



# Parent Handbook 2022

Carmichael Swim Team  
PO Box 581  
Carmichael, CA 95609

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Carmichael Beavers Swim Team

Phone : (916) 550-8214

Non Profit 501c3 EIN# 68 – 0435024

## **Message from the President**

The Carmichael Beavers Swim Team was founded in 1965, and it has certainly had its ups and downs as a nonprofit. I was upset when COVID forced us to cancel our season in 2020 -- the first time that has ever happened. Then it felt like we were starting over as a team in 2021. We had to hire a new head coach. We faced the uncertainty in what type of a program we would be able to offer with the COVID restrictions. But most of all, we questioned how many people would be brave enough to show up. We were hoping for about 40 swimmers and expected we would likely take a financial loss on the season. But 2021 turned out to be a season of many positive surprises. I was surprised first of all by the fact that we were able to find a new head coach of such high quality. Coach Jon joined us with many years of experience and quickly made it apparent that his love for the sport of swimming was contagious. That love for swimming spread faster than COVID amongst our team and our team quickly grew to over 120 swimmers. With that influx of new swimmers came the surprise of new parents that were graciously willing to fill our need for volunteers and worked hard to support our team's fundraising efforts. As a result of the hard work of those who helped to facilitate our fireworks booth and our swim-a-thon fundraisers, our team ended up financially positive for the season. This was perhaps the biggest surprise, as we had substantially cut the cost of registration in the hopes to allow as many swimmers as possible to swim. Based upon the success and generosity of our 2021 team, the Board unanimously voted to continue the significantly discounted rates for registration. While inflation has caused prices for everything else in our economy to rise significantly, we hold on to the hope that 2022 will bring another season of growth and prosperity to the

Carmichael Beavers, so that even more children will have the opportunity to find joy in the sport of swimming. While there is so much division going on in our country, I am so thankful for youth sports, which continue to allow us all to come together for a united cause. I hope that 2022 will bring another year for which each swimmer will gain confidence in him/herself in seeing their improvement, connection as they make new friends, and mental and physical strength as they spend more time away from a screen. Go Beavers!

Andrew Scott  
Carmichael Swim Team President  
2022

### **Team Mission**

Carmichael Swim Team provides a fun swimming experience where children learn to swim the four strokes in a competitive atmosphere. Swimmers who practice hard, follow our coaches' instruction, and perform with extraordinary effort will achieve ever-lowering personal best times. The Carmichael Beavers are here to encourage each swimmer to improve their swimming skills. Each race provides a prove-it-to-yourself accomplishment which helps every kid develop confidence when facing a challenge.

## 2022 Meet Calendar

<b>Date</b>	<b>Meet</b>	<b>Location</b>
May 21	Time Trials	Home
June 11	Amador	Jackson City Pool
June 25	SacTown	Home
July 9	Rio Vista	Simonson Delta Swim Center
July 23-24	Championship Meet	Rusch Park
TBD	Meet of the Champions	Rusch Park

### Mandatory Swim Meet Check In:

Check in time is by 6:45am SHARP!  
(home & away)

### If you are running late:

**You must check in via text by 6:45AM and physically be present by 7:15AM**

***(Please note that this is not preferred).***

**Text: Coach Jon 916-600-5038**

**\*\*If you arrive after this deadline, your swimmer(s) WILL BE removed from the meet. Please respect the work that must be done and meet these timelines.**

## **Carmichael Beavers Board of Directors**

President	Andrew Scott
Vice President	Vacant
Treasurer	Colleen Cadwallader
Registrar	Jessica Seri
Secretary	Jennifer Pope
Marketing/Public Relations	Ryan Micka
Parent Volunteer Coordinator	Amy Cobleigh
Computers	Adrienne Dickman
Apparel	Kendra Micka
League Rep	Ryan Micka
Flyers/Artwork	Adrienne Dickman
Fireworks Coordinator	Jessica Seri
Members at Large	Brent Sparre

The board is made up of parents of current Beaver swimmers and is a completely volunteer position. The team depends upon these people to help keep the team running. The board is always welcoming dedicated parents who want to make a difference.

