



Lombard Waves 2021 Swim and Dive Handbook



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Welcome to Our Swim & Dive Team!

The Lombard Waves Park District Swim and Dive Team is a competitive organization designed to improve each swimmer's performance, racing technique, endurance, and flexibility in an exciting atmosphere of fun and safety.
The Lombard Waves Swim Team and Dive Team is open to boys and girls between the ages of 6 and 18.

Officers of Lombard Waves

President	Dan Rozycki	DSDC Parent Rep.	OPEN
Vice-President	Ron Wedel (OPEN for 2022)	Swim & Dive Apparel	OPEN for 2022
Treasurer	Gloria Marchewka	Meet Director, Swim	OPEN
Secretary	OPEN	Meet Director, Dive	OPEN for 2022
Record Keeper	Lauren Cheeks	Trophy/Team Gift	OPEN for 2022
Volunteer Coordinator, Swim	Benita Klasen (OPEN for 2022)	Chief Ribbon Rep.	Jen Ciaccio
Concessions	Dave & Nicole Farquhar	"Fun"draising	Siobhainn VanSanten

Coaches

Pam Forsberg, Head Swim Coach
Jessica Berson, Assistant Coach
Eric Sgarbossa, Assistant Coach
Mairead VanSanten, Assistant Coach

Lombard Waves Website:
<http://www.lombardwaves.com/>

DuPage Swim and Dive Website:
<http://www.swimdsdc.org/>



DuPage Swim and Dive Conference

The DSDC is a summer swim program that is comprised of 12 park district swim and dive teams. The districts included are: Bartlett, Bloomingdale, Butterfield, Carol Stream, Glendale Heights, Hanover Park, Itasca, Lombard, Roselle, Villa Park, Wood Dale/Addison and Woodridge.

The Conference is divided into (3) Divisions. The Park District Swim Team placement in these divisions may change from year to year depending on final conference results.

White Division

Bartlett
Itasca
Lombard
Woodridge

Red Division

Bloomingdale
Butterfield
Carol Stream
Roselle

Blue Division

Glendale Heights
Hanover Park
Villa Park
Wood Dale/Addison

DATE	VERSUS	CHECK-IN	WARM-UP	MEET START
Saturday 06/19	Glendale Heights Hanover Park	6:30am	6:45am	7:30am
Saturday 6/26	Woodridge Bloomingdale	6:30am	6:45am	7:30am
Saturday 07/03	HOLIDAY	---	---	---
Saturday 7/10	Itasca Roselle	6:30am	6:45am	7:30am
Saturday 7/17	Wood Dale/Addison Glendale Heights	6:30am	6:45am	7:30am
Saturday 7/24	Hanover Park Butterfield	6:30am	6:45am	7:30am
Saturday 7/31	Bartlett Itasca Woodridge	6:30am	6:45am	7:30am
Wednesday (rainout date)	Lombard	5:00pm	5:15pm	6:00pm



Lombard Waves Team Calendar

Waves Team Parent Meeting

Wednesday, June 09

Community Building

6:30pm (NEW FAMILIES)

7:10pm (RETURNING FAMILIES)

Team Photos

TBA

(typically one June date for all Swimmers)

Team Picnic/Awards/Pool Party

Saturday, July 31st

Paradise Bay & Community Building

4:30 p.m. for Picnic and Awards

7:00 p.m. – Pool Party

Lilac Parade

Sunday, September 19

(Meet time & locations TBA)



