

Norwood

SWIM CLUB

Swim Team Summer

Norwood Swim Club
2340 123rd Place SE
Bellevue, WA 98005
(425) 747-1750

www.norwoodswimteam.com

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NORWOOD SWIM TEAM

The Norwood Swim Team is associated with the Midlakes Swim League and is available to any Norwood Swim Club member. Our goal at Norwood is to ensure that every swimmer feels a sense of accomplishment and achievement, win or lose. We encourage a team atmosphere by developing stroke techniques, emphasizing a spirit of good sportsmanship and fostering a competitive attitude that comes from within. We want each swimmer to have a good time, to learn to swim the strokes well, to win and lose graciously and to be a good team member.

The sport of swimming yields many benefits, including the people you and your child will meet. In addition, swimming provides one of the most beneficial forms of exercise for cardiovascular and overall fitness. Possibly the greatest benefits of participating in an organized swim program are the life skills your child will develop. Your child will reap the benefits of swimming long after his/her participation ends.

DUCKLINGS

This four (4) week program is geared towards younger swimmers (ages 4-7) who are not quite ready for swim team. Ducklings work with our coaches on several swimming skills with a focus on fun. The program also emphasizes social activities, with skill building games in preparation for competitive swimming. A child in Ducklings should be able to swim the width of the pool, be familiar with at least 3 of the 4 strokes and not be fearful of deep water. A goal of a Duckling might be to swim an exhibition event in the last Home meet of the season. **The Duckling program is not a substitute for swim lessons.** Children must be enrolled in swim lessons in order to qualify for Ducklings. If a Duckling parent or the Duckling himself feels the swimmer is ready to join swim team during the season, and the coaches concur, the swimmer may do so by paying any applicable fees.

DUCK CLASSIC

The Duck Classic provides a comfortable setting for our swimmers to get their first times of the season. Swimmers will be divided into two teams and each swimmer will swim one event of each stroke, for a total of four events. Relays will not be held. A special participant ribbon will be given to all swimmers. A timing clinic will be held prior to the meet for parents. This is a great opportunity to learn or practice the timing skills that will be needed at upcoming meets. **We cannot run meets without volunteer timers, so please plan to be there!** NOTE - Any records set at the Duck Classic are not considered official unless there are three timers in the lane and stroke and turn officials are in place.

ALL-MEMBER PANCAKE BREAKFAST

Come join other pool member for a pool-side breakfast of homemade pancakes, sausage and a beverage for \$5.00 per person.

DUAL MEETS

The season begins with daily afternoon/evening practices in mid-May changing to mornings after school is out. Meets start in mid-June and continue through the end of July. Over a five-week period, Norwood will compete against five different teams in ten (10) dual meets, alternating home and away on Tuesday and Thursday evenings. There are five boys' and five girls' age brackets: 8 & U, 10 & U, 12 & U, 14 & U and 15&O.

The Midlakes League is comprised of 26 teams, divided into five divisions. All teams in Divisions I-IV are required to swim every "A" and every "B" meet in their division. The purpose of these "A" and "B" meets is to provide a swim meet setting in which swimmers can swim and compete within their individual skill levels. **"B" meets are every bit as important as "A" meets**, and a majority of the swim team can swim in both "A" and "B" meets in their age group.

In dual meets, once a swimmer has achieved an "A" Qualifying Time (also referred to as a "B" Disqualifying Time) in a given event, they may not swim the same event, either as an individual or as part of a relay in a "B" meet. (They may swim any other stroke in a "B" meet relay in which they have not obtained an "A" time.) In addition, they can swim in any "B" meet events, which they have not yet achieved an "A" qualifying time. Swimmers who have not achieved an "A" time **can swim in "A" meets as well as "B" meets**. Please do not categorize your swimmer as "A" or "B". As you can see, they are usually both and are needed to swim in as many meets as possible for our team to be fun and successful.