## Carmichael Beavers Team Swimsuits and Team Clothing

The team swimsuit is not required; however, all swimmers are encouraged to wear a team suit during meets to show unity and team spirit. Please wear a black suit as an alternative to the team suit.

One-piece suits must be worn during all swim practices and at all swim meets. Inappropriate swim wear includes but is not limited to, tankinis, bikinis, and thong swimsuits.

Team clothing is optional and available for purchase at most home meets and an online link

The **2022-2023** Carmichael Beavers swimsuit is the:  
**TYR Chroma Diamondfit (Red)**



Carmichael Beavers Swim Team's Board of Directors reserves the right to determine eligibility to swim.

## Carmichael Beavers Team Rules

- Modest, one-piece swim suits will be worn to all swim practices and swim meets.
- Only swimmers, coaches, or officials are allowed on the pool deck during workouts.
- NO RUNNING on the pool deck.
- No swimmers are allowed in the water or pool unless a coach is on duty and directs the swimmers into the water.
- No swimmers are permitted on diving boards during swim practice or meets unless directed by a member of the coaching staff.
- No horseplay, profanity or other inappropriate activity will be allowed.
- No running onto starting blocks, then diving or jumping off.
- No hanging, or sitting on the lane ropes. Treat all equipment with care.
- No swimmer is allowed in the diving pool during swim meets.
- Playing in the locker room is not permitted.
- During workouts, swimmers must remain in the pool unless directed by the coach.
- No bouncing balls on the pool deck.
- No dogs, cats or other animals on the pool deck or at meets unless previously approved.
- No scooters on deck and no scooters at swim meets.

**Please pick up your child within 5 minutes of end of the scheduled practice time.**

## Financial Matters

### \$100 per Family Volunteer Deposit:

Volunteer assistance is essential to run an efficient swim meet. Therefore, the team requires each family to accumulate volunteer credits in all three separate areas

1. Swim meets – one shift each meet
2. Fireworks stand - one shift
3. Championships - one shift each day

**Volunteer credits must be earned in each of the three separate areas to meet your requirement and earn repayment of your \$100 volunteer deposit.** See list of volunteer jobs and their descriptions. If you are unable to work a required shift or have additional question please contact the volunteer coordinator, Amy Coblegh.

### Refund Policy

All refund requests must be received in writing and submitted to:

Carmichael Swim Team  
PO Box 581, Carmichael, CA 95609

- One hundred percent (100%) refund if requested within 1 week from the start of the swim season.
- Fifty percent (50%) refund if requested in writing after 1 week, but before 1 month from the start of the swim season.
- NO REFUND after 1 month from the start of the swim season unless there are special circumstances that is approved by a Board vote.

- **Returned Check Charge Policy**
- A minimum collection charge of \$20.00 per check will be passed on to the issuer of any returned check. It is the issuer's responsibility to fully reimburse the Carmichael Beavers Swim Team within 10 days of either verbal or written notification.

## Required Parent Volunteer Shifts



To make the dual swim meets run efficiently, the Northern California Swim League encourages parents of swimmers (or their designee) to work shifts during the swim meet.

Your assistance is essential. Our ability to run an efficient swim meet depends upon a volunteer staff of parents. Therefore, we count on parents, grandparents, extended family members, and friends to volunteer at all swim meets.

The California Beavers Swim Team requires that each family volunteer for swim meets, championships and at the fireworks stand. Required shifts can be accomplished in several ways:

Swap with another family to work your shift for you in the event of an absence.

Work more shifts at one meet to make up for not being available at another meet.

