



# HANDBOOK 2022

## **Notice**

In addition to the Cullman Swim & Dive Handbook, information will be emailed, posted on the website at [www.cullmanswimteam.com](http://www.cullmanswimteam.com), posted at the pool and/or announced at practice. Swim season is a busy two months, so be sure to maintain communication about all that is happening with Cullman Swim & Dive.

## **Organization**

The Cullman Swim & Dive (CST) organization, has been in existence for more than 45 years. We are currently operating as a summer recreational league team in District II of the Alabama Recreation and Parks Association. While Cullman Park and Rec provides the primary funding, along with use of facilities, the CST parent organization provides volunteer personnel necessary for resource management, organizational planning, and coaching support. In addition, parents are responsible for all duties required in conducting local swim meets at the Cullman Wellness and Aquatic Center (Timers, Officials, Bullpen, etc.). Plus, at the end of the season, it is the parents who celebrate our swimmers' successes by hosting the team pool party and the Awards Banquet. It is the cooperation between Cullman Park & Rec and CST parents that provides the swimmers with the many benefits that would otherwise be unavailable.

## **2021 CST Board of Directors**

President – John Hilb

Vice President – Cameron Berryhill

Secretary- Ashley Lackey

Treasurer – Julie Below

Dana Cupp

Kira Long

Cecily Miner

Tracy Smith

## **Coaching Staff**

Head Coach – Charis Peek

Assistant Coach – Anna Hilb

Student Coaches –

## **Fees**

CST fees cover Park and Rec charges, general expense of conducting swim meets, team equipment, trophies, website fees, office supplies, directories, and entry fees (excluding the Madison Medal Meet). In addition to swimmer fees, we also rely on annual t-shirt and website sponsorships. As for attending meets in the summer, there is no charge for entries, admission or parking until the District and State meets. You should expect expenses for goggles, [swimsuits\\*](#), fins, team pictures (if desired), state shirt (if desired/make time requirements) and the cost of your meal at the Awards Banquet in August. New swimmers with CST will receive one swim cap per swimmer to be included with your registration fee. If you would like extra or personalized swim caps, please order them during the registration process.

*\*Solid black suits are mandatory at swim meets. If your swimmer wears a cap for racing, a CST cap is required.*

## **Eligibility**

The 2022 ARPA Recreational Sports Manual continues to list this rule of eligibility for Park and Rec swimming.

*A swimmer or diver cannot compete on two (2) swim teams at the same time during ARPA swimming season. This season begins June 1 and ends with the completion of the State Swimming and Diving Meet. A swimmer or diver may compete in ARPA Competition and U. S. Swimming Open Competition if the swimmer is representing the same ARPA team in both competitions. A swimmer or diver may compete in ARPA Competition and U. S. Open Competition if the swimmer is independently registered with U. S. Swimming and is swimming in U. S. Swimming Open Competition unattached.*

Translation: USA/AAU swimmers may participate in their respective meets if they are signed up “unattached.” If you disregard this rule between June 1 and the State meet, you are no longer eligible for ARPA swimming for the season.

## **Age up Date**

The age of the swimmer on June 1 will determine the age group in which that swimmer will compete for the duration of the summer. Age groups are 6 and under, 7-8, 9-10, 11-12, 13-14, and 15-18.

## **Parents**

Your priority is to help your swimmer by getting them to practice and meets on-time and encouraging them to do their best at both. Please leave the coaching to the coaches. Although it is hard not to notice in what place a swimmer finishes, it is much more important to recognize when they drop time in a race.

Remember that the #1 reason kids join swim team is because it is FUN! By combining “doing our best” with “having fun,” swim team not only teaches children to push for excellence in the sport, but it also carries over to other aspects of life.

If you need to discuss something with a coach, please do so before or after practice, as their attention needs to be on the swimmers during practice. Please do not have any negative discussion or comments in front of the swimmers.

Practice is a group setting, so if you feel that your swimmer would benefit from private lessons, please see one of the coaches for recommendations.

Practice and meets continue even with light rain. Lightning, however, will shut us down until it is safe to resume. Usually, we wait 20-30 minutes if the weather radar shows promise. Afternoon storms usually pass quickly in the summer, so be aware that a 4 p.m. meet postponed due to weather may resume at 4:30 p.m. Unless we are in hurricane weather, plan on showing up and swimming.

### **Volunteers Needed**

The swim meets could not happen without the help of parents. The home meets **require** around 40 workers, while the away meets need approximately 25 workers. The jobs include setting up, timing, place judges, ribbons, runner, bullpen workers, and volunteers to take down equipment/supplies. Some additional training is required for starter, meet referee, timing console, scoring, and stroke/turn judge. While each family should plan to commit to helping in some way, no one has to work every meet. **Each year, once new swimmers have registered, families will be notified of a predetermined number of meets that each family must volunteer for in order for their swimmers to attend district.** New families are encouraged to initially start out as timers, runners, ribbons and other positions which do not require additional training. All new families are encouraged to jump in and get started. If you have preschool children at the meet, attending to them is your first priority. You can sign-up for volunteer positions at [www.cullmanswimteam.com](http://www.cullmanswimteam.com), so please visit the website, sign-up, and help us run a smooth meet for the swimmers. At times, we will be short of volunteers and a volunteer coordinator will be asking for help. Please say "Yes" when asked.

