Washington Swim Team

***Swimmer & Parent Manual***

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**Washington Swim Team 2022 Meet Schedule/Important Dates**

**Meet Schedule:**

* Monday, June 13th, Cedarmill 1896 Cedarmill Dr. Chesterfield, MO 63017
* Monday, June 20th, Chadwick **(HOME MEET)**
* Monday, June 27th, Castle Pines **(HOME MEET)**
* Tuesday, July 5th, Cool Dell 414 Dietrich Rd. Ballwin, MO 63021
* Monday, July 11th, Lake Chesterfield 150 Waterside, Wildwood, MO 63040
* Friday, July 15th, 11 and up Conference @ Cool Dell 414 Dietrich Rd. Ballwin, MO 63021
* Saturday, July 16th 10 and under Conference @ Cedarmill 1896 Cedarmill Dr. Chesterfield, MO 63017

**Important Dates:**

* Thursday June 16th, Swim Team Pictures @ Washington City Pool 6:45 pm
* Friday, July 15th, 11 and up Conference @ Cool Dell (to qualify you must attend at least 3 dual meets)
* Saturday, July 16th, 10 and under Conference @ Cedarmill (to qualify you must attend at least 3 dual meets)
* Sunday, July 17th, End of the Season Pool Party 6-9pm

**Contacts**

* President: Daniel Wells 650-391-3038
* Head Coach: Tracy Moreland 636-221-2981
* Treasurer/Secretary: Sue Henderson 314-363-6806
* Technology Officer: Cary Ziegler 314-604-5203
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**WELCOME TO THE WASHINGTON SWIM TEAM**

Welcome to the Washington Swim Team! Whether this is your first year as a swim team parent or swimmer or your tenth, we think you’ll find swimming to be one of the most rewarding and enjoyable sports around!

• *It’s healthy!* Swimming is one of the best conditioning sports around – a great cardiovascular activity that tones and strengthens every muscle in the body.

• *It’s character-building!* As an individual sport, competitive swimming teaches children to set personal goals and work to meet them through self-improvement.

• *It’s fun!* Team swimming is a great way to meet new people and make new friendships - for both swimmers and parents alike.

This booklet of information has been assembled so that parents and swimmers can get more acquainted with the Washington Swim Team and the sport of swimming in general. Hopefully, it will answer most of the questions you might have about the swim team. If not, however, please feel free to ask one of the coaches or a member of the parent board.

**THE FOUR COMPETITIVE STROKES:**

The sport of swimming consists of four basic competitive strokes: freestyle, backstroke, breaststroke and butterfly. *In order to join the Washington Swim Team, a child must be able to swim a minimum distance of at least one of the aforementioned strokes.* Children ages 10 and under must be able to swim at least 25 meters of at least one competitive stroke. Children ages 11 and over must be able to swim at least 50 meters of at least one competitive stroke.

***Freestyle:***

* Freestyle, also commonly known as the front crawl, is the fastest of the competitive strokes and typically the first stroke children can master.

***Backstroke:***

* In backstroke, also commonly known as the back crawl, swimmers use an overhand arm motion and must stay on their backs during the entire race (except for one stroke before a turn.)

***Breaststroke:***

* While breaststroke is a frequently used recreational stroke, it is one of the most difficult to master for competitive purposes. An illegal kick is the most frequent reason a swimmer is disqualified.

***Butterfly:***

* Butterfly is often called the most graceful and rhythmic of the four competitive strokes, but also the most difficult to master. Each child on the team may swim up to three individual events per meet, plus participate in up to two relay events. In order to be placed in an event, however, the child must be able to swim the stroke in “legal” fashion. If the form is unacceptable, the stroke judge (usually the starter) will disqualify the swimmer from the race, making the swimmer ineligible for points or place ribbon. Because of this, *children will only be placed in those events where they can reasonably be expected to swim legally.* As a child masters new strokes in legal form, he or she will be placed in more events – up to the 3-individual/2-relay event maximum.

**SWIM MEETS – Dual Meets & Conference Championship**

The Washington Swim Team will participate in two different kinds of meets.

* A **dual meet** is a meet held between two teams. In a six-lane pool, each team will have three lanes in which to put swimmers; in a four lane pool, two swimmers. Up to 5 heats will be run for individual events.
* A **conference championship meet,** also commonly referred to as “conference,” is a one or two day event involving all the teams in the division. Several heats (races) are held in each individual event. The swimmers with the sixteen fastest times in each event score points. Each team is allowed to enter one relay team per event for the championship meet. In order to qualify for division championships, a swimmer must have competed in at least three dual meets during the season.