<b><i>Volunteer Shift</i></b>	<b><i>Check In Time</i></b>	<b><i>Shift Time</i></b>
Set Up Crew	6:00 AM	6:30 AM
Snack Bar	7:00 AM	7:00 AM
First and Second Shift	7:30 AM	1 <sup>st</sup> Shift: 8:00 AM Second Shift: 11:00 AM

## **VOLUNTEER POSITIONS**

<b>Announcer</b>	Announces each swimmer and event from microphone. Home meets only.
<b>Beaver Believer Editor</b>	Collects and distributes information about the team and its activities, including producing a bi-monthly newsletter.
<b>Beaver Attire Coordinator</b>	Orders, sells, and distributes clothing and other specialty items.
<b>Computer / Scoring</b>	Computer volunteers to read swimmer times during home meets. Assistant to verify the accuracy of times entered into computer.
<b>Fireworks Coordinator</b>	Coordinates and delegates activities necessary to operate stand. Responsibilities may include meetings, obtaining permits, renting equipment, purchasing, and selling.
<b>Fund Raising Coordinator</b>	Coordinates and delegates activities to ensure proper acquisition of funds.
<b>Head Stroke and Turn Judge</b>	Ensures proper training of all strokes and turn judges and supervises during each home meet.
<b>Head Meet Referee</b>	Ensures proper training of all meet referees. Duties may include scratch meeting, monitoring all race finishes, presiding over any meet dispute. Instructs Stroke & Turn volunteers before meet begins. Must know League Rules & Regulations and US Swim Rules.
<b>Head Timer</b>	Ensures proper training for all timers and maintains a backup timer, holds timers meeting prior to home meet.
<b>Head Starter</b>	Ensures proper training of all starters.

<b>Head Announcer</b>	Ensures proper training of all announcers.
<b>Head Ready Bench</b>	Ensures proper training of workers.
<b>Head Zoo Keeper</b>	Ensures proper training of all zoo keepers. Responsibilities may include bringing all age group signs to all the ready bench area.
<b>Hospitality Coordinator</b>	Coordinates & delegates activities to ensure beverages the pool for all the shift workers, officials, & coaches at every home are available at meet. Responsibilities may include bringing equipment, serving, and cleaning up after the meet.
<b>Lane Timers</b>	Time assigned lanes for each heat.
<b>Parent Coordinator</b>	Coordinates & delegates activities to ensure all positions that are required to run a swim meet are filled.
<b>Ready Bench</b>	Organizes swimmers in ready area for upcoming events. Escorts each heat of swimmers from the Ready Bench to the correct lanes and starting blocks.
<b>Recruiter</b>	Coordinates and delegates activities to distribute information about the Beaver swim team for the sole purpose of recruiting new members to the team. Responsibilities may include making flyers and distributing them.
<b>Registrar</b>	Ensures all information from the registration forms are properly secured and submitted to the league representative.
<b>Ribbons</b>	Labels backs of ribbons & files ribbons in mailboxes.

<b>Runner</b>	Takes lane sheets to and from timers to scoring table. Also collects disqualification slips (DQs) from Stroke & Turn Judges to scoring table.
<b>Set Up &amp; Take Down Coordinators</b>	Ensure that all equipment that is needed to run a swim meet is set up and ready to go prior to the start of the meet. Also ensures that equipment is taken down and stored away at a proper location after the meet. <b>First shift</b> arrives at 6:30 a.m. for home meets, sets up all chairs, tables. <b>Second shift</b> stays after meets and puts all equipment away in storage shed, cleans up entire area
<b>Snack Bar Coordinator</b>	Coordinates & delegates the operation of the snack bar at every home meet. Responsibilities may include shopping, refrigeration, preparation, cooking, & selling food items.
<b>Starter</b>	Home meets only. Instructs swimmers and directs them to “take your mark” starts each race with electronic starter.
<b>Stroke &amp; Turn Judges</b>	Watch swimmers in assigned lanes to make sure swimmers are doing strokes and turns correctly.
<b>Swim-A-Thon Coordinator</b>	Coordinates activities to ensure a successful swim-a-thon. Responsibilities may include distributing flyers, collecting monies, distributing prizes.
<b>Zoo Keeper</b>	Stays in team area and assists swimmers to ready bench area.

