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Triton was a sea god in Greek mythology. He was the son of Poseidon and Amphitrite. He had the head and upper body of a man and the tail of a fish. He carried a conch shell trumpet and lived in a golden palace at the bottom of the sea.

\*\*\*\*\*

## 2019 TRITON MEET SCHEDULE

Date	Participant & Meet Location	League Meet
May 4	Pictures/Mini Meet @ Tracy (West High)	No
May 18	Tracy @ Manteca	Yes*
May 25	BYE WEEK (no meet)	
June 1-2	The Tracy Invitational @ West High	Yes*
June 8	Tracy @ Manteca	Yes*
June 11	Discover Bay Open Water Swim**	No
June 15	Discovery Bay @ Tracy (Mustache Meet)	Yes*
June 22	Sea Dog Invitational @ Pitman HS	Yes*
June 29	Discovery Bay and Turlock @ Tracy	Yes*
July 6	BYE WEEK (no meet)	
July 13	Tracy @ Ripon	Yes*
July 20	MVSL Championships (Location TBD)	Yes*

\*points count towards year end high point trophy

\*\* Additional detail provided at future date

Additional information regarding swim meets is included in this handbook (pages 13-15). Swimmers need to check in and warm up before each meet begins, by the check-in time. Look for postings or ask a board member when to arrive at the meet. Please watch your email and the Tritons website for any changes and dates for when entries are due for each meet and invitational. Invitational fees have already been paid as part of your original swimmer fees.

## 2019 FUNDRAISER AND EVENT SCHEDULE

Date	Time	Event	Location
April 13	8-10 AM	Flapjack Fundraiser	Tracy Moose Lodge
May 8	4-10 PM	Pizza Fundraiser	Blaze Pizza
June 26	5:30-7:30 PM	Got Laps	Tracy High School
August 2	6-8 PM	Awards Night	Dr. Powers Park

## MESSAGE FROM OUR COACH

Welcome to the Tracy Triton 2019 Swim Season!

I am so excited to welcome you to this wonderful sport, get to know each swimmer personally and meet all your families! Swimming has been part of my life since I was 7, and followed me through college.

A little bit about me:

**My most memorable swim experience:** This took place in college. We had to do 20x100 for time; I am a distance swimmer, and my coach wanted me to have a 1:01 split. Nineteen splits later I had ALL 1:03; my final 100 yards I pulled out a 1:01. She was so frustrated, she broke her clipboard throwing it on the deck!

**My most memorable coaching experience:** My first year coaching and during a really hard set I pulled out some gummy worms and yelled "come here, little fishes!" Their smiles and big kicks were all I needed, I was hooked.

**My biggest influence:** My childhood coach Dave; he was firm, fair and fun. He showed me how hard work and a positive atmosphere can make you love any sport.

**My favorite pre-race food:** trail mix, yellow Gatorade, Nature Valley bars, orange juice, bagels with cream cheese or a turkey with avocado sandwich. Yum!

**Words of wisdom:** "This is the only sport where a coach will yell at you 'Don't breathe!'" But seriously, "Winning is a by-product of character, having fun, learning teamwork and mutual respect."

Our coaching staff is committed to getting your swimmer ready in preparation for competition and skill improvement throughout the season. We are so happy you decided to join us, here's to a great season!

**Coach Melissa West**

## BOARD CONTACTS

President	Claire Wood	209-483-1116
Vice President	Mike Quan	510-206-8824
Treasurer	Anne Abris	714-478-7108
Secretary	Brandon Kanner	209-914-0676
League Rep	Jacob Hunter	831-262-8950
Board Member	Frank Morales	209-499-7121
Board Member	Heather Rodriguez	510-289-1309
Board Member	Becky Chitnis	408-507-4771
Board Member	Allison Pieretti	209-914-2369
Board Member	Amy Willbanks Moore	209-483-8451
Board Member	Denise Haliczer	801-726-8374

## BOARD MEETINGS

The Tracy Triton Swim Club Board meets once a month. These meetings are open to the public. All Tracy Triton parents are welcome to attend. Please contact a board member to confirm dates, times and location.

## COMMUNICATION

There will be many announcements, reminders of dates, directions to swim meets and much more. Please make sure that your contact information is complete when registering your swimmer, including all email addresses and SMS/cell phone numbers. To communicate to our families, the Tracy Tritons sends emails and text messages, posts information online at [www.tracytritons.org](http://www.tracytritons.org), and posts updates on Facebook. If you are a Facebook user, please like us!

