

Lenah Run Froggers Swim Team Handbook



A Guide for Parents and Swimmers

For a successful swim season, be involved and ask questions of your parent liaison, coaches, board members and fellow parents. We all have the same goal: to provide our children with the best possible experience in swimming.

LENAH RUN FROGGERS PURPOSE AND PHILOSOPHY

The primary objective of the Froggers swim program is to provide a fun, developmental and competitive environment in which all eligible swimmers can learn and improve upon their swimming skills, develop physically, and be recognized for their accomplishments. The swim team environment should reinforce the importance of good sportsmanship and build character in our swimmers.

The Lenah Run Froggers swim team will strive to encourage social interaction and recreational enjoyment of the pool facilities to participating swimmers. The operation of the swim team should enhance the overall image of the community, and project the highest standards of competitive excellence and personal conduct.

Swimmers must not exceed 18 years of age by June 15th and must be able to swim one full length of the pool unassisted. No person shall be restricted from membership on the basis of race, religion, sex, national origin, or disability.

COMMUNICATION

The Froggers will use email and www.gofroppers.com to post all messages regarding meets, practice times, etc. This is our best way of communicating with our swimmers. Meet schedules will also be posted on the bulletin boards at the pool. Parent Folders (which will be on deck during practice) will have ribbons, awards and general communications. Be sure to check your email and website often for the latest changes and information.

The events your swimmers are swimming for each meet are posted on the website as soon as the meet sheet is final (generally a day prior to the meet). Parents should check the website prior to the meet so that they are aware of the events (including relays) their child is swimming. Be aware that last minute changes (such as your child swimming in a relay) may occur at the meet due to absent swimmers. It is always a good idea to print off a meet sheet to bring with you to the meet. This will help you know when your swimmers are swimming.

COACHING STAFF

The Lenah Run Froggers Board hires the coaching staff. The coaches are responsible for running practices, scheduling swimmers for meets, and maintaining team discipline at practices and meets. The primary functions of the coaching staff are to teach proper swimming techniques, good sportsmanship, to improve swimming skills, and to develop and run a structured swimming program.

Coaches will be available for questions from parents. However, if you need to speak with a coach this must be done through email or conversations after practice. During practice, it is very important for the coaches to stay focused solely on the swimmers. Also, when your child's practice is over another practice may be starting so

please be aware of this before approaching the coaches. Remember, the coaches are responsible for the swimmers during practice and cannot be distracted. This is very important for everyone's safety!

EQUIPMENT REQUIREMENTS

We recommend all swimmers have fins, kickboard, goggles and a swim cap for girls and boys with longer hair. It is preferred that all team members wear a team cap at meets.

Spirit wear is optional and is pre-ordered at the beginning of the season. Each swimmer receives a team T-shirt to be distributed on picture day.

MINIMUM SWIMMING REQUIREMENTS

All new swimmers and 6 and under in age must try-out and complete one 25 meter lap unassisted. There will be a tryout the first week of practice. If they do not succeed their first try Coaches will be available for private lessons if desired. Please contact the Coach you are interested in working with directly for pricing and availability. The swimmer may try out as many times as they like but must successful complete the tryout before joining their practice group. All tryouts must be completed by Time Trials. If a child does not meet the minimum requirements, a portion of the registration fee may be refunded. Please refer to the [Fees & Refund Policy](#) that is available on the [Froggers website](#) under Team Info for more information.

TADPOLES

The tadpole program is for swimmers age 5 and 6. We will consider 4 year olds **ONLY** if they can swim one lap unassisted *and* the Head Coach gives his/her approval. While your child may be able to swim the length of the pool, we will need to take into consideration their ability to listen and follow directions as well as the safety of your child and the other tadpoles on the team.

VOLUNTEERS

Summer league swim teams are volunteer operations. It is not possible to provide the best experience for all swimmers without the cooperation and work of **ALL** swim team parents. Parents are expected to conduct swim meets and carry out support functions to effectively operate the team. Each family will be required to fulfill their volunteer obligations regardless of whether their swimmer competes in the meets or not. Volunteer jobs are based on a point system. The number of volunteer points required by each family will be determined once registration has closed and there is a final count of families.

It is our swim team policy that families who do not fulfill their volunteer requirements will not be considered in good standing and will not be allowed to register their family the following year unless they pay an additional fee that will start at \$150 + \$5 for each volunteer point not worked. This fee will be in addition to the registration fees. We realize things happen but we need you to either work or find someone to fulfill your duties.

Registration will not be considered complete until we have received payment and you have signed up for your total number of volunteer points.

Families will be notified of required volunteer points before the start of the swim season. Volunteer points are based on the number of families and the number of swim meets of the current season. It can vary between 14 – 18 total points per family.

All parents are required to volunteer during the post-season event in which their children participate (All Stars or Divisionals). These meets are not included in your regular season volunteer requirements.

MEET EXPECTATIONS

SATURDAY MORNING MEET

1. Report to the pool no later than 6:45 AM for home meets or 7:00 AM for away meets (meet at the team's designated area) unless different times are communicated by the Team Representative.
2. What to bring? Team suit, goggles, team swim cap, team shirt, 2 towels, warm clothes, sunscreen and chairs for spectators.
3. What to eat? Please be sure to eat a light meal an hour before warm-ups, which begin at 7:00AM home / 7:20AM away. Things like a bagel (no cream cheese), fruit, dry cereal and water/sport drinks. Please avoid milk products, yogurt, and drinks with high sugar content.
4. Stay in the team area team during the swim meet so you won't miss any of your swim events. It is the swimmers responsibility to listen for announcements from Clerk of Course.
5. Cheer on teammates in a sportsmanlike manner.
6. Before leaving meet, make sure to pick up trash, and have everything you brought with you.

