

# MESA

Swim Team  Boulder

## Family Handbook



*The Pirate's Code*

updated March 17, 2018

## Table of Contents

Welcome! .....	3
The Pirate's Code .....	3
Coaching Staff.....	4
MESA Board .....	4
Parent Volunteering – A Requirement of Team Membership .....	5
Summer Swim League – BVSSL .....	5
Swimmer Eligibility .....	6
Age Groups & Genders .....	7
Registration & Fees.....	7
Main Team Requirements .....	8
Pre-Team Requirements .....	8
Scholarships .....	8
Spring Meeting .....	8
Communications – Talk Like a Pirate! .....	8
Pirate Swag [Equipment & Gear] .....	9
Practice .....	10
Schedule.....	10
Locations .....	10
Training Plan .....	10
Swim Meets.....	11
Dual Meets (Team vs. Team).....	11
NOTE: MESA's approach to setting Relay Teams .....	11
Tips & Tricks for a Successful Meet .....	11
Pentathlon .....	12
Hot Shots / Long Shots .....	12
Other Special BVSSL Meets .....	12
BVSSL Championships .....	12
Prelims .....	12
Finals .....	13
NOTE: Team and League Records.....	13
Social Activities .....	13
Big Swimmer / Little Swimmer.....	13
Swim Meet Jobs.....	14
Standard BVSSL Dual Meet Program (order of events) .....	16
Swim Meet Checklist & Quick Information .....	17
Swimmers.....	17
Families .....	17
Other quick information .....	17

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## Welcome!

MESA Swim Team is special. Starting in the mid-1970's with a dozen swimmers and one coach, MESA has grown into a Summer tradition – providing a competitive swimming experience within a friendly, fun, and supportive environment. Everyone – our coaches, swimmers, parents, and friends & family are proud of our team.

We want to ensure everyone understands what's involved with making MESA work – please review this handbook and talk to members of our Board, our Coaches, and other families if you have any questions. It takes the whole merry crew to pull off a successful summer – and you're a part of it.

We're a *summer* swim team, emphasizing fun, team spirit, encouragement, progress, and setting and achieving personal goals. MESA builds memories and friendships that last a lifetime.

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## The Pirate's Code

Participating on a swim team is a *sport* – and yes, there is competition involved. MESA has champion, record-setting swimmers. We also have swimmers at every age level who have never been on a swim team before, and we have a wide variety of skills and abilities. Every swimmer will have new things to learn and new goals to achieve. Sportsmanship & Respect are core to who we are, and here's our code:

1. Don't impose your ambitions on your swimmer
2. Be supportive and encouraging -- no matter what
3. Say only positive things at swim meets
4. Don't coach your child, let the COACH do that
5. Have respect for your child's coach and their experience
6. Don't talk about the "big meet" or results or place
7. Respect officials, timers, stroke judges, and all volunteers
8. Have set goals before each meet... besides winning
9. Congratulate your child for simply swimming!
10. Don't take this too seriously (It's summer and it's FUN!).

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## Coaching Staff

MESA Swim Team employs a team of professional coaches. They are the only paid positions on the team. The coaches put in a lot of work during the season, and the Head Coaches help out with planning in the off-season. Most of the staff is comprised of MESA Swim Team alumni – so not only do they have the skills and enthusiasm to coach our Pirates, they also carry the spirit of the team. **2018 Coaching Staff:**

### Head Coaches:

- **Murphy Alafonginis (13 & 14's)**
- **Angelique Dousis (15 - 18's)**

### Age Group Coaches:

- **Jessie McLaughlin (Pre-Team)**
- **Kieran Lenssen (Coach)**
- **Lochlainn Renfrow (8 & Unders)**
- **Taylor Schmidt (9 & 10's)**
- **Jenny McCoy (11 & 12's)**
- **Laurie Johnson (Assistant Coach – works with all groups)**

While most of the coaches are assigned to age groups, they work as a team to coach the entire team, and your swimmer will likely have the opportunity to work with all of the coaches through the season. The coaches assign swimmers to events for each meet. (An “event” is a specific race, such as "9-10 boys 50-yard Butterfly".) Refer to the section on meets for more information.

Bios and contact information for our Coaches are available on the web site.

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## MESA Board

A volunteer committee of parents manages MESA Swim Team. We work throughout the year, selecting the Head Coaches, managing the budget, reserving pool space and planning meets, keeping the web site up to date and functioning properly, and planning the great social experiences for the summer. Please speak to any member of the Board about opportunities to help lead the team. **2018 Board:**

- **President: Lynn Bruno / labruno721@gmail.com**
- **Vice President / Web Master: Karen Urbanowski / alanurby@comcast.net**
- **Treasurer: Laura Farrelly / laurafarrelly@hotmail.com**
- **Secretary / Registrar: Jamie Kanda / jamiemkanda@gmail.com**
- **Parent-Coach Liaison: Virginia Hrywnak / vahrywnak@yahoo.com**
- **Meet Coordinator: Kim Lord / kelord@comcast.net**
- **Social Coordinator: Elenor Hodby / eleneedy@yahoo.com**
- **Registration Email Address: swimwithmesa@gmail.com**

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## Parent Volunteering – A Requirement of Team Membership

You have an important role to play on the swim team. MESA is known for being an organized, efficient, knowledgeable team. We run fast meets. A typical swim meet has upwards of 200 swimmers swimming in 90 events, many of which have multiple heats. We start the meets at 8:00 a.m. sharp, and are usually finished before 12:30 p.m. (many “away” meets can drag on to 1:00 or 2:00!)