## **RULES AND EXPECTATIONS**

- New swimmers will learn to legally swim all four strokes (freestyle, backstroke, butterfly and breaststroke). Parents can help by asking their swimmers what they learned each day and seeing if they can demonstrate to you on land. The more parents and families are involved in swimming, the greater chance of success your swimmer will have.
- Swimmers are expected to be at practice 5-10 minutes early for stretching and must be ready to swim with swimsuit, cap, goggles, kickboard, and fins. Practice times will be posted at **[www.tracytritons.org](http://www.tracytritons.org)**. If there are any questions regarding practice times, please ask a board member. Swimmers are encouraged to attend at least three practices per week. Remember, you can't improve if you aren't at practice.
- Swimmers are expected to eat healthily. Stay away from junk! Take care of yourself when you're not at practice. If your knee hurts, for example, tell your parent and your coach. Also, drink lots of water! Just because you're swimming doesn't mean you can't become dehydrated.
- Swimmers are expected to listen, learn, and put forth the greatest possible effort. They are expected to be the best teammates. Encourage your teammates and work together.
- Swimmers will be allowed to choose their own events at meets. We're happy to offer advice.
- Supervision of your swimmer outside of the pool is the parent's responsibility. This includes before and after practices and during swim meets. The Tracy Triton Swim Club is not responsible for supervising members in the bathroom, in the stands, fields or any other premises outside of the pool.
- Only practicing swimmers are allowed on the pool deck. Absolutely no parents are allowed behind the blocks or at the pool's edge during practice.

- There will be no refunds due to pool shut down, canceling of practice or swim meets. In the case of a family cancelling their membership in the club, prorated refunds, less \$25 for insurance, will be given within the first two weeks of a swimmer's start date on a case by case basis. There will be no swim camp refunds after the first day of swim camp.
- Each personal check which is returned for insufficient funds shall incur a \$20 service fee. After the second occurrence, the family will be required to pay with either cash or money order.
- These expectations apply to all practices and meets. The goal, of course, is for each swimmer to have fun and succeed in the sport. Here's looking forward to an awesome 2019 season!

## DISCIPLINE

**If a swimmer does not follow instructions or endangers the health and safety of themselves or others**, disciplinary action will be given by the coach and/or the Triton Board which may include dismissal from the team.

Disruptive behavior at the practice or at the meets will not be tolerated. The discipline policy is as follows:

1. The first incident will result in the swimmer receiving a verbal warning and the parents will be notified
2. The second will result in the swimmer being asked to sign a performance contract and the parents are notified. The parents must sign the swimmer's contract before the swimmer is allowed back in the pool.
3. After the third incident, the swimmer may be removed from the team, and NO refunds will be issued.

**Safety rules established by the Tracy Tritons will be adhered to at all times. If at any time during a swim practice or swim meet, a swimmer acts inappropriately (i.e. fighting or vandalism) or fails to make appropriate behavior changes, they will be asked to leave the premises immediately.**

## SUPPORT YOUR COACH

Your swimmer is going to spend many long hours swimming lap after lap after lap. If the swimmer does not have respect for their coach, these long hot practices will be miserable for them. It is important that you as parents display trust in your coach's ability and judgment. Any grievances should be privately taken up with the Tracy Triton Board.

## CLUB AFFILIATIONS AND RULES

The Tracy Triton Swim Club is a recreational and competitive swim team which competes in the Mid Valley Swim League. This league consists of teams from Modesto, Sea Dogs (Turlock), Manteca, Ripon, Discovery Bay and Tracy for the 2019 season.

### **Eligibility** (Excerpts from the Mid-Valley Standing Rules)

In order to promote the recreational nature of the Swim League, the following criteria will be used to determine eligibility:

1. Organized practices may not begin before April 1<sup>st</sup> of each year. Exceptions to this rule will be granted to swimmers practicing in high school and college swim programs. Any clarifications to this rule should be brought to the League Representative for clarification by the league board.
2. In order to remain eligible to participate in the recreational swim program, a swimmer may neither practice with nor swim for any water sports team or program from **November 1<sup>st</sup> through March 31<sup>st</sup>**. Organized water polo programs and/or league-approved new swimmer clinics are allowed.
3. From April 1<sup>st</sup> through the League Championship meet, league swimmers may also participate in other summer water sports programs, excluding year-round swim team programs.
4. A swimmer may choose to participate in *any swim program* after League Championships through October 31<sup>st</sup>.

5. MVSL swimmers must swim for the MVSL team in the town in which they live. If the town does not have an MVSL team, swimmers may choose an MVSL team. This began during the 2018 season. Siblings of current swimmers will be grandfathered in. Swimmers may petition the MVSL Board on a case by case basis.
6. Any swimmer, who is a member of a team that is not in the MVSL conference after the first scheduled league meet, will not be eligible to compete on a MVSL conference team for that year (this does not apply to those competing on a high school or college swim team).
7. To be eligible for the conference Championships Meet, a swimmer must have competed in at least two individual events in at least 4 scheduled League Meets as an official member of his/her respective team during that season.
8. A swimmer's age as of April 1 of the season's year determines their age group for that season. A swimmer may move up if their birthday occurs during the season, but it is not mandatory to do so. If the swimmer moves up, the swimmer must swim up the remainder of the season.
9. Stroke and Turn (all ages): Any swimmer who alters the specific stroke during competition will be disqualified.
10. A swimmer may be disqualified from his next race for un-sportsman like conduct at the discretion of the Meet Referee.
11. A swimmer who has a false start is disqualified but may continue to swim for "TIME ONLY."
12. Tech suits are not allowed in MVSL meets or invitationals.