## Volunteer Sign-ups

Volunteer sign-ups can be done online by logging into our team website: [www.cbswim.com](http://www.cbswim.com) or downloading and signing up on the On Deck App on your phone.

Questions or in person signups should be directed to our volunteer coordinator, Amy, by emailing her *your full name and the swimmer's full name* at [cbswimmervolunteer@gmail.com](mailto:cbswimmervolunteer@gmail.com)

## Parent Volunteer Positions

Estimated Start Time	Position and Committee Coordinators(s)	Volunteers Needed
<b>FIRST SHIFT Parent Volunteers Required: 45</b>		
6:30 a.m.	Set-up: Chairs, EZ-ups, Computer Colorado Scoring and Sound System.	8
7:00 a.m.	Snack Bar	3
7:30 a.m.	Sno-Cones	2
7:30 a.m.	Hospitality	2
7:30 a.m.	Announcer	1
7:30 a.m.	Ready Bench	2
7:45 a.m.	Zoo Keepers	6
8:00 a.m.	Computer Clerks	2
8:00 a.m.	Meet Referee	1
8:00 a.m.	Head Stroke & Turn Judge	1
8:00 a.m.	Stroke & Turn Judges	2-3
8:15 a.m.	Colorado Timer	1
8:20 a.m.	Starter Check-in	1
8:20 a.m.	Head Timer	1
8:20 a.m.	Lane Timers	9-12
9:00 a.m.	Raffle	1
9:00 a.m.	Ribbon Writer	1

<b>SECOND SHIFT Parent Volunteers Required: 44</b>		
11:00 a.m.	Snack Bar	3
11:00 a.m.	Sno-Cones	2
11:00 a.m.	Hospitality	2
11:00 a.m.	Announcer	1
11:00 a.m.	Ready Bench	2
11:00 a.m.	Zoo Keepers	6
11:00 a.m.	Computer Clerks	2
11:00 a.m.	Meet Referee	1
11:00 a.m.	Head Stroke & Turn Judge	1
11:00 a.m.	Stroke & Turn Judges	2-3
11:00 a.m.	Colorado Timer	1
11:00 a.m.	Starter	1
11:00 a.m.	Head Timer	1
11:00 a.m.	Lane Timers	9-12
11:00 a.m.	Ribbon Writer	1
After Last	Take Down: Chairs, EZ-ups, Colorado, & Sound, System.	8
<b>Total Parent Volunteers Required- Total: 89-93</b>		

## **Swimmer Participation Responsibilities**

Establish high goals and actively train to achieve them. Winning is not as important as doing your best and having fun.

- Attend practice on a regular basis
- Support your coaches and their training program.
- Encourage your Teammates.
- Be part of your team by participating in social activities and outings. You will have a lot of fun and make new friends.

All swimmers should be able to swim one length of a 25-yard long pool unaided by the end of the second week of practice with the exception of the 6 & under swimmers.

Swimmers are divided into the following age groups: 6 and under; 7 - 8; 9 - 10; 11 - 12; 13 - 14; and 15 - 18. The age groups are further divided by gender (boys and girls). Age groups are determined by the swimmers age from four to eighteen.

### **2022 Season Practice Times**

6 y/o & Under	6:30 - 7:00
7 – 10 y/o	6:30 – 7:15
11 - 12 y/o	7:15 - 7:55
13 – 18 y/o	8:00 - 9:00

## **Carmichael Beavers Parent / Coach Relationship**

It is important that you trust the ability and judgment of the coaching staff and that you exhibit that trust and support in front of your children. We all make mistakes, so give the coaching staff the benefit of the doubt if it appears they misjudge from time to time.