The results of both the "A" and "B" meets play an equally important role in the decision process as to what Division a team is placed in the following year. At the end of the season, the team in each Division with the most "A" dual meet wins will receive a team plaque. In addition, the team in each Division with the most "B" dual meet wins will also receive a plaque.

In dual meets, all individuals are limited to a total of four events, inclusive of relays. An individual may swim a maximum of three individual and one relay or two individual

and two relays (one medley and one freestyle). The first four races completed will be counted. If a swimmer is disqualified for any reason, that event is still counted.

The competitor's age for the league season is the child's age on June 15 of that season.

SWIM TEAM PARTICIPATION

Norwood has a great balance of kids who swim summer only and those who swim year-round. As a result, ability levels range from beginning swimmers to those who are quite competitive. In addition, we realize many swimmers have other commitments during the spring/summer and may not be able to make all workouts. It would be ideal if all swimmers came to all workouts; however a goal should be to make it to a **minimum of three workouts per week**. It is the swimmer's responsibility to talk with the coaches and let them know what practices they may be missing.

SWIM MEET EVENTS

Swim Team members are encouraged to swim both "A" and "B" meets during the week, and the majority of swimmers can participate in both. The coaches will naturally want to swim as many swimmers as possible and will most likely ask your child to swim both meets if they are available. As we all know, the more a child swims, the better they get. Your swimmer's participation in dual meets adds value to the team as a whole. The coaches spend their weekends working on line-ups for the meets occurring the following week. They will place swimmers in events they feel are appropriate. It is their goal to encourage and place swimmers in a variety of events. This benefits the individual by encouraging them to compete and improve in a variety of strokes. **If you will miss any meets, it is imperative that you notify the swim team coordinators by the FRIDAY before the scheduled meet. The Tuesday and Thursday meet lineups will be posted on Monday of each week. If you cannot attend any of the assigned meets that week, you must notify the coordinators immediately in order for the changes to be made for the meet.** Also, look on the Swim Team Board at all swim meets for easy reference of the current line-up of that night's meet.

COMMUNICATION & VACATION LOG

A coaches' box will be available to swimmers and parents to communicate specific questions or concerns. This will allow the coaches to focus on the swimmers during practice and provide time to respond to your questions when they are more available. As you can see, attendance of practices and meets is strongly encouraged, but ultimately our team stresses fun, participation and communication. However, if you cannot attend a meet due to vacation, please let the coordinators know as soon as possible and fill out the Vacation Log sheets located on the Swim Team Board. It helps in future planning.

SWIM MEET CONDUCT

At all meets, both home and away, Norwood will be remembered not only for all our great swimming, but for our actions out of the water as well!! This includes coaches, parents, and swimmers!! Remember to greet the visiting team and make them feel

welcome if it is a home meet. Swimmers should participate with the team cheer, show respect during the Pledge of Allegiance, and be supportive of their teammates. Cheer! Cheer! Cheer! Clean up your space after the meet is over and, NEVER, NEVER, “boo” the other team!

THE ROLE OF PARENTS

Parents play a vital role in the swimmer’s efforts. Please allow your child to establish, with the help of the coaches, their own goals, and make their own progress toward those goals. We want each swimmer to feel good about their efforts - no matter what the results. Therefore, we encourage your positive reinforcement at both practices and meets. Make sure your child gets to his/her event on time during a meet. Cheer them on and provide encouragement when they’re done. Remember, our coaches are selected because they are positive role models and are trained to help your child improve. Every effort should be made to support them in all that they do and to let them coach! While swim meets can be long events, much can be done by parents to make them positive experiences for everyone. Come into this season with an open mind, and bring your good attitude and patience to every swim meet. We all know this is what it takes to have fun!! We are all in this together!