Pool Locations

Addison	None (Addison's "HOME" meets will be hosted at the opponents pools)	
Bartlett	Bartlett Aquatic Center: 620 West Stearns Road, Bartlett 60103 One-half mile east of Route 59 on Stearns Road Lake Street (Route 20) west to Route 59. South on Route 59 to Stearns Road. East on Stearns Road to pool. Or, Barrington Road to Stearns Road, west on Stearns Road to pool.	630-372-7665
Bloomingtondale	The Oasis Water Park: 172 S. Circle Ave. Bloomingtondale 60108 Adjacent to the Johnson Recreation Center at the Bloomingtondale Park District. Parking is available at the Westfield Middle School, not the Oasis parking lot. Park and follow the walking path to the Oasis. PLEASE DO NOT PARK IN THE OASIS PARKING LOT. Additional parking, if needed, is located just south of the Westfield School off of Fairfield Way at Circle Park. A walking path is available from the parking lot to the Oasis. From the west, take Lake Street (Route 20) past Bloomingtondale Road to Fairfield Way. Turn right heading south, go past Schick Road, turn left into the Westfield Middle School parking lot. From the east, take Lake Street (Route 20) past Glen Ellyn Road to Fairfield Way. Turn left heading south, go past Schick Road and turn left into the Westfield Middle School parking lot.	630-539-3095
Butterfield	Butterfield Park District Pool: 21 W 730 Butterfield Road, Lombard 60148 North side of Butterfield Road (Route 56) east of Route 53 and west of Route 355. Route 53 south to Butterfield Road East 1 block to pool on north side of street. Or, Route 355 to Butterfield Road (Route 56) west to pool.	630-858-2229
Carol Stream	Fountain View Recreation Center: 910 N. Gary Ave., Carol Stream South of Army Trail Road, North of North Avenue. Pool is on the right (west) side of the street.	630-784-6142
Glendale Hts.	Glendale Heights Sports Hub/Aquatic Center: 250 Civic Centre Plaza, Glendale Heights 60139 East of Bloomingtondale Road between North Avenue (Route 64) and Army Trail Road Bloomingtondale Road to Fullerton. Fullerton east to Sports Hub on north side of street.	630-260-6060
Hanover Park	None (Hanover Park's "HOME" meets will be hosted at the opponents pools)	
Itasca	Spring Brook Park: 100 North Catalpa, Itasca 60143 One mile east of Route 53, south of Irving Park Road. (Route 19) Irving Park Road east to Catalpa Street. South on Catalpa to pool. Parking lot directly south of Itasca Community Library.	630-773-1213
Lombard	Paradise Bay Water Park: 433 E. St. Charles Road Lombard 60148	630-620-7322
Roselle	Kemmerling Pool: 400 South Prospect, Roselle 60172 East of Roselle Road south of Irving Park Road Irving Park Road to Prospect. South on Prospect 4 blocks to pool. Or, Roselle Road north to Ardmore. East on Ardmore 1 block to Prospect, south on Prospect 2 blocks to pool.	630-894-4200
Villa Park	Jefferson Pool: 331 North Harvard Avenue Villa Park 60181 Roosevelt Road east to Ardmore Avenue north on Ardmore to Vermont. Left on Vermont to Harvard, left on Harvard to pool. Or, North Avenue (Route 64) east to Addison Road, south on Addison to Vermont. East on Vermont to Harvard, south on Harvard to pool.	630-832-5632
Wood Dale	Wood Dale Park District Water Park: 161 West Commercial Street Wood Dale 60191 North of Irving Park Road (Route 19) west of Wood Dale Road Irving Park Road east to Wood Dale Road Wood Dale Road north to Commercial (just over tracks). West on Commercial ½ block to pool entrance.	630-595-9333
Woodridge	Cypress Cove Family Aquatic Park: 8301 S. Janes Avenue Woodridge 60517 South on Route 355 to 75 th Street. Right (west) on 75 th to Janes Avenue (first light) Left (south) on Janes Avenue	630-985-5620



Swim Practice

AGE GROUP	Time and Days	
Swim 8 & Under	8:40 - 9:30 am	Monday - Thursday
Swim 9-10	9:00 - 9:50 am	Monday - Friday
Swim 11-12	8:00 - 8:50 am	Monday - Friday
Swim 13-14	7:00 - 7:50 pm	Monday - Friday
Swim 15+	6:00 - 6:50 pm	Monday - Friday

Practice and meets are almost NEVER cancelled.

If the air temperature is below 50 degrees, swimmers will not have morning practice. Families will receive an email regarding cancellations. Practice can be held in the rain, however, if there is lightning or thunder, practice will be canceled or delayed.