Parents are encouraged to observe all workouts. However, please stay clear of the deck area while swimmers are in the pool. You may be hurting more than helping if you try to encourage your swimmer while he or she is practicing . . . that is the coach's job. If for some reason you must communicate with your child please contact the coach or assistant coach.

If you feel that your swimmer is not receiving all that he or she should in a workout, or is having some sort of difficulty which is not being resolved, talk to the coach privately after the practice, or arrange some mutually convenient time.

## Coaching Responsibilities



The coaches shall model positive leadership and sportsmanship to the Carmichael Beavers and attempt to foster these qualities in the team members.

The coaches shall:

1. Understand and accept the philosophy of the Carmichael Beavers. We are a summer recreational swim team and all swimmers should have fun and an incentive to improve.
2. Understand the Bylaws and policies of the Swim Team.
3. Respond to parent concerns in a timely manner. Utilize the advice and counsel of the Board of Directors.
4. Provide active supervision of all practices, meets and swimming events.
5. Maintain an atmosphere at practice conducive to a good instructional program.
6. Familiarize themselves with the swimmers and their ability. Assist each swimmer to develop individual goals for the swim season.
7. Provide instruction in all aspects of competitive swimming: e.g. starts, turns, touches, and stroke improvement.
8. Maintain all pertinent records on swimmers.
9. Prepare entries for all dual and championship meets.
10. Comply with the rules of the Northern California Swim League and Carmichael Beavers Swim Team, Inc.
11. Prepare and deliver all entry sheets to the computer representative. These sheets shall reflect the coach's determination of consistent times, legal strokes and cooperative attitudes.

12. Perform first aid as necessary.
13. Supervise proper use of all competitive swim equipment, including pace clock, lane ropes, kickboards, starting system, backstroke flags, and other swim team items.
14. The Head Coach will be responsible for supervising the assistant coaches and assigning their specific duties.

## **Disciplinary Guidelines**

The purpose of these guidelines is to insure everyone has the potential to be a “WINNER.”

1. The use of foul language, derogatory statements towards teammates, coaches, opposing team members, or parents, and/or meet officials, uncooperativeness, inattentiveness, chronic complaining, or any other unsportsmanlike conduct are grounds for immediate dismissal. A written citation will be sent home immediately. It must be signed by the parent and swimmer and returned to the coach before the swimmer is able to return to a practice session.
2. Repeated misconduct may result in a suspension from practices until a conference is arranged with the swimmer, parent(s) and coach. The Board of Directors (elected officers only) will also be informed immediately thereafter as the results of the conference.
3. If misconduct continues after the above conference, the swimmer will be suspended from practices until a conference is arranged with the swimmer, parent, coach, and the Board of Directors.
4. Serious infractions (fighting or illegal behavior) will result in the swimmer being placed on immediate suspension. The president shall be notified within 24-hours of the occurrence. The president shall preside and review the matter at a special meeting with the Board of Directors where a quorum is required. The suspension is for the remainder of the swim season until the president holds a conference with the swimmer, parent(s), coaching staff to review the infraction and penalty.

5. Modest swim attire, one-piece tank or team suits, will be worn during all swim practices and at all swim meets. Inappropriate swim wear includes, but is not limited to, bikinis, tankinis, and thong, sling, or pretzel, swimsuits. No plunging necklines. No sagging, butt-cracks, or low riders. No exceptions.

## NorCal Swim League

The Carmichael Beavers Swim Team is a member club in the Northern California Swim League, participating currently in the Nugget Conference. **It is required that all our swimmers register with the league and pay a league fee of \$15, in addition to the team registration you have already paid. Register at: [www.norcalswimleague.com](http://www.norcalswimleague.com).**

### 2022 Nugget Conference Teams

Amador Polar Bears (APB)	<b>Carmichael Beaver (CB)</b>
Highlander Dolphins (HD)	Rio Vista Sharks (RV)
SacTown Tsunami (ST)	

### Northern California Swim League Guidelines

1. Every eligible swimmer (except 6 & under) who attends practice regularly as required by the coach should swim a minimum of three individual events in any Dual Meet. The coach may establish minimum attendance standards for participation in meets.
2. The first time trial will be used to establish a ranking for all swimmers.
3. Meet entries are limited by League rules that limit swimmer participation to three individual events.
4. Any posting of meet results will be coordinated with the computer coordinator.
5. All swimmers meeting the criteria set forth in the League Bylaws will swim at Championship Finals.