PERSONAL BESTS & RECORD BREAKERS

Each swimmer is encouraged to strive for personal best times in their events. Coaches will acknowledge these improvements on regular bases. Recording of the fastest individual and relay swims has been taking place at Norwood since swim team first started back in 1961! Every year a few of these records get broken and we get to add new names to our permanent record board, which is updated once a year. A swimmer may only hold a Norwood record in their current age group. In other words, if they “swim up” for an event, they may not hold a record for that older age group. Only swims from the current season’s dual meets, the Division or the League Championships will be counted. Times obtained in an exhibition will count. Events at the Duck Classic do not count since regulation Stroke and Turn officials are not present, and only two timers per lane are used. Occasionally, Norwood swimmers break Midlakes’ records. If a Midlakes’ record is broken, a special form must be completed by the coach or swim team coordinator and be submitted to the Midlakes record keeper for confirmation.

STROKE AND TURN CLASSES

Stroke and Turn Classes will be offered throughout the swim season. These classes are an excellent way to fine tune strokes and learn to swim more efficiently. They also help to avoid disqualifications at meets. The first session begins the first week of practice and repeats every two weeks. The class size is limited, so it is recommended to sign-up early. Take advantage of our highly qualified coaches!

“DISQUALIFICATIONS”

Stroke and Turn judges will follow Midlakes regulations unilaterally to be consistent and fair to all swimmers and to assist our budding champions in learning their strokes correctly. Therefore, during swim meets, Stroke and Turn officials are responsible to see that all swimmers follow the technical rules for each stroke. This means that

younger swimmers and their parents should be prepared for the chance of disqualification, particularly in the early part of the season. The swimmers should be helped to understand that this is a learning tool intended to help them throughout the season, and not meant to discourage them. If a swimmer is disqualified (DQ'd) because of a stroke, turn or start infraction, Stroke and Turn judges and coaches will be advised to take time to explain the disqualification to the child and to do so in a respectful manner. Parents should not approach a judge if they disagree with a call. If necessary, please contact a coach for explanation. The coach - and only the coach - may decide to approach the meet referee to seek clarification of the call and a ruling.

FRIDAY RIBBONS AND DOUGHNUTS

The Tuesday and Thursday place and improvement ribbons will be available to all swimmers on Friday morning of each week. Swimmers should check their file regularly and take home their hard-earned ribbons. Doughnuts will be provided after workouts each Friday morning for swimmers to enjoy after a hard week of swimming.

AWARDS BANQUET

To conclude the season, Norwood will hold a family Swim Team Banquet and awards evening. Recognition is given to all swimmers and special recognition is given to those swimmers who have worked hard to make significant improvement over the season. More information will be available in July.

BIG BUDDIES, LITTLE BUDDIES

Younger swimmers or new swim team members can be assigned a “buddy” to assist them at meets. This buddy is usually an older swimmer with prior meet experience. This is an invaluable program that swimmers young and old enjoy. While we encourage participation by both younger and older swimmers, participation must be voluntary on the part of the swimmers for the program to work well.

Little Buddies really look forward to having a Big Buddy to claim as their own!! Norwood Super Duck Buddy assignments will be posted on the “Duck Board” in advance of the Duck Classic.

VOLUNTEERS

Many parents are needed during the summer swim season. From timers to officials, grillers to runners...every parent can fill a role. Numerous timers are needed at each meet. Each lane needs three timers (one timer per lane is provided by the visiting team), and two shifts of timers per meet are always provided (so you're free to eat, cheer and relax the other half). A timing clinic is held at the Duck Classic and prior to each meet for those who'd like to learn to time. It's not difficult and you get a “ducks”-eye view of your swimmer(s), not to mention the fun you have visiting with other parents.

Stroke and Turn judges, announcers, starters, computer support and parents to prepare the ribbons are also needed. None of these jobs are difficult once you know what to do. However, some require brief instruction or training. Midlakes League

provides short clinics for Stroke and Turn judges and starters each season. There is always an urgent need for officials at Norwood, and we would encourage as many people as possible to get the training, particularly parents with younger swimmers.