**SWIM MEETS – Order of events**

* ***Individual Medley (I.M.):*** This individual event is a 100 yard/meter race, with one length each of butterfly, backstroke, breaststroke and freestyle. The age groups for this event are 10 & under, 11-12, 13-14, and 15-18. There is only one heat – an “A” heat – of each age and gender group (i.e. 13-14 girls) of individual medley.
* ***Freestyle:*** Individual freestyle races for age groups are 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18. There are multiple heats for this event.
* ***Breaststroke:*** Individual breaststroke races for age groups are 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18. There are multiple heats for this event.
* ***Freestyle relay:*** Four swimmers, each swim one “leg” of the freestyle relay. While there is only one “heat” of freestyle relays, each team is allowed to fill up to three lanes with four relay swimmers in each. Age groups are: 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18.

**Younger swimmers who are not competing in any further events may leave the meet after the freestyle relay *if accompanied by a parent who notifies the coach.***

* ***Backstroke:*** Individual backstroke races for age groups are 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18. There are multiple heats for this event.
* ***Butterfly:*** Individual butterfly races for age groups are 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18. There are multiple heats for this event.
* ***Medley relay:*** Four swimmers, each swim one “leg” of the following: Backstroke, breaststroke, butterfly and freestyle. There is only one heat, but each team is allowed up to three relay groups of four swimmers each. Age groups are: 10 & under, 11-12, 13-14, and 15-18.

For 10 & under age groups, individual events (except I.M.) are 25 yards/meters in length, and all relays are 100 yards/meters. For 11 & over age groups, individual events (except I.M.) are 50 yards/meters in length, and all relays are 200/meters.

**SWIM MEETS – Guidelines for heat placement**

Swimmers will be placed in various heats of individual events and relay teams using the following criteria:

**Time:**

* Swimmers will be timed in all events in a time trial at the beginning of the season which will determine placement in the first dual meet. All swimmers in all heats will be timed at every meet, with these times being recorded and used to determine heat placement in subsequent meets. Generally speaking, the swimmers with the fastest times in a given age group and gender for an event will be placed in the “A” heat, the next fastest in the “B” heat, the next in the “C” heat, etc. as necessary.

**Ability to swim stroke legally:**

* In order to streamline meets and prevent unnecessary disqualifications, coaches will not place a swimmer in any event that they do not feel the swimmer has reasonable expectation to swim in legal form. As a swimmer masters a given stroke to the point of being able to swim it legally, he or she will be given the opportunity to be timed and placed in an individual heat for that event – subject to the maximum event limitation.

**Maximum event limitations:**

* Each swimmer is allowed to swim in a maximum of three individual events, plus two relays.

**Interests of the team:**

* In some cases, one of the top swimmers in a given event may not be placed in that event, because he or she is at the maximum event limitation and could better serve the interests of the team in a different event. (I.e. one of the fastest freestylers in an age group where several swimmers can swim the stroke well, might also be one of the few proficient butterfly swimmers in the group.)

**FAIRNESS:**

* Swimmers will be encouraged to measure themselves not against their teammates or opponents, but their own abilities and previous times. If a swimmer is encouraged to focus on their self-improvement, they will think in a much healthier way. Remember – the roster for any given meet includes multiple heats of 80 different events with at least 2 swimmers in each! The coaches will make every effort to be as fair as possible, and to make sure that all swimmers get the opportunity to swim in meets.
* A positive attitude on the part of swimmers and parents can help foster a real teamwork philosophy and harmony!

**TIMES – Measuring Improvement**

One of the greatest benefits of an individual sport like swimming is the ability to measure one’s improvement in an objective, quantifiable way. Swimmers will be timed as follows:

**Time Trials:**

* All WST swimmers will have the opportunity to be timed in the events of their choosing. These times will be recorded and used both to determine heat placement in the first dual meet, as well as to serve as a beginning point to track times throughout the season. This can be done through time trials at the beginning of the year, or if time trials are not conducted, may be gathered from previous end of year times, or time trials offered at practice.

**Dual Meets:**

* Each swimmer in every heat of all events of a dual meet will be timed. These times will be recorded, with the records given to the coaches after the meets.

**Individual basis:**

* Swimmers can request to be timed in a given event before or after a workout. Generally speaking, such times will be limited to cases where a swimmer has just mastered the legal form of a stroke in which he or she has not previously been timed. Times recorded on an individual basis can be used for heat placement purposes for a meet, but will not be recorded on the swimmer’s time log sheet.