Equipment

At practice, every swimmer should have a **good positive attitude** and...
swim suit swim cap water bottle several towels 2 goggles (swim)

Absence

Due to our short swim season, attendance at practice is very important.
The more practices a swimmer attends, the better they will perform.
We understand families have a variety of commitments during the summer.
Please contact the Head Coach if you are not able to attend practice/meet for any reason.
It is the parent's responsibility to make sure their swimmers are attending practice.

Parents at Practice

We have open practices; all parents are welcome to stay and watch practice.

We ask you follow these rules if you do stay for practice:

Parents are to sit in the bleachers; parents are not allowed on the pool deck during practice.

Parents should not approach or interrupt the coaches during practice and meets.

Any questions regarding your swimmer are to be discussed with the Head Coach (after practice), team president or the Paradise Bay aquatic manager only. If possible, use e-mail to ask questions.



Swim Team Descriptions

8 & Under Swim Group

Swimmers must be able to safely swim 25 yards of Freestyle and Backstroke.

Practices are four days/week from 8:40-9:30 am Monday through Friday.

Will be paired with a Waves Swim Buddy.

Typically ONLY swim home meets and, possibly, one Conference Meet.

9-10 & 11-12 Swim Groups

Swimmers must be able to swim 50 yards of Freestyle, Backstroke, Breaststroke, and Butterfly safely.

Practices are five days/week, Monday through Friday.

Compete in home and away meets and either the B-Conference or A-Conference Meet.

13-14 & 15+ Swim Groups

Swimmers must be proficient in all four strokes.

Practices are five days/week, Monday through Friday.

Will be given a Waves Swim Buddy to support and cheer for meets.

Compete in home & away meets & either the B-Conference or A-Conference Meet.



Meet Information

Positive Check-In

Check-in times are listed on the schedule, page 4.

SWIMMERS WILL BE CONSIDERED LATE IF THEY DO NOT CHECK-IN BEFORE WARM UPS, AND THEIR EVENTS COULD BE REASSIGNED.

If you are going to be late to a meet,
please call or text Coach Pam at 630-234-4185 and
e-mail lowaves.coaches@gmail.com.

Meet Participation Line-Ups

After warm-ups, it is very important that swimmers check the team line-up.
Each swimmer's name will be listed along with their events for the meet.
Many swimmers write their events on their hand with Sharpies for easy reference!
Our bullpen parents will have the line-ups for the meet.

Exhibition Events

During the season, many swimmers will swim exhibition events.
Exhibition races don't count towards meet points but the times can be used as seed times for Conference meets.
Swimming exhibition gives a swimmer the opportunity to improve their strokes and gain experience
in a race situation. Please swim all exhibition races.

Team Swim Wear

Swimmers can purchase a team suit through the Waves' chosen supplier.
Swim suit requirements are specified on the Waves' website.
Team suits are recommended, but not required, however, a suit appropriate for racing is required
(one-piece racing suit for girls and jammers or a Speedo for boys).
Suits should be purple, black, or a combination of purple, black, and white.
Waves swim caps are available for purchase. Swim caps with logos from other teams are not allowed.

Swim Meet Survival Kit

Most swim meets last 2-1/2 to 3 hours so it is important that swimmers and their families come prepared. The following is a suggested list of items to bring to the meets:

sunscreen	snacks, water, Gatorade
sweat suit/warm clothing	entertainment – cards, travel & video games, books
3 towels per swimmer	lawn chairs – some pools do not have ample
ballpoint pen or Sharpie – to write events on hand	spectator seating
sleeping bag/blanket	

Volunteer Spirit- we need everyone's help before, during, and after a meet.