## PARENT REQUIREMENTS

**The continued success of the Tracy Triton Swim Club is based on participation of the parents.** Every meet takes a huge amount of involvement to function; therefore these requirements are necessary.

Each family is **required** to volunteer for a minimum of **two hours per meet** if your child(ren) is(are) participating in the meet. This includes each day of all meets (home and away), invitationals and championships. Parents must sign up for a job prior to the Thursday before a meet. **If you do not sign up for a job, your child will not swim.**

**If neither parent is able to work a meet for any reason (childcare, work schedule, etc.), the position must still be filled. But there are options:**

- Ask a family member or friend to take the shift for you.
- See if another family can work an extra shift at one meet with the agreement that you will work an extra shift for them at another meet.
- Do you know a teenager in a program that requires volunteer hours? The Tracy Tritons Swim Club is a non-profit group; as long as your teenager is a high school student we are happy to sign off on any volunteer hours worked.

We understand that it is not always easy to meet the requirement and we can help you work it out. **See board member Becky Chitnis, our parent job coordinator, to discuss the options before Thursday in the week prior to the meet.**

**During the course of the swim season if you fail to meet the parent requirement, the Tracy Triton Swim Club Board will charge you the opt-out fee of \$399.**

**We would rather have your time than your money, so  
PLEASE PARTICIPATE!**

**Please note:** If you are not signed up for a job upon Check In at a meet, you will be charged a \$10 job sign-up fee and a job will be assigned at the Tritons' discretion. **If you do not sign up for a job, your child will not swim.** The second occurrence will result in the charge of \$399 as detailed above.

## DESCRIPTION OF DUTIES

**Meet Manger-** Responsible for entering and updating all events, participants and points entries that are tracked in the Meet Management Software/laptop. Responsible for event scratches, deck seeding and resolving problems with entries. (Must be trained)

**Meet Manager Assistant-** Helps the meet manager with cutting and sorting papers. (Must be trained.)

**Colorado System Operator-** Enters information on the Colorado (computer timing) system. (Must be trained)

**Concession-** Helps cook, sell and prepare food.

**Announcer-** Announces events and results during the course of the meet.

**Hospitality-** Set up and deliver snacks and refreshments to parents who are working their volunteered shift.

**Printer/Verifier-** Works with the Colorado System Operator, Starters and Stroke & Turn to correlate meet results.

**Ribbon Writer-** Sits at the awards table and using a printed placement sheet, places printed labels on the appropriate ribbon and places them in the appropriate team bin.

**Timers Runner-** Picks up the event sheets from each lane at the end of the heat and takes it to the head table.

**DQ Runner-** Collects DQ slips from all stroke and turn judges and gives them to the printer/verifier.

**Head Table Runner-** Picks up the heat and lane assignments and race results from the meet manager and posts them on the pool deck. Distributes meet papers to starters, Colorado, referee, stroke & turn judges, lane assistants and timers.

**Set Up/ Take Down-** Responsible for setting up and taking down the concession stand, EZ-up tents, Colorado system, timing system, run the wiring, head table and timing stations for home meets.

**Lane Assistant-** Assist the swimmers with heat and lane assignments on the pool deck.

**Starter-** Responsible for starting the swim meet. Includes: calling swimmers to the blocks, setting the swimmers and starting each heat & race. (Must be trained.)

**Stroke and Turn Judge-** Judges the swimmers to make sure that the strokes are done correctly and the swimmer touches the walls on the turns. Judges will write up a DQ (disqualification) slip if the swimmer does not swim the stroke correctly or doesn't touch the wall. (Judges must take a class on technique offered by the Swim Club or League.)

**Timer-** (electronic) Responsible to be at assigned lane **ON TIME**. When a swimmer comes towards the finish, the timer gets up from their seat and moves to the edge of their lane, then leans over and pushes the electronic timer (held in his hand) **when any part of the swimmers body touches the wall**.

**Timer-** (stop watch) There is one stop watch timer per lane along with the electronic timers. The stop watch timer watches for a signal and then starts the stopwatch. The stopwatch timer will get up from their seat, lean over the edge of their lane and stop the watch at the finish of the race **when any part of the swimmers body touches the wall**.

**Back-Up Timer-** Stands behind the timers with two stopwatches. Starting them at the start of the heat and listening for timers to call for a back-up timer.