**“CONSTANT” Time Log Sheets:**

* While conference preliminaries and finals are always held in a 25-yard pool (a.k.a. “short course yards”), there is a wide variance in the lengths of various pools in the conference. Some pools are 25 meters, and others are 25 yards. In order to measure genuine progress in a swimmer’s time, it is necessary that these times be converted to a “constant” unit of measure. Times will be converted from **“raw times”**, the actual time posted by a swimmer in a given pool – to **"constant times”** are times as they would be if the race had occurred in a 25-yard pool. In order to make conversions, the raw times will be entered into a computer program and converted, using the conversion formulas developed by the Colorado Swimming Institute of the United States Swimming Association. While “constant times'' may not be identical to the times a swimmer would swim if an event were held in a 25-yard pool, they are close enough for swimmers and coaches to be able to track progress and improvement.
* After time trials and dual meets, “raw times” will be entered into the spreadsheet conversion program. Once all times are entered, the spreadsheet will be updated, printed and displayed on the swim team bulletin board located in the pool’s “lost and found” room. As the season progresses, swimmers will be able to track their individual progress on a meet-by-meet basis. *This is an excellent way to reinforce the important life lesson that hard work and focus lead to substantial improvement!*

**TEAM UNIFORM**

**Team suit:**

* Team uniforms can be purchased from B&B Aquatics and are required to be worn during all meets. Please no one pieces with ties, etc.

**Practice suit:**

* While the team suit is the property of the swimmer, swimmers are strongly discouraged from using the team suit for practices. In order to meet increasingly stringent health code requirements, swimming pools have more chemicals and chlorine than ever – chemicals that rapidly deteriorate a Lycra suit. Lycra suits are more streamlined, and hence deemed “faster” than nylon or other suits. They also, however, have a tendency to fade, stretch and fray. Many sporting goods stores and online vendors sell discontinued pattern Lycra suits at discounted prices which are ideal for practice situations, or use last year’s suit!

**Goggles:**

* Each swimmer should have his or her own pair of goggles, particularly for practices, as chlorine can be quite irritating and sometimes damaging to the eyes.

**Caps:**

* Girls (and boys) should wear a cap during all meets. Please make sure your swimmer(s) don’t wear any other team logo swim caps.

**Team sportswear & bags:**

* After the parents meeting and registration, swimmers will have the option of ordering team sportswear, bags etc. All of these items are *entirely optional* and are not included in the price of registration.

**WHAT TO BRING TO PRACTICES AND MEETS**

**To practices:**

* Swimmers should come to practice already dressed in their practice suit, bringing goggles, water, and towels. Goggles are regularly left at practices and meets so it is helpful to everyone if the swimmer has them labeled.

**To meets:**

* Swimmers should come to meets already dressed in their team suits, bringing cap, goggles, two towels and a dry, warm change of clothes. In case of mishap, bringing an extra suit, pair of goggles, and cap is always a good idea, too.
* Swimmers may bring either a water bottle or bottle of sports drink (water is best), and are encouraged to do so, especially on hot and humid days.
* They may also bring a light snack, such as granola bars or fruit rollups. *Swimmers should avoid carbonated beverages and “junk food immediately before and during meets – as these not only inhibit performance, but can cause cramping in the water.* **As part of our sportsmanship, we ask and expect that swimmers will leave the pool area – at home or away – just as clean as they found it!**

**Signing up for Meets:**

**For your child to swim in any meet, you must go online to the team website and sign them up to swim. The following are instructions on how to sign your swimmer up. Directions for each Meet can be found on our website.**

* Log into our Team Unify website
* Click on the event key at the top of the page. This will take you to a list of meets that we will swim this season.
* Select/ click on accept /decline key (if you are already enrolled in a meet, it will show up as an edit commitment key) each meet will need to be signed up for individually.
* Click on the pull down arrow under the declaration key and choose to accept the meet with a yes, or decline the meet with a no. This must be done individually for each swimmer, and for each meet.
* Press save at the bottom right corner
* Once you press save, it should take you back to the athlete sign up page and show confirmation that you are committed or not committed.

**\*\*\*\*\*\*\* All meets should be signed up for a week prior to the event. \*\*\*\*\*\***

**PARENT VOLUNTEER REQUIREMENTS**

In order to make swim meets, time trials and other swimming activities possible, it is critical that we have plenty of parent volunteers. As part of the Gateway Conference, our team is required to supply a minimum of volunteers for every meet, both home and away, as well as conference.

As part of registration, parents are required to sign up as a volunteer for ONE HOME MEET and one other MEET for the first swimmer and one additional job at a meet if they have more than one swimmer. Parents will also be required to work at conference.

**JOB SIGNUPS FOR MEETS**

* Log into web-site ***https://www.teamunify.com/Home.jsp?team=recgtwsc***
* Sign in
* Click on the Events tab at the top of the page
* Click job sign up on the meet/date you are available to work
* This will open to the jobs that are available for that particular meet. Find an opening and click the box behind the number. A check will appear in the box.
* Click on/ Press the green signup key at the bottom of the page.
* Enter contact name and number of who will be working, and press sign up
* Parent volunteerism is not only necessary for the swim team to operate, but it is a great way to meet other parents and get a close-up view of the meet! For descriptions of the various volunteer job positions needed see below.