It takes the entire Pirate crew to run a meet. Meets are staffed with 90 volunteers; split into several jobs and shifts. Your first few meets may be a bit intimidating, but don't worry, your fellow parents will help you along the way. Working the meets also makes the time fly by! Most meet jobs work either the first-half or the second-half of the meet, switching during event 45. See the “Meet Jobs” section for a description of each job.

**REQUIREMENT: Each family must work at least 5 jobs during the season**

SIGN UP for volunteer jobs on the web site: “Schedules” / “Team Calendar” and click the Job Signup button

In addition to working home dual meets, a few volunteers are also needed at away meets and for the League Finals.

Volunteer jobs are first-come, first-served – watch for notification of job sign up and complete the process as soon as possible. If you have a conflict and need to change jobs after the sign-up period has closed, it is YOUR RESPONSIBILITY to find a replacement.

Not a big fan of working the meet jobs? Consider joining the Board and work all year instead! (Board members are exempted from working meet jobs, but all of them do anyway.)

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## Summer Swim League – BVSSL

MESA is a founding member of the Boulder Valley Summer Swim League (BVSSL). BVSSL ([www.bvssl.org](http://www.bvssl.org)) is the governing and rule-setting organization for the league, and sets the schedule for dual meets (team vs. team), special meets (Pentathlon, Hot Shots / Long Shots, etc.), and the league championships (qualification meets for age groups called “prelims”, and the final meet). BVSSL is comprised of 12 teams. Pool locations and other information are on the BVSSL web site.

- MESA Swim Team Pirates (Boulder)
- Boulder Barracudas (Boulder)
- Boulder Country Club (Boulder)
- Boulder Elks Swim Team (Boulder)
- Broomfield Swim & Tennis Club (Broomfield)
- Fox Hill Country Club (Longmont)
- Lafayette Seals (Lafayette)
- Louisville Dolphins (Louisville)
- Meadowglen Swim Team (Arvada)
- Meadows Swim & Tennis Club (Boulder)

- Ranch Country Club (Westminster)
- Rock Creek Flyers (Superior)

Just like our swim team, BVSSL is managed by a volunteer board. All teams play specialized roles within the league, and perform duties at the prelim and finals meets.

## Swimmer Eligibility

BVSSL sets the swimmer eligibility policy for member teams. BVSSL is a league of “summer” swim teams, recognizing that most summer swimmers participate in other activities during the year, and therefore are different from kids that swim year round. To maintain this distinction, BVSSL sets clear rules for swimmer eligibility. You must ensure that your swimmer is eligible to swim in BVSSL, and must complete (through registration) the BVSSL eligibility agreement.

Per BVSSL, “violations of any of the following rules will cause a swimmer to be ineligible to compete in BVSSL swim meets”:

BVSSL Rule (updated 2018)	What it means:
<b>1. Registration. To represent a team in a dual meet, a swimmer must be registered in writing or be on that team’s roster and met the team’s financial obligations. A swimmer may represent only one team in the BVSSL in any one season. Once a swimmer competes in one dual meet, team membership is determined for that swim season. Eligibility does not preclude a team offering financial assistance on an as needed basis.</b>	<i>Once you register, pay, and swim in your first meet, you’re a Pirate for the summer.</i>
<b>2. Age Divisions. There are ten divisions, five each for boys and girls, as follows: 8 &amp; under, 9-10, 11-12, 13-14, and 15-18. The age for each swimmer is determined for the season by the age of the swimmer on May 15th of that swim season. A swimmer may not swim in a younger age group than their age. Furthermore, a swimmer’s age group is determined by the age group he or she swims for points during their first dual meet.</b>	<i>BVSSL season officially starts on May 15, so that’s the date that determines your swimmer’s age. Pretty much all of our swimmers swim within their BVSSL age group, and no swimmers swim younger. Occasionally, swimmers may swim “up” during a meet to fill up an event or relay team – these become “exhibition” entries and do not count for meet points.</i>
<b>3. Championship Meet. A swimmer must compete in two (2) dual meets to be eligible to compete in the championships.</b>	<i>Must swim in at least two of the six dual meets to be able to compete in the prelims and finals meets.</i>
<b>4. Eligibility. Swimmers may work out on their own at any time during the year. A swimmer may swim with a year round team and compete in meets from the end of BVSSL season through October 31st of that same year. From November 1 through the end of BVSSL season, unrestricted coached swimming is only allowed three days per week but competing with teams outside of BVSSL teams is not permitted. The only exception is that school swimmers may swim and compete with their school team during the regular high school swim season without restriction. Swimmers may also participate in other water sports. A swimmer who competes in swimming at college after October 31 (as a club or team sport) is not eligible to return and swim in the BVSSL. Violations of this section will cause a swimmer to be ineligible to compete (other than as exhibition) in BVSSL the following summer.</b>	<p><i>This provision is frequently up for debate at BVSSL meetings. BVSSL swimmers can work out during the off season, in group stroke clinics, private lessons, or on their own – but they cannot compete in swim meets past October 31 per the next provision.</i></p> <p><i>Another interesting and debated provision within BVSSL: many year round teams (such as RACE Swim Team) begin their seasons in the Fall with “Fall Splash” programs that offer several USA Swimming sanctioned meets during September and October. Many MESA swimmers participate in these Fall Splash programs as a way to continue their swimming development and to compare themselves to national time standards within USA Swimming. <u>BVSSL swimmers cannot compete past October 31.</u> Several MESA swimmers also continue to swim during the off season with private coaches, and this is permitted for up to three days per week. High School swimmers can compete on their high school teams during the BVSSL off season per the next provision.</i></p> <p><i>Even if a college student returns home and is 18 years or younger, once he/she swims for a college team they can no longer swim with BVSSL. Many of our MESA coaches are current college students, swimming on their college teams.</i></p>

## Age Groups & Genders

A swimmer's age as of May 15 of the season determines their BVSSL swimming age for the season. The age groups are as follows:

- 8 & Under (we've had swimmers as young as age 5 compete in this group)
- 9-10
- 11-12
- 13-14
- 15-18

The team is also divided between boys (swim odd number events) and girls (swim even number events).

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## Registration & Fees

MESA Swim Team registers swimmers for the upcoming season during March and April. The registration deadline is May 14 – the day before BVSSL season starts. Previous MESA swimmers have priority over new swimmers for roster spots. Recently MESA has been able to accommodate all swimmers on to the team, but from time to time we need to limit registrations for the team or certain age groups. MESA Swim Teams utilizes a web site registration system (called Team Unify) – located at:

- [www.mesaswimteam.org](http://www.mesaswimteam.org)  
(which redirects to: <https://www.teamunify.com/Home.jsp?tabid=0&team=recbvsslmesa>)

The MESA Board sets the registration fees for each season (2017: \$375 for the main team, and \$275 for the pre-team). During registration, families can make additional charitable contributions to the team (a 501(c)(3) tax-exempt organization). **Please note that there are NO REFUNDS for registration fees – once you've registered and paid, refunds are no longer given after the regular season begins.** Also note that we cannot reduce the fee or "prorate" it for swimmers that won't be with us for the whole summer. The vast majority of team expenses are fixed costs: coaches salaries, pool rental, insurance premiums, league fees, etc. The Board reviews our fees vs. other fees for BVSSL teams and we hope you'll agree that we offer a great experience for this fee.

### **NOTE: Registration issues for separated parents / families:**

*The Team Unify system is based on registering a parent/guardian as an "Account" and swimmers as "Members" within each account. All swimmers are registered under a single parent/guardian. Each "Account" can have as many email addresses associated with that account as you want. We urge separated parents / families to work together to register swimmers under a single account, and ensure that multiple email addresses are added to the account so both parents/guardians receive team emails and notifications during the season. The Team Unify system also links with our team scoring system, so event entry history and swimmer times are associated with the "Member" accounts. Please work together, and if you have any questions or issues, contact our team Registrar.*

## Main Team Requirements

The “Main Team” is the official swim team, where swimmers compete at BVSSL meets within their age groups. To swim on the main swim team, swimmers must be able to swim front crawl with rotary breathing and swim backstroke and breaststroke for 50 yards each, and have a basic knowledge of butterfly. They must also be able to swim any stroke continuously for eight minutes.

## Pre-Team Requirements

MESA Swim Team supports a Pre-Team, which is a less formal program for young swimmers who are still developing their skills. Usually the pre-team consists of swimmers aged 5-6-7-8, but occasionally there will be a 9 or 10 year old. MESA partners with several other BVSSL teams to put on 1 or 2 “Pre-Team Meets”, which are held on weekday evenings during the season. Pre-Teamers also participate in the Main Team’s dual meets during the season (in a more limited role). Sometimes a Pre-Team swimmer will demonstrate ability and interest to move up to the Main Team early in the season. If approved by the coaches, the team can make this change (with payment of the difference in registration fees). Most pre-teamers move up to the main team the following season.