**Trash & Recycle-** Monitor & empty trash and recycle receptacles as necessary.

**Bathroom Duty-** Monitor paper product levels and notify board member of any plumbing issues.

**It is IMPORTANT that all volunteers report to their duty on time!**  
**SWIM MEETS**

We participate in the swim meets as a TEAM. For this reason we encourage swimmers to participate in all of the meets.

**Swimmers must participate in at least two individual events at a minimum of four league meets in order to be eligible to swim at MVSL Championships. Practice during the week leading up to MVSL Championships is only for swimmers participating in MVSL Championships.**

### *Meet Entries*

Each family will submit their swimmers' event entries on the team web site at [www.tracytritons.org](http://www.tracytritons.org). There is a limit on the number of individual events that each swimmer may participate in. **There are specific deadlines for the entries.** Check the website for the specifics of each meet. For all swim meets, coaches may discuss event selection with swimmers and parents. **Effective January 1, 2018:** There will be no deck entries. Swimmers who are not registered by the registration deadline will not be eligible for the meet.

The relay teams are composed by the head coach and are generally based on the fastest times.

### *Meet Day*

League meets are scheduled on most Saturdays. The Tracy Invitational is scheduled for both Saturday and Sunday. Championships may be scheduled for both Saturday and Sunday. The meet schedule is on page 2 of this handbook.

**If your swimmer is entered in a meet and unable to swim that scheduled meet, a board member should be notified by 5:30 a.m. the day of the meet.** Once you have registered for a meet, failure to attend without notification may result in their exemption from the next scheduled meet or participation in a relay.

Any swimmer who leaves a meet prior to their event, or any swimmer who is a no-show for a meet (once they've already

committed to swimming) **may lose the privilege of competing in the next scheduled meet or relay.** The only exception is if the absence has been cleared with the coach in advance!

In addition to the rules for practices, swimmers should follow these meet rules:

- Swimmers are allowed in the pool for their events only.
- Swimmers should check in with the coach upon arrival at the meet and be ready to swim warm-up laps.
- Swimmers should stay away from playgrounds during the meet.
- Swimmers are asked to wear the team suit and (required if necessary) cap for team unity and spirit.

Here are some suggestions of items to bring that will make the day more enjoyable and relaxing!

- One or two towels per swimmer
- Swim gear (suits (2), goggles (2) and swim caps (2))
- Sweat suits (mornings can be cold)
- Sleeping bag
- Shorts (concrete can ruin suits)
- Hat/hair ribbons/ brush
- Shirt (cover shoulders if swimmer is burning)
- Sunscreen lotion
- Shade: Many parents like some type of EZ-Up, but remember to bring something to weight it down; meets can be windy.
- Lawn chairs or camping chairs
- Cooler of water (it is important to stay hydrated. It gets hot!)
- Healthy picnic foods
- Games, books, crayons, coloring books, cards (things to keep parents and kids busy--it can be awhile between events).
- Money: There is usually some kind of food service provided at most meets, but don't always count on them to offer many healthy choices.

**Arrive ON TIME.** Check the web site at [www.tracytritons.org](http://www.tracytritons.org) as to what time you should be at the meet.

***Once you arrive at the meet:***

- 1) A swimmer's parent must check in at the Triton's table for your swimmers' events and your volunteer assignments during at the stated time for that meet (usually 6:00-7:00 a.m.) or your swimmers may be scratched from the meet and/or relays.

**Parents must sign up for a job prior to the Thursday before a meet. If not, the parent will be charged a \$10 job sign-up fee during Check-In before the meet and a job will be assigned at the Tritons' discretion. If you do not sign up for a job, your child will not swim. Please plan for childcare issues beforehand. The second occurrence will result in the charge of \$399 as detailed in the handbook**

- 2) Swimmers warm up before the meet starts. There is a scheduled time and lane assignments. Listen for the Triton warm up time on the loudspeaker. Coach will advise the swimmers as to the lanes to use.
- 3) Race results: Most of the meets are set up so the results can be accessed from **Meet Mobile**, an app that can be purchased at the Apple App Store or Google Play. How detailed the results are depends on the meet, but many parents find it useful. This app is not required; paper results are always posted at the meet site and digital results are uploaded to the Tritons website within a couple of days after the meet.
- 4) Swimmers can pick up awards from the awards box at practice the week following the meet.



**Got Laps? 2019 Date: Wednesday, June 26, 2019**

**Time: 5:30-8:00 pm @ Tracy High School**

**Pizza/Salad Dinner beginning at 6:30pm**

**Bring the family! It's Got Laps? 2019 Time!**

**Come on down to the pool for this fantastic fundraising event with your swimmers and enjoy pizza and salad on us! Free swim with diving board fun is available for all swimmers after their swim session!**

**Got Laps? 2019** is the Tracy Tritons main fundraiser of the swim season, and ALL money raised goes directly into the day to day operations of our nonprofit recreational swim team. During Got Laps? 2019, swimmers seek pledges from family members, friends and work associates who will sponsor their swimmer based on how many laps the swimmer can swim in a period of one hour.