Common Swimming Mistakes

The following are examples of common swimming mistakes which can result in a DQ:

Freestyle

- Walking or springing off the bottom of the pool
- Pulling on lane lines

Backstroke

- Body on breast during the swim or turn (there are exceptions for the turn)
- Touching the wall at finish while on breast/stomach

Breaststroke

- One hand wall touch, or non-simultaneous hand touch at turn or finish
- Head does not break surface of water during stroke cycle
- On back when leaving wall (after turn)
- More than one kick during the stroke cycle
- Improper kick (e.g., flutter, scissors or fly)
- Hands below hipline
- Arm/hand stroke not simultaneous
- Legs not simultaneous during kick
- Alter stroke / breaking the stroke cycle (e.g., to adjust goggles, cap, or suit)

Butterfly

- One hand wall touch, or non-simultaneous hand touch at turn or finish
- Forward stroke below water
- Arm/hand stroke not simultaneous
- Legs not simultaneous during kick
- On back when leaving wall (after turn)
- Improper kick (e.g., flutter, scissors or breast)

Other Disqualifications

- More than one pull for a start, turn or cycle
- Walk or spring from bottom of pool
- Alter stroke to remove goggles, cap, or suit (except Freestyle & Backstroke)
- Finish in wrong lane
- Using lane lines to competitive advantage

Relay Disqualifications

- Incorrect stroke/swimmer order
- Starting before prior leg of relay has touched wall

Correct Order of Individual Medley (IM): Butterfly, Backstroke, Breaststroke, Freestyle

Correct Order of Medley Relay: Backstroke, Breast, Butterfly, Freestyle



Common Swimming Mistakes Continued

There are four strokes in competitive swimming: freestyle, backstroke, breaststroke & butterfly. All swimmers should be working to become proficient in all four strokes.

In addition to the strokes, swimmers must learn the order of the strokes in the combination races, such as the Medley Relay and the Individual Medley (IM).

Our swim conference encourages proper stroke development and personal improvement. We have Judges at all meets to determine if the swimmers are swimming the strokes correctly.

If a Judge sees a swimmer not performing the required elements of the swim stroke required for a given event, a disqualification (DQ) will be issued. No time will be recorded for the swimmer in that event & no points will be given. An explanation of the infraction will be recorded on the DQ Slip.

Please do not interrupt a Judge during a race. The Judge's job is to fairly judge all swimmers in all races. If they are approached to discuss a DQ during a meet, it may cause the meet to be delayed. Any questions should be discussed with your team's Head Coach after the meet.

Swim Meet Volunteer Descriptions

Announcer:

Announces each event and calls events to the Clerk of Course.
Announces what event is in the water and the event that is on the blocks
Reports the meet score and messages from the team or Waves parent organization.

Bullpen Parent:

Helps organize the swimmers for each event.
Ensures that the swimmers are where they should be, when they should be.
Writes the event numbers on the swimmer's hand when the swimmer checks in.

Clerk of Course:

Keeps the Announcer or Referee apprised of event number, heat number, type of heat.
Confirms swimmers' upcoming heat and lane assignments against timing sheets.
Directs the swimmers to the rows of chairs behind the blocks.

Computer Operator/Record Keeper:

Sits at the scorer's table & ensures times are properly being recorded for each swimmer for each event.
Scores the meet after each event and prints the results.
Passes the printed results and timing sheets to the Verifier. If the Verifier finds an error, the computer operator makes corrections in the computer, prints the new results, & returns everything to the Verifier.

Finish Judge:

Watches the end of an event and writes the order of finish by lane.
Must attend the Judges' meeting prior to the start of the meet.

Head Scorer:

Ensures that everyone at the scorer's table understands their responsibilities.
Takes questions to the Referee.



Takes the timing sheets & circles the middle time if three times are recorded on the event sheet. If there are only two times recorded, they average the swimmers time & circle the average time.
Attaches DQ cards to the proper event sheet & delivers the sorted sheets to the Reader.

Meet Director:

Responsible for seeing that all required equipment and materials are available before the meet. Oversees the whole meet and makes sure the meet runs smoothly. Fills-in wherever necessary.
Conducts the Judges' meeting as well as the Timers' meeting prior to the start of the meet.

Reader:

Sits at the scorer's table & checks that timing sheets are in order & DQ slips are attached to the proper sheets.

Referee (Certified position requiring training and minimum 1 year as judge):

Lead judging staff and is responsible for the overall running of the meet.

Makes all final decisions in the event of a dispute.

Ensures all lanes are clear before another event is started.

Announces the event and calls the swimmers to the blocks.

Must attend the Judges' meeting prior to the start of the meet.