Volunteers are also needed to help setup before and put away after home meets. Working the concession stand and barbecue area requires many parents as well. There are numerous “behind” the scenes” tasks that help ensure a smooth running season. All in all, during the summer swim season, there are over 500+ times someone must help. The parents of swimmers do all of these jobs, and most require willingness rather than experience. Thank you in advance for helping out and contributing to the Norwood Swim Team this year!

Volunteer Positions

Home Meet Set Up	The pool closes @ 4:00PM on home meet days and a tremendous amount of work must be accomplished between 4:00-5:00 when warm-ups begin, and 6 PM, when the meet starts. The set up team moves benches, sets up the ropes around the pool, puts up the canopy over picnic tables on rainy days, sets up the sound system, scoring table, helps concessions by moving coolers, soda, and ice.
Lead Timer	Works with swim team coordinator to recruit and confirm enough timers for all all meets. Acts as a resource for new timers and card runners. Leads timer meeting at home meets. Maintains watches. Responsible for making sure they are functional, distributed and returned .
Timers	Three timers, two from home team and one from visiting team staff each lane. The home team also provides at least 1 back-up timer. There are two shifts of timers for each meet. Norwood has four lanes requires 18 timers for each home meet and 8-12 timers for each away meet (depending on # of lanes).
Card Runner	The runner collects event cards from the timers after each race event and delivers them to the scoring table.
Meet Manager	A team of two volunteers record swimmer times throughout the meet

	using a laptop computer and meet management software, calculate team scores, prepare meets.
Ribbons	A team of three prepares ribbons for each swimmer and delivers to swimmer file box.
Treats to Heat Winners	Two people per meet. Identify winner of each heat and present a treat to the winner(s) when the swimmer exits the water.
Staging swimmers aged 8 and under	2 teams of 2-4 parents who guide our youngest swimmers to the correct heat and lane for their race. One team coordinates boys, the other girls. Staging parents create a place to meet prior to race time, communicate when swimmers should arrive to an agreed upon location. Swimmers (with the assistance of parents or big buddies) are responsible for getting to the staging area.
Announcer	The announcer sets the pace of the meet by announcing the current and upcoming events over the PA system throughout the meet.
Starter	The starter is a trained meet official who starts each event and judges false starts. There are three trainings in May and one in June. Leads officials meeting at home meets.
Stroke and Turn Judges	Home and visiting teams each provide a stroke and turn judge for every meet. Stroke and turn judges watch the swimmers during their events and judge whether or not their strokes and turns are performed correctly. Stroke and turn judges disqualify swimmers for incorrect strokes and turns and in the process help swimmers improve their technique. We need two Norwood Judges per meet, one for each half. We are always looking for stroke and turn officials and encourage anyone interested to attend a Midlakes training clinic in May/June.
Concessions Host	Plans menu, purchases food, delivers food drink and supplies to the Duck Shack. Helps with set up and

	circulates throughout meet ensuring adequate supplies throughout the meet
Concessions Sales	The Duck Shack provides food for the Norwood Ducks and our guests. Sales are a major source of income for our team. Two shifts of 3 volunteers are required to staff the shack at each home meet.
Concessions Lead	Responsible for recruiting and coordinating concessions volunteers.
Grillers	Two shifts of two grillers for each meet.
Clean Up	A team of three is assigned but it takes a lot more than three people to take down the meet. Many hands make light work.

There are many more volunteer jobs that will be posted online!

BIG BUDDY PROGRAM

The Big Buddy Program is an important part of Norwood's summer swim team success. Big Buddies are role models, friends, and give their Little Buddies an inside look of what it takes to be a Norwood Super Duck. Below are some guidelines of what you might do as a Norwood Big Buddy.