Coach Goals:            50 laps for ages 9 and under!  
                                  100 laps for ages 10 and over!

### **Rules:**

Every swimmer should attempt to collect a minimum of \$50 in pledges. Pledges may be in the form of "per lap" or a flat amount. Each swimmer will need a family member or friend who can keep track of laps during the Got Laps? 2019 event. Those counting may bring chairs on the pool deck. Shade, click counters and pens/pencils/paper will be provided. Families with last names beginning with A-M need to bring cut up fruit, N-Z need to bring dessert to share. (No nuts, please!)

### **Important Dates:**

- May 21: Got Laps? 2019 informational meeting at practice
- May 23: Set up your swimmer's Got Laps? 2019 profile on the Tracy Tritons' website. Instructions are under Got Laps? 2019 on the Tracy Tritons' website. Begin collecting those pledges from family and friends!
- June 20: **Got Laps? 2019** @ Tracy High School; Start turning in money.
- June 29: Last day to turn in money. Money may be turned in later, however, **money collected after this date will not be eligible for prizes.**
- July 10: Otter Pop Party and Got Laps? 2019 Awards at evening practice.

### **Top 3 Fundraising Swimmers:**

- First Place: TBD
- Second Place: TBD
- Third Place: TBD

### **The Next Top 10 Fundraising Swimmers:**

- Gift Cards!

**Swimmers who raise \$60+ will receive a Got Laps? T-shirt!**

**Swimmers who raise \$150+ will receive a Got Laps? T-shirt and swim cap!**

**Questions:** Contact Amy Willbanks Moore (209) 483-8451 or [amoore@pfd.com](mailto:amoore@pfd.com)

## MID VALLEY SWIM CONFERENCE

### Events

AGE GROUPS	ELIGIBLE EVENTS
6 & Under 7-8	25 Free 25 Fly 25 Back 25 Breast 50 Free 100 yard relays (medley & free)
7-8 (Tracy Invitational)	100 yard I.M.
9-10 11-12 13-14	100 I.M. 100 Free 50 Fly 50 Back 50 Breast 50 Free 200 yard relays (medley & free)
15-16 17-18	100 I.M. 100 Free 100 Fly 100 Back 100 Breast 50 Free 200 yard relays (medley & free)

## STROKE AND TURN

<u>BREAST STROKE</u>	
Start	Forward position
Body Position	On the breast with both shoulders in line with the water surface. The head should break the surface of the water at least once during one cycle of legs and arms.
Stroke	The hands push forward together from the breast and then brought back on or under the surface of the water. The hands should not be brought back beyond the hip line except on the first stroke after the start and after each turn. All strokes must be simultaneous left and right and should stay on the same horizontal plane without alternating movements.
Kick	All vertical and lateral movement of the legs shall be simultaneous. The feet must turn toes outward during the propulsive part of the kick movement. A scissor, flutter or downward butterfly kick is not permitted. Breaking the



	surface of the water with the feet shall <u>not</u> merit disqualification unless followed by a downward butterfly kick.
Turns	With each turn, both hands must touch the wall simultaneously. It is legal to touch the wall at, above or below the surface of the water. Once a legal touch has been made, the swimmer can turn any manner desired. The swimmer's shoulders must be past vertical towards the breast when the feet leave the wall. It is permissible for the head to be lowered below the water level prior to the touch and during the first pull after the turn.
Finish	Both hands must touch the wall simultaneously. Body is on the breast. Shoulders are in line with the water. Head may be below water level after the final arm pull prior to the touch. It is legal to touch the wall at, above or below the water level.

### BUTTERFLY

Start	Forward position
Body Position	The body must be kept on the breast and both shoulders in line with the water surface from the beginning of the first arm stroke after the start and after each turn.
Stroke	After the start and turns a swimmer may have one under water pull but this must bring them to the surface. Both arms must be brought forward together over the water and brought backward simultaneously.
Kick	All up and down movement of the feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of scissor or breast stroke kicking movement is not permitted. After the start and turns a swimmer is permitted one or more legal butterfly kicks.
Turns	With each turn the body shall be on the breast and the shoulders in line with the water surface. Both hands must touch the wall simultaneously. It is legal to drop a shoulder after the final arm pull and prior to the touch. A legal touch can be made at, below or above the water surface. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
Finish	Both hands must touch the solid wall or pad simultaneously. Body is on the breast. Shoulders are in line with the water. Head may be below the water surface after the final arm pull prior to the touch. It is legal to touch the wall at, above or below the water level.

