements for advancement from the green group listed above.

Before advancing to the Blue group they must be able to:

- Have a minimum of one year swim experience (team experience preferred)
- Demonstrate proper lane etiquette
- Demonstrate all four strokes well with all turns, streamlines and breakouts
- Read and follow a set and pace clock independently
- Make stroke corrections with instruction or reminders from coaches
- Understand stroke drills by name
- Have the endurance and demonstrate on a regular bases the ability to do repeat swim and kick sets based on intervals.
- Attended practice regularly (making an average of at least 4-5 practices per week)
- Advancing from one group to another is at the discretion of the coaches

Blue Group - The focus of this group is to master the competitive swimming skills and training level necessary to participate and advance to higher level swimming (ie middle school, high school, USA). They will mainly work on building endurance, through training and developing skills to swim fast with good stroke technique. Swimmers will be expected to be able to perform swim and kick sets based on intervals and follow along with the pace clock while making stroke corrections with reminders from the coach. Throughout these sets they will be expected to challenge themselves, at times, past their comfort zone. Swimmers

in this group should attend a minimum average of 5 practices per week. They should meet or exceed the requirements listed above.

GENERAL INFORMATION

The Saline Stingrays will compete in the Southern Michigan Swim League (SMSL). We participate in five dual meets and team Championships at the end of the season. In SMSL, the age of the swimmer as of January 1st will determine the age group they compete in throughout the fall season. Age groups are 8 and Under, 9-10 year olds, 11-12 year olds, 13-14 year olds, and 15-18 year olds.

Swim Meets

We are a competitive swim team; swim meets are a very important part of learning the sport of swimming it is very highly recommended that you attend all meets possible. Dual meets consist of four events for each gender and age group. Swimmers may swim in a maximum of three of the four events. The order of the events at a dual meet are: Medley Relay, Individual Freestyle, Individual Stroke of the Meet, and Freestyle Relay. The Championship meets consist of all the events that are swam during the season. The athletes are placed in events in order to score the most points for the team. See explanation on Championships under "Championships".

What to bring?

- Team suit and swim cap
- Goggles (two pairs is better...in case one breaks)
- Several Towels
- Warm clothes and a pair of shoes or flip-flops (some pools are warmer than others)
- Snacks (Swimmers should have snacks with them as they will not be allowed to leave the pool deck once the meet has begun!)
- Quiet activities to keep swimmers occupied between events
- Put your child's name on everything you take to a meet!

Swim Meet Event Descriptions and Scoring

Medley Relay: The relay is composed of four swimmers. Each swimmer swims a different stroke in the following order: backstroke, breaststroke, butterfly and freestyle. Eight and under swimmers swim one length (25 yards) for a total of 100 yards. 9 & up swimmers each swim two lengths (50 yards) for a total of 200 yards.

Freestyle: The 8 & under swimmers swim one length (25 yards). 9 & up swimmers swim two lengths (50 yards).

Specialty Stroke of the Week: Each meet there is a different specialty stroke. The order of meets is as follows: backstroke, breaststroke, butterfly, mid-distance freestyle and individual medley. With the exception of the last two meets, the 8 & under swimmers swim one length (25 yards), 9-12 swimmers swim two lengths (50 yards), and 13 & Up Swim four lengths (100 Yards).

Freestyle Relay: The relay is composed of four swimmers. The 8 & under swimmers each swim one length (25 yards) for a total of 100 yards. 9 & up swimmers each swim two lengths (50 yards) for a total of 200 yards.

Scoring in dual meets:

Relay Events: 1st = 8 pts, 2nd = 4 pts, 3rd = 2 pts. With no more than two relays scoring per team in a given event.

Individual Events: 1st = 9 pts, 2nd = 7 pts, 3rd = 6 pts, 4th = 5 pts, 5th = 4 pts, 6th = 3 pts, 7th = 2 pts, 8th = 1pt, with no more than four individuals scoring for each team in a given event. Fastest times score regardless of which heat the swimmer is in.

Swim Team and Meet Terminology

Backstroke Flags: Flags near each end of the pool help backstroke swimmers determine the number of strokes to the wall.

DQ or Disqualified: A swimmer may be disqualified from a race for an improper start, stroke, kick, turn, or touch.

Entry Card "Card": A card completed by the coach which enters a swimmer in an event by heat and by lane. The swimmer must turn in the card to the timer in his or her lane prior to swimming their race.

False Start: A false start occurs when a swimmer begins to dive into the water before the starter fires the gun. When a false start occurs, the false start is

declared at the end of the race. The official will inform the swimmer at the completion of the race. This results in a DQ.

Finish Judge: During the meet, the finish judge writes down the order in which swimmers finish. However, the meet official's decision is the final decision.

Heats: A heat consists of a group of swimmers, one in each lane, swimming an event at the same time. Most individual events have more than one heat of swimmers. The swimmers time is compared to all the heats to determine final place for that event.