Runner:

Travels around the pool deck and picks up the timing sheets from the timers, finish cards from the finish judges and any DQ slips from the judges, starters, and referees.

Delivers the collected material to the scorer's table.

Starter (Certified position requiring training and minimum 1 year as judge):

Starts each race with an electronic beep and alerts the swimmers to false starts.

Must attend the Judges' meeting prior to the start of the meet.

Stroke Judge (Certified position requiring training):

Checks that swimmers are swimming the appropriate stroke in the correct manner.

Must attend the Judges' meeting prior to the start of the meet.

Timer:

Positioned behind the blocks in each lane to time the event using a stopwatch (which the team provides) to time a swimmer's performance. Two timers from the Home team and one timer from the visiting team is needed for each lane. You do not have to have any special skills or previous experience to be a timer.

Includes 1 backup timer (from each team) to cover all lanes.

Turn Judge (Certified position requiring training):

Checks that swimmers are doing the correct turning maneuvers for their race.

Must attend the Judges' meeting prior to the start of the meet.

Verifier:

Sits at the scorer's table & receives the printed results & timing sheets for each event from the Computer Operator.

Confirms that swimmers' times match timing sheets & the printed results. In the event of an error, the Verifier notifies the Computer Operator so that the event can be rescored.

Re-verifies the event with corrections.



Definitions

Eligibility Every swimmer who attends practice will be given an opportunity to swim in a meet. In a dual meet, no swimmer may swim in more than 5 total events—including exhibitions and not more than 2 of these may be relays. Nor may they swim in more than 4 individual events. Although it may not be possible for every swimmer to swim the maximum number of events, they will swim in at least one. A swimmer must compete in 4 dual meets to swim in A Conference. The requirement to swim in B conference is 1 meet.

Warm-ups Swimmers need to be on time for warm-ups (lined up behind the blocks and ready to get in the water). Failure to do so will result in not swimming the dual meet. If a swimmer must be late for some serious reason, the head coach needs to receive a phone call before warm-ups.

Absences Last minute changes and no-shows are disruptive and unfair to the coaches and other swimmers. Please let the coaches know, IN ADVANCE, if you are planning a vacation during swim season or if your swimmer will not be available to swim a meet for any reason. Our coaches need this information to prepare the line-up for upcoming meets. Changes and no-shows may prevent an entire relay from swimming. Be a good sport and PLEASE let us know when you'll be gone. Please visit www.lombardwaves.com to update your availability at least 3 days before a meet.

Meet Line Ups The coaches will put together a list of swimmers for every meet. Your child will not swim every event. The coaches determine the meet entries after considering swimmers' abilities, experience, goals, and times.

Clerk of Course The Clerk of Course will check-in all swimmers for each event. The clerk of course confirms the swimmer's information against the timing sheet. The sheet shows the event number, lane assignment and position for relay events. This area can be recognized as there will be chairs lined up which are used to organize the swimmers for their events. After receiving the event card, swimmers proceed to the "chairs." Make sure your swimmer knows what stroke they will swim and that their goggles are tight.

Lane Assignments "Home" teams swim in even-numbered lanes. "Visiting" teams swim in odd-numbered lanes. Exhibition events are swum in the outside lanes. The only exceptions are when events are combined to shorten the meet, or a team is swimming an exhibition heat.

Exhibition Heats If a lane is available in a particular event, the coach may ask a swimmer to swim that particular event "exhibition". This means the swimmer swims strictly for a time needed by the coach and to get more experience swimming that particular stroke. Although your time and place will not be counted in the final results, you will have had an opportunity to swim for a time and improve your stroke. Exhibition heat swimmers earn exhibition ribbons.

There is a maximum of twenty exhibition heats during a meet. All exhibition heats are swum before the scored heat. If your child is swimming in an exhibition heat, there will be an E or EX next to his or her name on the line-up. All heats—whether exhibition or scored—are important.

Scored Heats Each event has one scoring heat, where the team can earn points towards winning the swim meet. Scoring heat participants can win ribbons for first, second, third, fourth and fifth place.