Pre-team swimmers must be able to perform the crawl stroke, and have an elementary backstroke and breaststroke. They must be able to swim freestyle for 25 yards with a rudimentary over-arm stroke and rotary breathing, and backstroke for 25 yards. They also must be able to swim any stroke continuously for six minutes and swim full breaststroke for 10 yards.

Please note that Pre-Team is not “swim lessons”. We suggest checking with many of the health clubs in the area for availability of lessons. Also, the Boulder Valley YMCA offers swim lesson programs – and the requirements for the Pre-Team align with the YMCA’s “FISH” swim level. (The Main Team aligns with the YMCA’s “FLYING FISH” level.)

## Scholarships

MESA believes that summer swimming should be available to all kids – and we offer a limited number of scholarships for families with a financial need. Please contact our team President for confidential assistance with our scholarship program.

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## Spring Meeting

The team conducts a Spring Meeting prior to the start of the season, typically on a weekday evening during mid-April. At this meeting, the Board and Coaches talk about the plan for the upcoming season, and we take orders for swim suit and other apparel. Please watch your email for notice of this meeting – and please attend!

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## Communications – Talk Like a Pirate!

Getting the word out to 8 coaches, 100 families, and over 140 swimmers is always a challenge. We strive to be a cohesive team, with expectations that you keep yourself up to speed with what’s happening. Here’s how:

- We keep all of our information accessible on our [web site](#) – visit often.
- During the season, watch for the weekly [newsletter](#) – it contains up to date information on practices, meets, social activities and other critical information.

- Our coaches send weekly email blasts out to their age groups during the season with specific information. Please email your swimmer's coach at least one week in advance if your swimmer will not attend a meet.
- *Let's talk...*
  - Our coaches meet often and act as a team to coordinate all swim activities, please let them do their great work
  - A lot of coaching is communications – the coaches will be talking to your swimmers, please respect that process – and encourage your swimmers to listen.
  - On our team, we let the coaches coach, and let the parents parent. Please understand and respect that concept.
  - You'll have questions and feedback, and we welcome that. Please seek out the best opportunity for that – usually the side of the pool right before, during, or right after practices and meets isn't the best time. Many questions can be answered by parents who have been with MESA for several years. If you have a tough issue, please work through our Parent-Coach liaison (contact information on the web site – see the MESA Board).

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## Pirate Swag [Equipment & Gear]

What your swimmer will need:

- Practice suit – one-piece (no swim/board shorts, no two-piece) – many of our swimmers wear suits from previous seasons or have a basic swim suit. No competition suits at practices, please.
- Competition suit – “official” MESA swim suit (usually switched out every other year) – it's optional, but highly recommended, both to have a great suit for meets, but also for team spirit. Competition suits are ordered at the Spring Meeting (held in mid-April prior to the season). *Crazy enough to contribute to the equipment arms race in swimming? Just like the Olympics, BVSSL doesn't allow advanced technology swim suits. Some swimmers do use Speedo “Aquablade” technology suits for league championships. See the swimsuit rules at [www.bvssl.org](http://www.bvssl.org).*
- Goggles – have at least 2 pairs at the ready, and make sure both pairs have been pre-fit to your swimmer. Most swimmers get by with 1 pair, but, let's face it, they're kids and who knows when that back-up will be needed (usually 30 seconds prior to the heat starting!). Some swimmers have both indoor and outdoor goggles (with a mirrored finish, darker tint to reduce glare at outdoor meets).
- Swim Cap – like goggles, have a spare at the ready. Pretty much all of the girls, and most of the boys, wear swim caps. There is a team pirate cap available.
- Practice Fins – swimmers age 11 and older should have practice fins
- Towels – as much as many of our swimmers try to avoid getting wet at practice and meets, it eventually happens to everyone. Break out the Sharpie and get the names on the towels. Our lost and found typically builds up a nice supply by the end of the season.

Shop where you want, but we recommend our Team Supplier: Colorado Swim Shop:

### **Colorado Swim Shop**

2525 Arapahoe Avenue, Unit C4 [near McGuckins]  
Boulder, CO 80302

(303) 545-2090  
coloradoswimshop.com  
christine@coloradoswimshop.com

What you and your swimmer might want:

- **Swag!** Each year we have the opportunity to order t-shirts, sweats, flannel PJ pants, swim bags, swim caps, baseball caps, etc. Watch for information on ordering information – order online and have it shipped directly to your home. Get your order in on time to ensure you can rock the MESA spirit at the meets!

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## Practice

### Schedule

Please check for the latest schedule information on the web site: “Schedules” / “Practice Schedule”

Notes on the schedule:

- The beginning of the season (officially May 14) is always a bit tricky, with schools still in session and various other schedule commitments at the area pools. Please review the schedule carefully on the web site.
- We work within the resource constraints that we have: pools, lanes, and coaches – we strive to keep the younger age groups together at our “better” pools for a great experience for our new swimmers and families.
- Balancing the schedule for families with multiple swimmers and age groups is tough. Get to know your fellow parents and figure out carpooling options.