IM or Individual Medley: Swimmers swim 100 yards (ages 12 and under) or 200 yards (13 and up), consisting of consecutive lengths of butterfly, backstroke, breaststroke, and freestyle. The order of strokes in the IM is different from the order of strokes in the Medley Relay.

Marshaling Area: Swimmers report to a specified area near the pool to get lined up for each event. Each swimmer receives an entry card and must stay in their assigned order. Swimmers will be marshaled at least one event prior to the one they are swimming.

Ribbons: Place ribbons are awarded to those individuals who score points for the team. Participant ribbons are awarded to those team members who participate in a meet but do not score. Heat winner ribbons are awarded to those swimmers placing first in their heat in an event.

Starter: The starter fires a gun or electronic buzzer to start the races.

Stroke Judge: A stroke judge disqualifies swimmers who have an illegal start, stroke, kick, turn, or touch.

Touch: At the end of each length, the swimmers touch the wall in a required manner. Butterfly and breaststroke require a simultaneous two-handed touch. Backstroke requires a one hand touch and the swimmer must remain on his/her back while touching.

Touch Pad: At most meets, electronic touch pads will be used for timing of the swimmers. Swimmers will learn how to touch the pad in the specified area to stop the clock in their lane.

Swim Meet Volunteers and Job Descriptions

The success of a season and the various meets takes the coordinated efforts of EVERYONE working together. Each meet requires many volunteers to run smoothly. ALL FAMILIES ARE REQUIRED TO PROVIDE A WORKER FOR AT LEAST TWO MEETS EACH SEASON! These positions provide the best seat in the house and get everyone involved in the meets. PLEASE VOLUNTEER!

Volunteer job descriptions:

Announcer – announces all events, heats, and general information throughout the meet.

Meet score keepers – Help to hand score the meet. This serves as a back up copy to the computer. A handout with instructions will be provided at the table.

Timers – before each race: verifies swimmers, times swimmers, and records time on the time card. Each lane will have two timers.

Head Timer – Instructs and assists all timers. The head timer also serves as a back up timer.

Back up timer – available on deck in case a lane needs a back up time.

Scoreboard operator – controls time clock and scoreboard.

Marshals – helps to gather swimmers and prepare swimmers in an order for their events. Marshals ensure that all swimmers arrive at their appropriate lanes on time. Each age group will have several marshals at both home and away meets.

Head Marshal – Assigns lanes, combines heats, and works with all marshals to ensure steady flow of the meet.

Finish Judge – placed at the finish wall and calls out the finish of the races by lanes.

Finish Writer – records the results called out by the finish judge.

Runners – collects time cards and delivers them to the scorers table.

Concessions – assists with the sales and operation of the concession stand.

Ribbon Writer – helps to write or stick labels on the ribbons of all meet participants.

Ribbon Filer – helps to file the meet ribbons in the family file folders.

Heat Winner Ribbon Distributor – distributes the heat winner ribbons after each race to the winner of that heat.

CLEAN UP CREW – helps to return the facility and surrounding areas back to a clean organized state after the meets are over.

SIGN UP SHEETS ARE POSTED ON THE TEAM BULLETIN BOARD!

CHAMPIONSHIPS

There is a championship meet at the end of the season. Each age group has their own championship meet for swimming as well as diving. These meets include all of the standard dual meet events (medley relays, freestyle and freestyle relays) and all of the specialty events (backstroke, breaststroke, butterfly, distance freestyle, and individual medley).

Attendance at this meet is imperative; all reasonable efforts should be made to attend! This is the swimmers chance to quantify all of the hard work they put in during the season. Also as a competitive team we rely on every member to make their contribution for maximum impact.

Each swimmer is allowed to swim in four events at this meet with no more than three individual events being swum. Scoring is different in this meet as the top 16 places score no more than 4 individuals and 2 relays can score per team.

Scoring in Championships:

Relay Events: 1st = 40 pts, 2nd = 34 pts, 3rd = 32 pts, 4th = 30 pts, 5th = 28pts, 6th = 26 pts, 7th = 24 pts, 8th = 22 pts, 9th = 18 pts, 10th = 14 pts, 11th = 12 pts, 12th = 10 pts, 13th = 8 pts, 14th = 6 pts, 15th = 4 pts, and 16th = 2 pts.

Individual Events: 1st = 20 pts, 2nd = 17 pts, 3rd = 16 pts, 4th = 15 pts, 5th = 14 pts, 6th = 13 pts, 7th = 12 pts, 8th = 11 pts, 9th = 9 pts, 10th = 7pts, 11th = 6 pts, 12th = 5pts, 13th = 4 pts, 14th = 3 pts, 15th = 2 pts, and 16th = 1 pt.

**AN INFORMATION PAKET REGARDING THE
CHAMPIONSHIP MEET DETAILS WILL BE
DISTRIBUTED CLOSER TO THE DATE OF THE
MEET!**