Events Events are held in all competitive strokes at varying distances depending on the age group of the swimmer. The four competitive strokes are freestyle, backstroke, breaststroke, and butterfly. In addition, a combination of the strokes swum by one swimmer is called the individual medley. There are two types of relays—four swimmers who either all swim freestyle or each person swims one of the competitive strokes in order of back, breast, fly, or free. Each swim meet has 78 events so that is why swim meets take the time and hours they do! An event sheet appears at the end of this handbook. Some of the less self-explanatory events include:

Medley Relay, 8 & under

- Swim 25 yards (1 length) for each leg of the race
- Order of strokes: back, breast, fly, free
- Backstroke and butterfly will leave from the block end of the pool
- Breaststroke and freestyle will leave from the far end of the pool

Medley Relay, 9-10 and over

- Swim 50 yards (2 lengths) each
- Order of strokes: back, breast, fly, free
- All swimmers leave from the block end of the pool.

Free Relay, 8 & under

- Swim 25 yards (1 length)
- 1st & 3rd swimmers leave from block end of pool
- 2nd & 4th swimmers leave from far end of pool

Free Relay, 9-10 and over

- All swimmers swim 50 yards (2 lengths) and leave from the block end of pool

Individual Medley, 9-10 and over

- Swim 25 yards of each stroke
- Order of strokes: fly, back, breast, free

To the Blocks When your event is called by the announcer, you are to go up to the starting block for your assigned lane. Please note you are not to touch the water (dip your goggles, fill your cap, splash yourself, etc.) while an event is in progress. To do so may result in a disqualification. If a swimmer is not at the block on time, he or she will miss the event; the heat will not wait for a missing swimmer. Swimmers will stand up on the block only after the referee has announced the event.

On the blocks Swimmers stand forward and look at the end of the pool or water. Swimmers shouldn't look at the starter, spectators or fellow swimmers. This not only distracts the swimmer, it might cause the starter to delay the beginning of the race. Sensationalizing could result in a DQ.

The starter will say, "Swimmers take your mark." At this point, the swimmer will assume the starting position. Swimmers are not allowed to move after assuming this starting position. The "gun" or horn will sound, thus prompting the swimmers to start.



False Start If someone leaves the block early, the official will “shoot” his starter’s “gun”. This is usually loud enough for the swimmers to hear. At this point, they are to return to their starting blocks for further instructions.

When the race concludes The swimmer is to immediately exit the water so the next heat or event can begin.

Disqualification (DQ) "DQ'd" means disqualified. A swimmer’s time and place have been scratched because a judge observed an illegal stroke, turn, touch or start. If this should happen to you, you may be informed immediately upon completing your swim usually by the judge who observed you. Most new swimmers, get disqualified several times during their swimming careers
It can be very upsetting to get “DQ’d.” Please offer lots of support if this happens. If your child is disappointed in a race or gets disqualified, offer support and then move on. There is always another race or meet. DQ’s happen even to the best swimmers

Meet Scoring Team points are awarded for events as follows:
-In individual events, a 1st place earns-5 points, a 2nd place earns 3 points and a 3rd place earns 1 point. One team can't make a sweep of all the points. If an event is unopposed, the team will earn a maximum of 5 points and any applicable ribbons.
- In relays, a 1st place earns 7 points and ribbons for 1st place winner only—4 points if unopposed. In case of a tie for 1st place, if the finish judges do not agree, it is decided by time; if not, the finish judges have the final decision. Relays are high stakes events and that’s why the cheering gets VERY loud!

Ribbon Writer Usually each team supplies a ribbon writer to sort the ribbons.

Ribbons Ribbons will be awarded for 1st through 6th places in individual events. Ribbons will be awarded for 1st through 3rd place in relays for all age groups, and exhibition ribbons are awarded to all swimmers. Ribbons are distributed to swimmers at the meet the week following the meet.

Record Keeper A team coach or parent participant keeps track of each swimmer’s times for all events, all season long. This person also keeps track of team and conference records.