**Parent Volunteer Job Descriptions**

Please review the following job descriptions so you have a better idea of what you are signing up for. Don’t worry if you have never done a particular job before; we will talk you through it!

**Hospitality Workers**: It gets hot! These workers serve water to coaches, officials and timers throughout the meet.

**Runner:** Delivers time sheets from timers to scorekeepers. Requires walking and comfortable shoes.

**Assistant to Official:** Assists official with DQ slips. Requires lots of walking and comfortable shoes.

**Swim Marshall:** This position is only filled during our home swim meets. Marshalls are responsible for maintaining order in the swim venue and enforcing safety procedures.

**Timers**: Timers are responsible for timing swimmers in their assigned lanes. The number timers needed will fluctuate depending on the size of the pool we are swimming. Timers will receive two stopwatches at check-in and will attend a brief timers meeting before each meet. This is a popular job and you have a front row seat for all of the action. Be warned: you will get wet.

**Runners**: Runners collect time sheets from the timers and deliver them to the scorekeepers. Dress comfortably and wear comfortable shoes.

**Computer Operator:** At each meet, one volunteer will work with the competing team to enter the swim times into the tracking system.

**Block Workers**: Block workers load the lanes for each race and keep swimmers organized just prior to each event.

**Bull Pen**: Three parent volunteers run the bull pen at each meet. Bull pen workers organize the swimmers for each race, lining them up and ensuring they get to the staging area and/or blocks.

**Card Judge**: Card judges work with volunteers from the competing team to verify accurate times and scores are recorded on the time sheets for the computer person.

**Swim Walker**: Swim walkers help our youngest swimmers find their way from the bullpen to the appropriate blocks.

**Announcer**: We will need one energetic parent for our home meet to operate the PA system by announcing events, heats and results.

**Floater:** The floater is available throughout the meet and provides support and relief for other workers as needed.

**Concession:** Concession workers sell food and beverage from our own temporary concession stand at our home meets.

**Setup/Cleanup:** Assist with setting up the pool deck for the meet. At the end of the meet, assist with cleanup of pool deck and bullpen areas.

**BULLPEN RULES:**

* Swimmers must stay in the bullpen area during the meet. Please return to the bullpen after getting refreshments, visiting restrooms, cheering swimmers, etc.
* Keep your eyes and ears open to hear when your race is called. Be in the bullpen when you are called to line up for your race to avoid missing your race and being disqualified.
* Please keep the bullpen area cleaned up. Keep YOUR food and trash and personal items picked up.
* Label ALL items (clothing, goggles, caps, towels, smart phones, cards, etc.) with your name to avoid them being lost or mistaken for someone else’s. EVERYTHING LOOKS ALIKE IN THE BULLPEN!!
* All tents in the bullpen must face into where swimmers are visible. No tents are allowed to be closed, grouped or turned outward. This is a safety concern and it makes it difficult to monitor swimmers and locate them for their races.
* **Please be on time for the meets and go straight to the bullpen to check in.** This is how we take attendance and is the only time we can make adjustments for missing swimmers. Swimmers who don’t show up for the meet, without notifying the coach in advance, make it very difficult for the rest of the team. This can cause races to be forfeited.
* ***The bullpen is for Washington swimmers. Guests should find another place to watch the meet and cheer for their friends. They are not to stay in the bullpen.***
* **HAVE FUN!!** Many swimmers have waited all year to swim their favorite events and are excited for the coming season. **CATCH THE FEVER!!**

**Practice:**

**The swim team will practice four times a week to improve stroke technique, starts, turns (for swimmers swimming 50 meters or more), and endurance. Practice will begin on Tuesday, May 31st. Evening practices are also offered for those swimmers unable to practice in the morning. Swimmers DO NOT need a pool pass to practice either in the morning or evening.**

**AM Practice Times PM Practice Times**

**Group 1 (8 & under) 9:15 – 10:00 6:45 - 7:30**

**Group 2 (9-10) 8:15 – 9:00 6:45 - 7:30**

**Group 3 (11-12) 8:15 – 9:15 7:30 - 8:30**

**Group 4 (13+) 7:00 – 8:15 7:30 - 8:45**

**Communication:**

**The coaches and board want to keep parents and swimmers up to date with information regarding practice, meets, and other team related items. For example, occasionally, practices may be canceled due to inclement weather or adverse pool conditions. At these times, information will be communicated via our team sources:**

**Our team website:https://www.teamunify.com/Home.jsp?team=recgtwsc**

**Remind: @wsting (text @wsting to the number 81010 to join)**

**Facebook: Washington Stingrays Swim Team**

**Twitter: @washmostingrays**

**Looking forward to a great 2022 swim season. See you there!**