### Locations

Check the latest schedule and locations on the web site.

### Training Plan

The summer swim season is short! In just 10 weeks we have a lot to get done – so again, get your swimmers to practice and let the coaches do their jobs!

- Weeks 1-3 – Good Habits and Strength
  - Stroke technique
  - Starts & Turns
  - Conditioning
- Weeks 3-8 – Endurance vs. Speed
  - Focused conditioning
  - Personalized stroke technique and tune-up
  - Practice different race strategies
- Weeks 9-10 – Putting it all together

- Decide / Practice race strategy
- Fine-tune technique

## Swim Meets

MESA participates in several swim meets during the season. Please keep your coach informed of your schedule, and let them know you will be missing a meet at least one week in advance! It takes a lot of planning (and data sharing with the opposing team) to get a swim meet ready to go. Last minute changes are very hard to manage.

### Dual Meets (Team vs. Team)

BVSSL schedules 6 dual meets during the season – typically starting the first Saturday in June, and continuing for the next 6 Saturdays. There is a “bye” in the 7 week dual meet schedule, typically scheduled for all teams to coincide with Independence Day. MESA hosts 3 meets, and we are the visitors for 3 meets. *NOTE: swimmers must swim in at least 2 dual meets to qualify for the end-of-the-season League Championships.*

General schedule of a Dual Meet (Saturday mornings):

- |                        |  |
|------------------------|--|
| 6:30-7:00 a.m.         | Arrive (swimmers head for warm ups based on scheduled time, parents/guardians head for volunteer check in table) |
| 7:00-8:00 a.m.         | Warm-Ups (by age group and pool lane – watch for upcoming meet’s schedule in the weekly newsletter)              |
| 8:00 a.m.              | Meet Begins (if it’s a home meet, we start right on time or even earlier if we can!)                             |
| 8:00 a.m. ~ 12:30 p.m. | Meet Continues. Volunteers change shifts around event 45. (See event schedule below)                             |
| ~12:30 p.m.            | Meet Ends – Everybody helps clean up and find lost stuff!  |

### **NOTE: MESA’s approach to setting Relay Teams**

*Many teams we swim against “stack” their relay teams with their best swimmers in an attempt to win that event and score more points in hopes of winning the dual meet. That’s not how we set relay teams for MESA. During the season, the coaches mix and match swimmers on 2 or 3 relay teams for each relay event, giving all of our swimmers a chance to swim on relay teams, and encouraging swimmers to try new strokes for the Medley Relay. At the end of the season, the coaches set the relay teams for Championships – these end-of-season teams are put together by the coaches based on a number of factors (times, starts/turns, stroke proficiency, teamwork/attitude, etc.). Please respect the coaches’ decisions for setting relay teams.*

### Tips & Tricks for a Successful Meet

- Arrive early – get an established campsite, and encourage your swimmer to get into the team tent and get a full warm-up swim
- Eat a healthy breakfast – balanced with protein, and get a few glasses of water into your swimmer
- Avoid running around during the meet – the swimmers are kids, of course, and they get wiggly. Try to keep them out of the sun, relaxed, and cool.
- Hydrate – with water! Sports drinks contain a lot of sugar which spikes the kids energy – usually at the wrong time!

- Bring a Sharpie marker – write your swimmers' events on their forearm (typically “event – heat – lane”, example 31-2-4 means event 31 (25 yard butterfly), heat 2, lane 4).
- Pay attention to event calls to report to the heating tent/area – typically the swimmers spend 10-15 minutes in the heating area queue prior to going to the pool to swim their events
- Have a positive attitude – try every event/stroke during the season
- Prepare for all kinds of weather – Meets are held rain or shine, hot or cold. You will be outside for most of the meet.

## Pentathlon

The BVSSL Pentathlon is a special meet held mid-season (usually on a Monday, hosted by Fox Hill in Longmont). Coaches must approve swimmers to sign up for Pentathlon and there is an additional entry fee (not included in your MESA registration fees). The Pentathlon is an individual event where swimmers complete Butterfly, Backstroke, Breaststroke, Freestyle, and Individual Medley events (5 events = Pentathlon). The lowest total time for the 5 events wins the meet (for each age group and gender). This is a well-run meet by Fox Hill, and it typically runs from 7:00 a.m. to 3:00 p.m.

## Hot Shots / Long Shots

BVSSL Hot Shots / Long Shots is a special meet held mid-season (usually on a Wednesday, hosted by Rock Creek Flyers in Superior). Coaches must approve swimmers to sign up, and there is an additional entry fee (not included in your MESA registration fees). Hot Shots is a series of sprint-length events (25 yards for the little swimmers, 50 yards for the big swimmers). Long Shots gives swimmers an opportunity to try the longer events not included in the standard BVSSL dual meet program (400 yard freestyle, for example).