- Get to know your Little Buddy. Be a friend!
- Encourage your Little Buddy to come to all the work
(Leave surprises in their files.)
- Call your Little Buddy the day before a swim
meet or make signs to help them get psyched!
- At a meet:
 - Greet your Little Buddy.
 - Make sure your Little Buddy warms up.
 - Accompany your Little Buddy to get their event slips and inform his/her parents what events they're swimming.
 - Help gather the relay team if your Little Buddy is swimming in one.
 - Make sure your Little Buddy gets to all of his/her events!
 - CHEER! CHEER! CHEER! Be at the finish with encouragement and a towel.
 - If your Little Buddy is DQ'd...a hug or smile works miracles! Go with your Little Buddy to the coaches right away for feedback.
 - Encourage your Little Buddy to drink noncarbonated liquids during the meet and to eat a snack.
- If you are unable to be at a swim meet your Little Buddy is swimming in - LET THEM KNOW BEFORE THE DAY OF THE MEET IF AT ALL POSSIBLE. Try to have another Big Buddy take care of your Little Buddy. Call either of the swim team coordinators if you need help with this.
- Remind your Little Buddy about events like the Pancake Breakfast, Friday Doughnuts, Post Meet Events (Dairy Queen, Jamba Juice), and the Awards Banquet. Try to spend a bit of time with them at these events. The Swim Team will take the opportunity at the Awards Banquet to acknowledge all Big Buddies.



SWIM BASICS

BACKSTROKE

- The race must be swum on the back. The swimmer must not turn past vertical except while actually turning at the wall.
- The swimmer must touch the wall with arm, head or shoulders without turning past vertical before the touch at the finish.

BREASTSTROKE

- On the start, the swimmer may take one underwater pull and one “frog” kick.
- The head must break the surface of the water before the hands turn in on the second stroke.
- The shoulders must remain level with the water surface until the finish.
- Both hands must touch simultaneously on both the turns and the finish.
- No flutter or dolphin kicks are allowed at any time.

BUTTERFLY

- On the start, only one underwater pull is allowed before surfacing, although many dolphin kicks are allowed while underwater.
- Arms must recover over the water and be pulled back simultaneously.
- Shoulders must stay level with the water surface until the touch. Both hands must touch simultaneously for both the turns and the finish.
- The dolphin kick requires that the feet move up and down together (no flutter or scissors kick is allowed).

FREESTYLE

- The swimmer may swim any style.
- The swimmer must touch the wall on the turn with any part of his/her body.
- The swimmer may not push off or run along the bottom of the pool.

INDIVIDUAL MEDLEY

- The order of swim is butterfly, backstroke, breaststroke, and freestyle.
- All the rules that pertain to the individual strokes pertain. (For example, when swimming the fly, the finish is a simultaneous two-handed touch; when swimming the backstroke, the swimmer must finish on their back without turning past vertical before the touch at the finish).

RELAYS

- The medley relay stroke order is backstroke, breaststroke, butterfly, and freestyle. All the rules that pertain to the individual strokes pertain in relays.
- The first swimmer begins on the block or in the water, depending on the relay.
- The next swimmer may not leave the blocks/wall until the prior swimmer touches.
- Policy: Swimmers entering the shallow end of the Norwood Pool on 100 yd relays will be asked to start in the water for safety sake. The American Red Cross and other swimming organizations recommend that diving, even for competition; never occur in less than five feet of water to prevent serious injury. This affects the second and fourth leg of the 8 & under relays and 10 & under medley relay only.

SWIMMING NUTRITION

Everything you do influences your swimming performance, but your food choices have the most effect. A proper diet, including a variety of foods, will help your training and

performance. There are no magical nutrition remedies! Eat a variety of wholesome foods from the food groups - dairy, meats, fruits and vegetables, and grains. The foods in these groups provide protein, fat, carbohydrates, fiber and all the necessary vitamins and minerals. It is essential that a swimmer drink plenty of liquids (six to eight glasses of noncarbonated beverage) daily.

Carbohydrates play an important role in a swimmer's diet during training, before and during meets, and after competition. Water is the most important nutrient to a swimmer. A swimmer's body temperature rises during exercise and water cools the body. It is important to increase water intake. When the weather is hot and swimmers are swimming hard, they need to be even more conscious of their fluid intake. Water is the best choice, with fruit juices and sports beverages as second choices. Drinking beverages that contain caffeine, carbonation or large amounts of sugar should be avoided.