Conference Championship Meets

The DuPage Swim and Dive “A” Conference meets are held on the last Saturday in July for each Division. These are the most competitive meets of the season. The coaches determine the conference line up based on the fastest times in the order for the team, as a whole, to do as well as possible. To qualify for this meet a swimmer must have swum in at least four dual meets and have an official time from a dual meet in a particular event in order to compete in that event at conference. Swimmers are eligible for the same number events as a dual meet. Individual ribbons are given for 1st through 12th place.

The “B” Conference meet is held on the Saturday prior to the “A” Conference meet. In this conference meet, a swimmer may be entered in an event with a “no time”, but only if they have previously swum the event and been Disqualified. Exhibition times are also allowed. The team will receive points based on the percentage of personal best times achieved (rather than event winners) and these points will carry over to the “A” Conference meets. Ribbons will be awarded for all personal best times. In the “B” conference there are no relay events and the swimmer may swim no more than four events.



Swim Meet Event Sheet

Girls Event
Numbers

Boys Event
Numbers

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



LOMBARD WAVES SWIM & DIVE TEAM

CODE OF CONDUCT

As a Swimmer or Diver and a Member of the Lombard Waves, I promise

1. I will listen to the Coaches and Officials, and I will not interrupt team practices or meetings.
2. I will not use profanity.
3. I will not physically or verbally abuse any other swimmer, coach or official.
4. I will respect the equipment and belongings of others; I will not use or take other people's stuff without permission;
5. I will not take part in unsportsmanlike conduct such as taunting, poor showmanship, etc.
6. I will not deliberately misuse or damage equipment or facilities.
7. I will not use any illegal substances such as alcohol, tobacco, or illegal drugs.
8. I will attend practices if at all possible.
9. I will not make any comments of a derogatory nature including comments that can be viewed as sexual harassment and I will not engage in public displays of affection at practices or meets.

I understand that failure to comply with these rules will subject me to the immediate contact of my parents and disciplinary action as deemed appropriate by the coaching staff, Lombard Park District Aquatic Manager and/or parent board on a case-by-case basis.

Punishment may include suspension from the team for a period of time, including practices and meets, up to expulsion from the team for serious offenses involving damage to another person, or illegal activity.

As a Lombard Waves Parent, I promise I will give our coaches the respect and authority they deserve to run our swim and dive team.

As a swim or dive parent, I promise to abide by the following guidelines

1. I will support the core values of discipline, loyalty, hard work, teamwork, and good sportsmanship during practices, meets and other swimming events and in my dealings with coaches, officials, parents, swimmers and divers.
2. I will not coach or instruct the team or any swimmer at a practice or meets from the stands or any other area or interfere with the coaches on deck.
3. I will demonstrate good sportsmanship by maintaining control & conduct myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at all practices & meets. I understand that criticizing, name-calling, use of abusive language or gestures directed towards coaches, officials, volunteers, board members & any participating swimmer and/or parent of a swimmer is unsportsmanlike will not be permitted or tolerated and may result in disciplinary action.



4. Maintain self-control at all times. Know my role.
 - a. **Swimmers – Swim**
 - b. **Coaches – Coach**
 - c. **Officials – Officiate**
 - d. **Parents – Parent**
5. I will discuss any concerns or take suggestions to the Head Coach or to the Board of Directors.
6. Enjoy involvement with The Lombard Waves by supporting the swimmers, divers, coaches and other parents with positive communication and actions.
7. I understand that officials who judge meets are volunteers who have the best interest of all swimmers in mind. I may not agree with calls or decisions made by officials during swim and dive meets and other competitions, and if so, I will direct questions or concerns made by meet officials to a member of our coaching staff at an appropriate break time as not to interfere with other swimmer's or diver's performances and their time with the coaches.
8. Participation by my child in swimming is voluntary. The coaching staff has final approval on each swimmer's meet entries. Once meet entries are submitted, I will support my child in the races they are scheduled to swim and not criticize or chastise the decision.
9. I will fulfill my family's Volunteer Requirement.

Sanctions:

Should I conduct myself in such a way that brings discredit or discord to The Lombard Waves, I voluntarily subject myself to disciplinary action.

DATE _____

Signature of Swimmer: _____

Print Name: _____

DATE: _____

Signature of Parent: _____

Print Name: _____