WEDNESDAY NIGHT MEETS

1. Report to the pool no later than 4:45 PM for home meets or 5:00 PM for away meets (meet at team's designated area) unless different times are communicated by the Team Representative.
2. What to bring? Team suit, goggles, team swim cap, team shirt, 2 towels, warm clothes, sunscreen and chairs for spectators.
3. What to eat? Please be sure to eat a light meal an hour before warm-ups, which begin at 5:00pm home / 5:20PM away. Avoid milk products, yogurt, and drinks high in sugar content. Bring snack foods such as fruit, bagel and water/sports drinks.
4. Stay in the team area during the swim meet so you won't miss any of your swim events. It is the swimmers responsibility to listen for announcements from Clerk of Course.
5. Cheer on teammates in a sportsmanlike manner.
6. Before leaving meet, make sure to pick up trash, etc.
7. Warning: It will be dark by the end of the meets, please be aware of your possessions as it is difficult to find them in the dark.

MEET EVENTS

All competitions are by age group and gender except where it calls out for mixed gender or mixed age events. June 15th is the date used for determining your child's age group. No exceptions will be allowed. The lengths of the individual races are as follows:

6 & under: 25 meters
7/8: 25 meters

11/12: 50 meters
13/14: 50 meters

9/10: 50 meters (25 meters butterfly) 15 -18: 50 meters

The swim events are Freestyle, Backstroke, Breaststroke, Butterfly, Medley Relays, Individual Medley (IM), Freestyle Relay.

An IM (Individual Medley) is for swimmers that can swim all four strokes in one race. The order of events would be Butterfly, Backstroke, Breaststroke, and Freestyle. A coach will determine if a child can swim an IM based on their performances at meets and practices. All strokes are 25 meters, the total for the IM would be 100 meters. A swimmer must have a legal stroke for all four of the strokes to be considered for an IM.

A relay will consist of 4 different swimmers in their age group. Each swimmer will swim 25 meters of an assigned stroke. The order of strokes is Backstroke, Breaststroke, Butterfly, and Freestyle for the Medley Relays. For the younger age group relays all swimmers swim a Freestyle Relay. In addition, we also have relays that are mixed aged. This means that there is a swimmer from each age group participating in this race, still only 4 swimmers per relay team. Sometimes your swimmer will be scheduled to swim in an alternate age group (for instance, we will swim your 12 year old son up as a 13/14 year old) in order to fill a relay. Relays are fun and they gain points for our total team score. You do not sign your swimmer up to be in a relay. Coaches will form the relay teams. Not all swimmers will swim in a relay at each meet.

If you do not wish for your child to participate in the relays, please notify Computer Operator and Head Coach ASAP.

SWIMMER MEET ENTRIES

The coaches select meet entries for the swimmers including relay teams. Meet event assignments will be posted on the Froggers website in the Meet Schedule link by Wednesday morning for Wednesday evening meets and by Friday afternoon for Saturday morning meets. Swimmers and parents are asked to check the website prior to the meet so they know their assigned events. If your swimmer is selected for a relay and CAN NOT participate, please contact the Head Coach immediately.

Swimmers are asked to arrive 15 minutes prior to the start of the meet warm-ups to allow time for check-in. All swimmers must check-in with their coach when they arrive for the meet so the coaches know that they will be available for their assigned events.

Swimmers will be scheduled to swim a *maximum* of 3 Individual events and up to 2 relays at each meet.

Parents should remind their swimmers that it is the responsibility of the swimmer to stay in the team area and be ready when their name is called or else they may miss their event.

MEET ETIQUETTE - FOR ALL MEETS

There are a few rules of etiquette, which should be followed at meets.

1. If your child must miss a meet or becomes ill on the night before or the day of a meet, let the Head Coach and Computer Operator know as soon possible.
2. During any meet, everyone (parents, swimmers, officials) must be silent after the Referee blows the whistle. During this silence, the Starter gives the command "Take Your Mark" and the starter is sounded to begin the race. Swimmers must be able to hear the starter.
3. Only swimmers for a particular event are allowed in the water. No others are allowed, even at the shallow end or baby pool areas, during a meet. An entire team could be disqualified for this violation.
4. If you wish to leave a meet before it is over, PARENTS must first check with the coach before leaving to make sure your swimmer has completed all of his/her events and is not included in a relay. It is not fair to the swimmers who stay to have their relay team disqualified because of lack of swimmers.
5. Swimmers stay in the water until all swimmers of that heat have finished swimming. Swimmers then shake hands with their opponents before exiting the pool.

Please feel free to ask any board member if you have concerns or questions during the season.

POST SEASON MEETS CRITERIA AND QUALIFICATION

There will be two types of "post-season" meets, the Divisional Meet and the All-Star Meet.

Any swimmer that competes in at least two league-sanctioned meets during the current regular season will be eligible to compete in one of the two post-season meets. A swimmer may only swim in one post-season meet, either Divisionals or All-Stars, but not both. A swimmer without an official league time (NT) in any event cannot swim that event in the post-season. Swimmers cannot qualify for the All-Star Meet with times swam at Time Trials.

ODSL will establish an initial cut-time for each event equivalent to the 16th fastest time from the previous year's All-Star Meet.

The ODSL Board will establish a committee to re-evaluate the initial cut times after the 2nd meets of the season. The goal of the new cut-time is to establish a benchmark which sends the top 24 fastest times to All-Stars. You will be notified if your swimmer qualifies for All-Stars. If not, your swimmer will participate in the Divisional meet.

GO FROGGERS !