## BACKSTROKE

Start	Swimmers line up in water, facing starting and with both hands placed on the gutter or on the starting grips. Prior to the command “take your mark” and until the feet leave the wall at the starting signal, the swimmer’s feet, including toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before or after the start. A <u>backstroke starting block may not be used.</u>
Body Position	The body must be kept on the back after push off and continue swimming on his/her back throughout the race.
Turns	Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past vertical toward the breast. If the swimmer turns past vertical, such motion must be part of continuous turning action and the shoulders must be at or past the vertical toward the back when the feet leave the wall.
Finish	The swimmer shall have finished the race when any part of the body touches the solid wall or pad at the end of the pool.

## FREESTYLE

Start	Forward position
Body Position & Stroke	In an event so designated as “ <b>freestyle</b> ,” the swimmer may swim any style. In an <b>individual medley</b> or <b>medley relay</b> freestyle means any style other than butterfly, breaststroke or backstroke.
Turns	The hand touch is not required at the turn. It is sufficient if any part of the swimmer touches the solid wall or pad at the end of the pool.
Finish	The swimmer shall have finished the race when any part of the body touches the solid wall or pad at the end of the pool.

## INDIVIDUAL MEDLEY

Order	1/4 distance Butterfly, Backstroke Breaststroke then Freestyle.
Turns	Each stroke from one to another shall conform to the finish rules for the stroke just completed and shall be as follows: <ul style="list-style-type: none"><li>• <u>Butterfly to Backstroke</u> - The swimmer must touch as described in the butterfly turn, then turn in any manner desired but the prescribed form must be attained prior to the time the feet leave the wall.</li><li>• <u>Backstroke to Breaststroke</u> – The swimmer must touch the wall while on the back then turn in any manner desired but the prescribed form must be attained prior to the time the feet leave the wall.</li></ul>

	<ul style="list-style-type: none"> <li>• <u>Breaststroke to Freestyle</u> – The swimmer must touch as described in the breast stroke turn, then turn in any manner desired and complete the race ( freestyle in this event is any style other than Butterfly).</li> </ul>
Finish	The swimmer shall have finished the race when any part of the body touches the solid wall or pad at the end of the pool.

### **FREESTYLE MEDLEY**

Swimmers	There are (4) swimmers on each relay team. Each swimmer swims $\frac{1}{4}$ the prescribed distance using any desired stroke.
Touch	Each swimmer must touch the solid wall or pad before the next leg of the race can begin.
Disqualification	If any subsequent relay team member jumps into the pool before the previous team member has touched the wall then his/her team may be disqualified.
Finish	The swimmer shall have finished his or her segment of the race when any part of the body touches the solid wall or pad at the end of the pool.

### **MEDLEY RELAY**

Swimmers	There are (4) swimmers on each relay team. Each swimmer swims $\frac{1}{4}$ the prescribed distance.
Order	Backstroke, Breaststroke, Butterfly and Freestyle (this freestyle is any style except Breaststroke, Backstroke or Butterfly).
Stroke	Rules pertaining to each stroke and turn shall govern where applicable.
Touch	Each swimmer must touch the solid wall or pad before the next leg of the race can begin.
Disqualification	If any subsequent relay team member jumps into the pool before the previous team member has touched the wall then his/her team may be disqualified.
Finish	The swimmer shall have finished his or her segment of the race when any part of the body touches the solid wall or pad at the end of the pool.

## 2018 TRACY TRITON SWIM CLUB AWARDS

**High Point Awards:** Awarded for earning the most points in each age group.

	<i>Girl</i>	<i>Boy</i>
<i>6 &amp; under</i>	Olivia Kohn	Joseph Rodriguez
<i>7/8</i>	Cailee Booe	Julian Abris
<i>9/10</i>	Brielle Mullikin	Jaden Abris
<i>11/12</i>	Lela Ziller	Daniel Melhaff
<i>13/14</i>	Natalie Long	Cruz Fairfield
<i>15/16</i>	Natalie Quan	Kenneth Andersen
<i>17/18</i>	Clara Ho	Jordan Knapp

**Most Improved:** Awarded to the girl and boy who most improved in her or his age group during the 2017 swim season.

	<i>Girl</i>	<i>Boy</i>
<i>6 &amp; under</i>	Alexis Gonzales	Evan Booe
<i>7/8</i>	Cambria Penrod-Meiningner	Jackson Hawkins
<i>9/10</i>	Elissa Retes	Isaiah Guevara
<i>11/12</i>	Imogen LaCourse	Lance Dalida
<i>13/14</i>	Melissa Mullings	Justin Chitnis
<i>15/16</i>	Olivia Wood	Gabriel Chandler
<i>17/18</i>	Jillian Cunningham	Jason Chitnis

**Coaches Award:** Awarded to two swimmers who the coaches feel have good practice records, respect for teammates, willingness to help others and strive to do their best.

*Steven Gudilano  
Heidi Hardeback*

**Rocky Coelho Memorial Award:** Awarded to a boy and girl who shows outstanding ability as a person and friend and helps to cheer his/her teammates on. This award was established in 1973 in memory of Rocky Coelho.