## Other Special BVSSL Meets

Occasionally, other special meets are held (relays meet, etc.). Watch the Schedule on the web site and read the weekly newsletter to stay informed.

## BVSSL Championships

After the 6 dual meets are completed, the league championships are held. Swimmers first complete in a preliminary qualifying meet “prelims”, and then the fastest swimmers for each event qualify to swim in “finals”. Prelims and Finals are held at the Veteran’s Memorial Aquatic Center (VMAC) in Thornton on 136<sup>th</sup> Avenue – a world-class competitive swimming facility. (The swimmers claim it is a “fast” pool!) **In 2018, Finals will be held at George Meyers Swimming Pool in Arvada.**

### *Prelims*

Prelims are held on weekdays during the final week of the BVSSL season. For each event, there are multiple heats, and these meets tend to run all day long. The top 20 fastest swimmers for each event qualify for Finals – 10 swimmers in 2 heats (a consolation heat to establish 11-20 place, and a final heat to establish 1-10 place); 2 additional swimmers (#21 and #22) also qualify for Finals as alternates. Kids will get sick, break bones, etc. between prelims and finals – it’s amazing how many alternates end up able to swim in the Finals meet!

Swimmers can swim in up to 3 individual events and 2 relays. The coaches will work with your swimmer(s) through the season to establish the events to try in Prelims/Finals.

## ***Finals***

Finals are held the final Saturday of the BVSSL Season (typically the 3<sup>rd</sup> or 4<sup>th</sup> Saturday in July).

Swimmers earn individual points for the events they swim (which are also credited to the Team). The swimmers with the highest total points for their 3 individual events are awarded plaques – and the “High Point” swimmer for each age group / gender gets their picture in the *Daily Camera* along with the full meet results. Team Points are also added up to establish the winning Team for Finals. (MESA has had many High Point swimmers, and has won the top points at Finals many times over the years!)

## **NOTE: Team and League Records**

Team records are kept, which can be set at any BVSSL meet. League records are also kept, which can only be set at Prelims and Finals. There are meter records and yard records. See the team web site and BVSSL web site for the records board.

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## **Social Activities**

We love our MESA team spirit, and want families to join us to stay. Have kids graduating from MESA and summer swim league? Then please consider acquiring additional children. It's a fun crew, and these events bring us together. Please watch the web site, email, and newsletter for information.

- Season Kick-Off Picnic – typically held after practice gets going and before our first meet in late May / early June
- Team Picture – we take a big team picture after one of our home meets.
- Water World Day – one weekday each summer we cancel practice and head for Water World
- Prelims Power Up – held the Sunday evening during League Championship week, prior to the Preliminary meets and prior to the Saturday Finals meet – open to the whole team, whether or not you and your swimmers are headed to finals or not.
- End of Season Celebration – held after the Finals meet, it's our season wrap-up, thank you, awards, and love fest. Bring your sweet tooth and a hanky.

## **Big Swimmer / Little Swimmer**

Each summer, MESA partners our older age group kids (typically 13's and up) with the younger swimmers. The big kids encourage the little kids and make them feel welcome, and the little kids cheer on their big swimmers. Typically nominal gifts are exchanged prior to each meet (beach balls, and/or cheering posters). Sign ups are taken at the Spring Meeting, and final assignments are determined during the first couple of weeks of practice.

If your swimmer decides to sign up for the program, they really need your support and guidance through the summer – the program only works if both “Big” and “Little” swimmers participate equally.

### **Big Swimmers:**

- Make friends with your little swimmer
- Find out what they would like to know about the swim team
- Teach them the MESA Cheer!
- Help them find identify what events they are swimming in a meet

- Cheer on your little swimmer
- Play a game of cards or read together in the team tent
- Bring a small nominal gift for your little swimmer

#### Little Swimmers:

- Ask your big swimmer questions about the team or the meets
- Cheer for your big swimmer!
- Make a card or a poster for your big swimmer for the meet

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## Swim Meet Jobs

Meet jobs and the sign up system are on the team web site – please review job start time when you sign up.

Quick description of meet jobs (*jobs great for new families / meet rookies are marked with \**):