SWIM MEET NECESSITIES & TEAM APPAREL

Norwood selects a team suit every two years. Wearing the team suit at meets is encouraged, but optional.

Essential items for a swim meet include: team suit and cap, two pair of goggles (include an extra pair in case one breaks or gets misplaced), two or three towels, warm, dry clothing, sweats, plenty of liquids (i.e. water, Gatorade, fruit juice)

Nonessential, but highly recommended items include: folding chair, blanket, sunscreen, shampoo and soap, tent, umbrella, cards, book, etc. **COME PREPARED!**



MIDLAKES RULES REGARDING CHAMPIONSHIPS

This is just a summary of the Midlakes Rules. Please ask a coach or swim team coordinator for more information or check www.midlakesswimleague.org.

Division Championships (“B” Champs) participation is subject to cut-off times established by the Midlakes Swim League. No swimmer may swim in the Division Championships in an event (individual or that stroke in a relay) in which they have achieved an “A” time during the dual meet season.

In order to swim in the League Championships (“A” Champs), a swimmer must have swum in at least two dual meets. Exceptions may be granted upon written appeal to the Midlakes Board. Any swimmer may elect to compete in the League Championships. The Prelims determine the top sixteen swimmers who will return to compete in the finals heat for medals and in the consolation heat for ribbons. Individuals cannot swim in the Prelims for a spot in the Finals unless they definitely plan to participate in the League Championships. Any Midlake’s records set in the Prelims will not be recorded unless the swimmer also competes in the League Finals.

Individuals are limited to three events (no more than two (2) individual events) between the League and Division Championships combined, with one exception. Swimmers who swim three events in the Division Championships may participate (either as a swimmer or as an alternate) in one League Championship relay event. Listing as an alternate will not be included in this total until the event is actually swum. If a swimmer is entered in more than three events, the events will be counted as follow: (1) relays, (2) individual events starting with the lowest event numbered.

There are certain events that are only offered in the League Championship Meet. These events are: 8 & under 50 Free; 10 & Under 100 Free; 12 & Under 100 Free, 200 Free and 500 Free; 14 & Under 100 Free, 200 Free, and 500 Free; and 15 & Over 50 Free, 200 Free and 500 Free. If you are interested in swimming any of these events in Prelims, a space will be available for you to indicate which one on the sign-up sheet (provided prior to the Championships). These events are included in your three-event limit.

The Championship meets conclude the dual meet season. These meets are every bit as important as the biweekly dual meets!! Each swimmer will be entered in either the Division or League Championships. If at all possible, please try to schedule family vacations, camp, etc. to avoid conflict with these dates. The Norwood Swim Team will pay the entry fees for the Championship Meets.

WATER POLO

Norwood's water polo team is comprised of swimmers ages 10 and under up to high school seniors. If you like swimming and team sports, then you will love water polo. The season runs the last week in July until the third week in August. Practices are daily with games rounding out the week. The season ends with a Championship tournament the final week. You must be a member of the pool to play. This is an exciting and ever growing sport for both boys and girls and is co-ed during the summer season.

Planning is already underway for another awesome season.

OTHER MIDLAKES INFO

MIDLAKES DIVING

Are you or someone you know interested in learning to dive? Well now is the time! All Midlakes swimmers are eligible for diving. Arrangements will be made to accommodate all who are interested in diving at one of the 6 host clubs (Mercer Island Beach Club, Mercer Island Country Club, Mercerwood Shore Club, Newport Hills, Phantom Lake, or Seattle Tennis Club). This is a great sport for beginners and the schedule does not conflict with Midlakes swimming.

Come join us today!!!

For more information go to: www.midlakesswimleague.org

Please
**NO ALCOHOL IN THE
ZONE OF COMPETITION**

Thank-you  MIDLAKES
Swim League