*Riley Thomas  
Jacob Glick*

**Jeff Wible Memorial Award:** Awarded to the most improved swimmer. This award was established in 1985 in memory of Jeff Wible.

*Taylin Aviles  
Frederico*

**Stuie Phillips Memorial Award:** Awarded to the girl and boy who demonstrated excellent citizenship over the course of the swim season. This award was established in 1988 in memory of Stuie Phillips.

*Victoria Guzman  
Thomas Moore*

**Thomas Kreeft Memorial Award:** Awarded to a boy and girl who swam with commitment and the love of the sport. This award was established in 1999 in memory of Thomas Kreeft.

*Fiona Shahan  
Satvik Ravi*

## TRACY TRITON SWIM CLUB RECORDS

### Girl & Boy Mixed Team Records

Event	Length	Age	Swimmer	Time	Year
<b>Medley Relay</b>	100	6&U Mixed	Kristen McAdams Sam Kerber Heather Cunningham Justin Phelps	1:34.50	2001
<b>Freestyle Relay</b>	100	6&U Mixed	Kristen McAdams Trent Gronow Heather Cunningham Justin Phelps	1:17.20	2001

### Girls Team Records

Event	Length	Age	Swimmer	Time	Year
<b>Medley Relay</b>	100	7/8	Cindy Nguyen Brielle Mullikin Amandataylor Morelos Beatrice Wood	1:16.98	2017
	200	9/10	Malia Fernandez Lindsay Price Madesyn Ronquillio Clara Ho	2:26.96	2011
	200	11/12	Robyn Wilhelm Michele Celino Michelle Balzouman Emily Lavere	2:13.69	1995
	200	13/14	Melisa Bellomo Mary Mirgon Dawn Robanske Jennifer Robertson	2:07.67	1986
	200	15-18	Maria Scott Crystal Martinez Andrea McClellan Amy Jackson	2:02.52	2000
<b>Free Relay</b>	100	7/8	Gracie Cabri Heather Cunningham Michaela Loomis Elizabeth Olson	1:07.48	2003
	200	9/10	Keiana Fountaine Maddie Wittkowske Lindsay Price Kamryn Lucero	2:05.85	2010
	200	11/12	Lindsay Price Meredith Hagler Natalie Mangskau Clara Ho	1:56.57	2013

	200	13/14	Sierra Woolsey Paige Plummer Danielle Davis court Alison Scott	1:48.81	2004
	200	15-18	Sierra Woolsey Danielle Davis court Katie Bertelson Samantha Phelps	1:48.03	2006

### Girls Individual Records

Event	Length	Age	Swimmer	Time	Year
<b>Individual Medley</b>	100	7/8	Heather Cunningham	1:33.80	2003
	100	9/10	Malia Fernandez	1:14.74	2012
	100	11/12	Dawn Robanske	1:10.22	1984
	100	13/14	Crystal Martinez	1:08.32	1998
	100	15/16	Crystal Martinez	1:04.61	2000
	100	17/18	Crystal Martinez	1:04.20	2001

<b>Long Freestyle</b>	50	6&U	Liahla Fernandez	40.36	2011
	50	7/8	Heather Cunningham	32.50	2003
	100	9/10	Kamryn Lucero	1:07.67	2010
	100	11/12	Dawn Robanske	59.65	1984
	100	13/14	Nicole Brown	57.69	2006
	100	15/16	Sierra Woolsey	54.88	2006
	100	17/18	Lynn White	56.80	1977

<b>Butterfly</b>	25	6&U	Alyssa Britt	20.87	1997
	25	7/8	Alyssa Britt	16.40	1999
	50	9/10	Malia Fernandez	32.22	2012
	50	11/12	Stephanie Cammarata	29.86	2005
	50	13/14	Crystal Martinez	29.13	1998
	50	15/16	Crystal Martinez	27.98	2000
	100	15/16	Clara Ho	1:14.23	2017
	50	17/18	Crystal Martinez	Tied	2001
			Danielle Davis court	28.59	2008
100	17/18	Clara Ho	1:11.11	2018	

<b>Back-stroke</b>	25	6&U	Liahla Fernandez	21.48	2011
	25	7/8	Cara Lennon	18.45	1998
	50	9/10	Malia Fernandez	34.53	2012
	50	11/12	Lela Ziller	30.74	2018
	50	13/14	Melisa Bellomo	31.40	1986
	50	15/16	Sierra Woolsey	29.82	2006
	100	15/16	Clara Ho	1:08.81	2017
	50	17/18	Debbie Rosado	30.29	1985
	100	17/18	Clara Ho	1:10.48	2018