- Announcer (2 per meet: 1 each half) – like walking around with a megaphone? This is your job! The Announcer roams the outside of the pool area, announcing what events are “heating” and other general information. Great way to get fresh air and learn who’s on the team and where they hang out!
- Coaches Cooler (1 per meet) – Doesn’t actually work the meet, so maybe be nice and sign up for an actual meet job in addition to this! Provides a cooler or two stocked with healthy snacks and drinks for our hard-working, zero time off during the meet Coaches.
- \*Concessions (4 per meet: 2 each half) – Works our concession stand during the meet outside on the patio – a nice extra money-maker for the team. Don’t worry, you can duck into the pool area to watch your kids swim their events. Lots of fun, and those breakfast sandwiches are crazy good.
- Concessions – Grill Specialist (4 per meet: 2 each half) – Ensures meat for the meet, providing breakfast sandwiches, burgers, and other critical protein. Not getting enough grill time on your deck this summer? Join the crew.
- Concessions – Lead (4 per meet: 2 each half). Master and Commander. Continue the beatings until morale improves. Typically a couple, the Leads make sure we have food stocked for the meet, and breaks down the stand at the end of the meet.
- Floater (2 per meet: 1 each half) – Jack of All Trades. Fills in for missing jobs, helps run and collect time cards for 25-yard events. The Meet Coordinator’s first mate.
- Heating (4 per meet: 2 each half) – The toughest job you’ll ever love. Runs the Heating Tent – by far the most critical role in moving the meet along. While an event is swimming in the pool, and the next event is ready behind the starting blocks, the Heating Tent stacks up the next 3 or 4 events, organized in chairs corresponding to lane assignments. As soon as you hear the starting horn, send the next event/heat into the pool area to be ready for the next event. Lots of work, but lots of fun – you’ll get to know all the kids on the team.
- \*Locker Room Checker (2 per meet: 1 for the Boys and 1 for the Girls) – Checks locker rooms every 15-20 minutes. Keeps the funny business out of the locker rooms. Scares swimmers out and back to the team tent. Misbehavior should be reported to the Coaches immediately.

- \*Lost and Found (1 per meet) – Generally applies to stuff rather than swimmers, but who knows? Somehow coordinates collection of lost belongings from the practice pools and meets. Likely needs a semi-truck with trailer by the end of the season. Upside is you'll never need to buy goggles again.
- Pictures (2 per meet: 1 each half) – Takes photographs of the team, collects during the season, and helps produce end-of-season slide show.
- \*Meet/Pool Clean-Up (4 per meet) – Only a half-hour job at the end of the meet (typically 12:30-1:00 p.m.), but pays back the short time in sweat equity. Report to the scoring table during the last event (the Freestyle Relays), and prepare to follow the Meet Coordinator's orders to the letter.
- Meet/Pool Set-Up (3 per meet) – Works from 6:30-7:15 a.m. helping set up the meet – setting up the team tent, the heating area and chairs, scoring tables and chairs, etc. Report to the meet volunteer check-in desk and get going!
- Scoring (a team of 12, typically the same crew for the whole summer) – great for those who have blended a love of technology with their OCD. Under the direction of the Head Scorer, configures the meet (home and away entries), preps the event/heat schedule, enters the results, provides regular updates to the dual meet score, and posts the event results during and after the meet. The special forces of our volunteer crew, and typically the crew selects its own members. Work your way on to the team through the other scoring jobs...
- Scoring – Averaging (4 per meet: 2 each half) – takes the raw time data provided by the timers and averages it to establish the official times (WARNING: addition and division skills required!)
- \*Scoring – Ribbons (4 per meet: 2 each half) – places results stickers on individual place ribbons, and organizes for coaches and parents to distribute at practices
- \*Scoring – Runner (2 per meet: 1 each half) – gathers event/heat result sheets (or "pink and blue cards") from the Timers and delivers to the Scoring Table. Great shoes and attitude required.
- Starter (2 per meet, 1 each half) – second only to Heating in ability to get the meet finished quickly. Announces each Event/Heat/Distance, ensures Stoke Judges and Timers are ready, says "Swimmers Take Your Mark!" and presses the little red button. Being a Starter is like running an airline – planes don't make money if they're sitting empty on the ground, and meets don't get done quickly if there are no swimmers in the pool.
- Stroke Judge (4 per meet: 2 per half) – officials for the meet, ensuring rules for each stroke are being adhered to in the pool, disqualifying swimmers who fail to meet the requirements of the stroke. Separate pre-season training is required for this job, along with previous swimming experience.
- \*Team Tent (3 per meet: 2 at set-up, 1 at clean-up) – helps set up the Team Tent – our big red & white striped circus tent (that may actually date back to the original Ringling Bros. version). Total pain in the neck, but the kids love it, and we can pretty much cram the whole team under the tent. It's where the pre-meet team meeting is held, where the events/heats/lane assignments are posted, and where the Coaches go to find and talk to swimmers. Imagine 100+ kids having a sleep over in your living room – that's what it looks like when it's in business.
- \*Timers (24 per meet, 12 per half, 2 per lane per half) – Confirms swimmer is in the correct event/heat, times the event from the starting horn to the finishing touch, and records the times. Must be able to

operate a stop watch, operate a pencil, and be able to communicate with other human beings. Great way to “get your feet wet” and watch the meet!