### **New Families**

Please know that it is not unusual to feel confused about how things work. You will probably get the hang of it at the last meet. We mostly have dual meets, which include CST and one other team from the area. We swim in ARPA District II. ARPA (Parks and Rec) District II includes Arab, Albertville, Boaz, Decatur, Guntersville, Ft. Payne, Madison, and Scottsboro. We may also swim against other district teams such as Jasper, Sheffield, Florence, and Oneonta. We will participate in two championship meets. The Area District meet and the State meet. All swimmers are welcomed and encouraged to swim at the District meet. In order to swim at the State meet, each swimmer has to qualify at the District meet.

At the District meet, swimmers can qualify for the state ARPA Championship. Both meets are held in July. Swimmers must finish in the top 4, or the top 16 with qualifying times. The top 9 relay teams of each relay event get to go to State. If you qualify and cannot go to State, you must let the coaches know before the meet is over since someone may be able to move into your spot. Those results that qualify are automatically sent to the State host.

Throughout the summer, the swimmers are learning the 4 strokes (free, back, breast, fly) and will be entered in the meets by the coaches. The swimmers may have to learn how to do a stroke legally before they will swim it during a meet. They will learn about the different strokes and how to race in practice. Daily practice helps build up stamina, an important part of racing.

## **Practice**

Check the website to see your swimmer's group assignment. Any changes due to schedules or transportation issues should be discussed with the head coach.

## **Meets**

Participating in meets is SO much fun for the swimmers and gives them something to work toward in practice. Each meet has a particular order of events and includes both individual and relay events for each age group. The two leagues use a different order of events, and it can be confusing. For home meets, available swimmers will be entered in 2-3 individual events, as well as 1 or 2 relays, for a maximum of 5 events. Generally, the top three swimmers from each team for a given age group will swim the competition heat, and all others are exhibition heats. Relay entries are based on times, legal strokes, and the number of available swimmers. The coaches try to get entries completed the day before the meet and then post the entries at practice the morning of the meet. For away meets, we try not to overwhelm the hosts with all of our swimmers. Exhibition swimmers, therefore, may be slightly more limited in the away meets, especially in our age groups with 15-20 swimmers. The coaches will have a better idea on this as we get into the season.

At the meets, the "bullpen" is used to organize the swimmers getting ready to race. An announcer calls periodically for swimmers in each event to go to the bullpen. You may accompany your child to the bullpen, if necessary, but please step aside after you deliver them. Parents generally do not need to hover here, as it can add to the chaos rather than help. Bullpen workers make sure the swimmers are lined up to go to the correct lane and heat. The best source for the swimmers figuring out what to do is veteran CST swimmers. Don't be afraid to ask someone, "What is going on?"

Stroke and Turn Judges are a necessary part of swimming competition. They report any infractions they may observe to the Meet Referee. It is not appropriate to question a Stroke and Turn Judge during a meet. You need to ask one of our coaches rather than a Stroke and Turn Judge.

Parent may check the ribbon box at practice for ribbons with times for each event from the meet. Missing ribbons may be due to a DQ or an error. We ask that swimmers be dry if they check the ribbon box.

## **Madison Medal Meet**

This is a fun meet and extra opportunity to get in some good races. Medals and ribbons are awarded in multiple divisions. You are encouraged to participate (some fees are required).

## **Sign Up for Meets**

It is essential that you indicate if your child is attending each swim meet on the Cullman Swim Team website at [www.cullmanswimteam.com](http://www.cullmanswimteam.com). If you do not indicate the attendance of your child, they will not

be assigned an event for the meet. Please sign up prior to the deadline. Waiting until the day of the meet is too late. The championships have earlier deadlines and will be listed on the signup sheet.

### **CST SCY MEET SCHEDULE (2022)**

May 31 (Tuesday) Black and Gold Time Trials @ Cullman

June 2 (Thursday) Cullman @ Arab

June 7 (Tuesday) vs. Scottsboro & Decatur @ Cullman

June 9 (Thursday) Cullman @ Jasper

June 11 (Saturday) Madison Medal Meet @ Madison (OPTIONAL)

June 14 (Tuesday) vs. Madison & Ft. Payne @ Cullman

June 16 (Thursday) Cullman @ Guntersville

June 21 (Tuesday) Cullman Challenge @ Cullman

June 23 (Thursday) Cullman @ Boaz

June 25 (Saturday) PAL Invitational @ Boaz (OPTIONAL)

June 28 (Tuesday) vs. Anniston @ Cullman

\*July 8-8 (Friday & Saturday)-ARPA District II Meet @ Boaz (ALL SWIMMERS NEED TO ATTEND)

\*July 22-23 (Friday & Saturday)-ARPA STATE CHAMPIONSHIP MEET @ Opelika

(for swimmers that qualify at ARPA District II Meet)

### **Swimmers**

Our team is fortunate to have a great group of swimmers and super coaches. Please remember to pay attention when your coach is talking or demonstrating. Clean up after yourself at the CWAC and at pools we visit. It is YOUR responsibility to make sure your fins, goggles, cap, towels, etc. get packed up and taken home each day. You are expected to follow general safety rules at all pools. Be a good teammate and an encouragement to others. Good sportsmanship conveys respect for others ... even your rivals.

### **What to Bring to Meets**

Suits, goggles, and CST cap (may want extra goggles and caps as they can break during a meet)

2-3 Towels

Water/Sports Drinks

Snacks - preferably fruit, nutrition bars, and other healthy meals rather than candy

Money for concession stand

Chairs and/or Blanket - some families bring pop-up tents for shade

Dry change of clothes

## **Season Results**

Results will be posted on the Cullman Swim Team website at the following address:

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

## **PLEASE NOTE**

You are not required to join the CWAC in order to participate in practice or swim meets. However, non-members are not allowed to use the facility any other time without the purchase of a daily pass