<b>Breast-stroke</b>	25	6&U	Alyssa Britt	24.25	1997
	25	7/8	Alyssa Britt	18.56	1999
	50	9/10	Lela Ziller	37.31	2016
	50	11/12	Lindsay Price	35.31	2013
	50	13/14	Rachel Kimbrough	33.73	1992
	50	15/16	Crystal Martinez	33.19	2000
	100	15/16	Aliza Arif	1:15.57	2017
	50	17/18	Crystal Martinez	33.47	2001
100	17/18	Shannon Davis court	1:14.96	2017	

<b>Short Freestyle</b>	25	6&U	Heather Cunningham	17.65	2001
	25	7/8	Alyssa Britt	15.20	1999
	50	9/10	Malia Fernandez	28.58	2012
	50	11/12	Jessica Robison	27.24	2011
	50	13/14	Jennifer Robertson	26.56	1987
	50	15/16	Sierra Woolsey	25.01	2006
	50	17/18	Sandra Walther	26.31	2015

### Boys Team Records

Event	Length	Age	Swimmer	Time	Year
<b>Medley Relay</b>	100	7/8	Matt Korch Aaron Cooksey Seth Constant Jeff Bischofberger	1:17.75	1990
	200	9/10	Kyle Schaf Stephen Baranowski Kevin McLean Nick Fadden	2:20.57	1998
	200	11/12	Eddie White Carl Poppe Ricky Giambastini Matt Sary	2:14.60	1979
	200	13/14	Brian Schaf Eddie O'Neil Nick Martinez Brian McLean	1:53.79	2000
	200	15-18	Ken Nelson Joe Meler Don Temple Steve Himmel	1:46.30	1970
<b>Freestyle Relay</b>	100	7/8	Scott Davies Christopher Dowdall Aaron Cooksey Seth Constant	1:05.13	1991
	200	9/10	Jacob Broeker Jeff Froelich	2:12.84	1993

			Erin Mann Seth Constant		
	200	11/12	Bradley McCain Devin Brown James Thompson Justin Phelps	1:56:12	2007
	200	13/14	Nick Martinez Eddie O'Neil Brian McLean Brian Schaf	1:41.37	2000
	200	15-18	Ken Nelson Don Temple Steve Himmel Joe Meier	1:34.50	1970

### Boys Individual Records

Event	Length	Age	Swimmer	Time	Year
<b>Individual Medley</b>	100	7/8	Justin Phelps	1:30.81	2003
	100	9/10	Scott Adams	1:17.10	1972
	100	11/12	Brian McLean	1:08.76	1998
	100	13/14	Brian McLean	1:00.12	2000
	100	15/16	Erin Mann	1:00.68	1999
	100	17/18	Scott Adams	59.00	1978

<b>Long Freestyle</b>	50	6&U	Justin Phelps	40.92	2001
	50	7/8	Justin Phelps	32.01	2003
	100	9/10	Brian McLean	1:08.16	1996
	100	11/12	Todd Adams	58.80	1977
	100	13/14	Justin Phelps	52.37	2009
	100	15/16	Justin Phelps	51.59	2011
	100	17/18	Scott Adams	50.50	1978

<b>Butterfly</b>	25	6&U	Seth Constant	20.75	1989
	25	7/8	Ricky Giambastini	16.00	1976
	50	9/10	Ricky Giambastini	32.34	1978
	50	11/12	Brian McLean	28.83	1998
	50	13/14	Brian McLean	25.41	2000
	100	15/16	Damien Miller	59.66	1990
	100	17/18	Mario Plascenia	56.30	1975

<b>Back-stroke</b>	25	6&U	Justin Phelps	22.78	2001
	25	7/8	Steven Ennis	18.60	1972
	50	9/10	Steven Ennis	35.00	1974
	50	11/12	Aaron Cooksey	32.35	1995
	50	13/14	Scott Mann	29.22	1999
	100	15/16	Scott Mann	1:00.33	2000



	100	17/18	Emil Soler	1:03.07	2014
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<b>Breast-stroke</b>	25	6&U	Aaron Cooksey	21.61	1989
	25	7/8	Aaron Cooksey	19.59	1991
	50	9/10	Scott Adams	39.10	1972
	50	11/12	Duke Nishimura	34.20	1972
	50	13/14	Eddie O'Neil	30.06	2000
	100	15/16	Erin Mann	1:05.74	1999
	100	17/18	Scott Adams	1:04.60	1978

<b>Short Freestyle</b>	25	6&U	Justin Phelps	17.27	2001
	25	7/8	Justin Phelps	14.93	2003
	50	9/10	Brian McLean	30.03	1996
	50	11/12	Justin Phelps	25.56	2007
	50	13/14	Brian McLean	23.42	2000
	50	15/16	Justin Phelps	23.20	2011
	50	17/18	Scott Adams	23.10	1978

In 1988, the Mid-Valley League split the 15-18 age groups. Since our records reflected 15-18 year olds without reference to the age of the swimmer at the time of the swim, we cannot determine if these old records have in fact been broken until swimmers in both 15-16 and 17-18 age groups have broken the original record.