- Timing Coordinator (1 per meet) – ensures all timers are at their stations, with clipboards, stopwatches, and pencils. Starts a couple of extra stopwatches each event in case one of the Timers doesn't get theirs started or some other error occurs. Works with the Starter to conduct the Timers meetings (one around 7:45 a.m. before the meet, and one during events 41-44 before the 2<sup>nd</sup> half of the meet). Helps the Starter keep track of events/heats and any mid-meet schedule changes (combing heats, etc.).
- Volunteer Sign-In (1 per meet) – checks all families into the meet prior to the start, handing out nametags and checking off job assignments, working with the Meet Coordinator to make sure all volunteers have signed in and are aware of their jobs and start/end times. Typically gets going around 6:30 a.m. and is finished around 8:30 a.m. A great job that gets you to the meet early to get a great parking spot!

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## Standard BVSSL Dual Meet Program (order of events)

Boys Event #	Girls Event #	Age Group	Event
1	2	8 & Under	100 Medley Relay*
3	4	9-10	200 Medley Relay
5	6	11-12	200 Medley Relay
7	8	13-14	200 Medley Relay
9	10	15-18	200 Medley Relay
11	12	8 & Under	100 Free
13	14	9-10	200 Free
15	16	11-12	200 Free
17	18	13-14	200 Free
19	20	15-18	200 Free
21	22	8 & Under	25 Free
23	24	9-10	50 Free
25	26	11-12	50 Free
27	28	13-14	50 Free
29	30	15-18	50 Free
31	32	8 & Under	25 Butterfly
33	34	9-10	50 Butterfly
35	36	11-12	50 Butterfly
37	38	13-14	100 Butterfly
39	40	15-18	100 Butterfly
41	42	8 & Under	25 Backstroke
43	44	9-10	50 Backstroke
45	46	11-12	50 Backstroke
47	48	13-14	100 Backstroke
49	50	15-18	100 Backstroke
51	52	8 & Under	50 Freestyle
53	54	9-10	100 Freestyle
55	56	11-12	100 Freestyle
57	58	13-14	100 Freestyle
59	60	15-18	100 Freestyle
61	62	8 & Under	25 Breaststroke
63	64	9-10	50 Breaststroke
65	66	11-12	50 Breaststroke
67	68	13-14	100 Breaststroke
69	70	15-18	100 Breaststroke
71	72	8 & Under	100 Individual Medley**
73	74	9-10	100 Individual Medley
75	76	11-12	100 Individual Medley
77	78	13-14	200 Individual Medley
79	80	15-18	200 Individual Medley
81	82	8 & Under	100 Freestyle Relay
83	84	9-10	200 Freestyle Relay
85	86	11-12	200 Freestyle Relay
87	88	13-14	200 Freestyle Relay

Boys Event #	Girls Event #	Age Group	Event
89	90	15-18	200 Freestyle Relay

\*Medley Relay order: Backstroke, Breaststroke, Butterfly, Freestyle

\*\*Individual Medley order: Butterfly, Backstroke, Breaststroke, Freestyle

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## Swim Meet Checklist & Quick Information

### Swimmers

- Swim bag (with toys, games, etc. to pass the time – be careful with electronics, cell phones, etc.)
- Competition Suit
- Goggles (2 pairs recommended)
- Sunscreen
- Towels (recommend writing name on towels with Sharpie!)
- Flip flops or other pool shoes
- Cover up clothing – appropriate for the weather (layers recommended – shorts AND sweatpants, t-shirts AND hoodies)
- Token gift or cheering sign for Big Swimmer / Little Swimmer
- [Sleeping bag – optional, but for cold meet mornings many kids bring them]

### Families

- Tent/Shade (lots of pop-up 8' x 8' shades around swim meets!)
- Tarp for a "floor" for your tent
- Folding chairs
- Coolers with healthy snacks and water for your swimmer (NOTE: most meets have stocked concession stands, which are also fundraisers for the teams, so please utilize them!)
- Sunscreen
- Sharpie pen (to write your swimmer's events on their forearm)
- Pocket cash for the concession stand
- Sturdy shoes and a positive attitude for working meet jobs
- A friendly smile – you'll be meeting a lot of new people!

*NOTE: To build team spirit and friendships, we recommend having your swimmer spend the meet inside the team tent.*

### Other quick information

- Boys are always odd-numbered events; girls are always even-numbered events (see events on previous page).
- Swimmer events are posted in the team tent by age group. Many kids write their events on their forearms to keep track, typically in the order event / heat / lane – example: 15-1-4 would mean 200 freestyle, heat 1, lane 4
- Number of Events – swimmers can compete in up to 2 relays and up to 3 individual events
- Medley Relay – 4 swimmers, each swimmer swims a different stroke: Back, Breast, Fly, Free
- Individual Medley – event that combines all four strokes: Fly, Back, Breast, Free
- Pinks & Blues – cards that the swimmers hold and give to the timers to track their individual events (pick up card prior to going to heating tent) / Pinks are for girls, Blues are for boys
- Heating Tent – where swimmers queue up for their events – please be nice to the volunteers in the heating tent (the better job they do, the faster the meet goes!)

- Before the meet – Meet in the Team Tent at approximately 7:50 a.m. for announcements and the Team Cheer!