**Swimmers must swim 2 individual events in 2 conference or league meets to qualify for our championship meet.**

## Swim Meet Schedule

*Approximate start time: 8:30 – 9:00 AM*

<b>Pre Meet 6:00</b>	Set up & Snack Bar	Set up crew, Sound system, Colorado, chairs, EZ-ups, and Snack Bar coordinator
<b>By 7:00</b>	Snack Bar opens, Swimmers check in, Volunteers check in	Snack Bar crew, Swimmers, Parent Volunteers
	Scratch Meeting, Score / Computer Table, Ready Bench, Clothing Table, Hospitality set up	Coaches, Zoo Keepers, Hospitality
<b>8:00</b>	Warm ups, Meet Referee	Home Team
	Warm ups, Meet Officials	Visiting Team, Starter, Ribbon writers, Announcer, Scorers / Computer clerks
	First and Second shift volunteers check in.	Stroke & Turn Judges, Timers, runners
	Direct swimmers to start area	All timers, writers, judges and starters in position
	<b>Meet Begins</b>	<b>National Anthem</b>
<b>11:00</b>	Second Shift to report to Positions	All Second Shift worker to replace First Shift workers in a timely manner
<b>Post Meet</b>	Breakdown all equipment, clean up meet area, and close Snack Bar / Sno Cone	Take down crew, & volunteers, Swimmers clean up area, Snack Bar crew clean up

## Swim Meet Activities



1. Swimmers are expected to be at the meet location at the time designated by the coach.
2. Swimmers must locate their team area and check the list of events they are to swim. Many swimmers bring:
  - **Sun Block** & a **hat** or **t-shirt** for protection from hot sun,
  - **two or more towels**
  - a **sleeping bag** for warmth
  - **Healthy drinks** & **snacks** for hydration & energy,
  - Folding **chairs**, money for snack bar, and
  - **Games** to keep amused between events.
3. Our team will warm up in the pool prior to the start of the meet.
4. Swimmers must remain in the designated team area and must be alert as to which events are occurring so they can be ready when their turn arrives. The swim team parents, “zoo keepers” will help the very young swimmers get to the ready bench at the proper time as long as these swimmers are in the team area.
5. Swimmers must be at the “Ready Bench” at least two events prior to the event in which they are swimming.
6. After each event, swimmers are to return to the team area.
7. It is not advisable for swimmers to eat immediately prior to swimming an event. Questions concerning this may be directed to the coach.
8. 6 & Under swimmers participate in only the first half of the swim meet. Families with only 6 &

under swimmers are allowed to leave after the backstroke event.

9. There are two basic categories of races: individual events and relay events. All relay races involve four swimmers on each team. The meet starts with the 6 & Under Freestyle Relay and the Medley Relay for all other age groups. The meet ends with the Freestyle Relay.
10. The individual races are broken up into six categories: freestyle, long freestyle, backstroke, breaststroke, butterfly, and individual medley (IM). The IM consists of equal lengths of the four strokes in the following order: butterfly (fly) backstroke (back) breaststroke (breast), and freestyle (free).

## **Meet Descriptions and Scoring System**

The Northern California Swim League (Nor Cal) season is a series of two team (Dual) meets. The fastest swimmers generally swim in the first heat of each event. Points are awarded for the first heat in each event.

### **Dual Meet Scoring System**

Only the first heat of Individual and Relay Team scores points for the team.

<b>Individual 1<sup>st</sup> Heat Team Scores</b>	
First place scores	Five points
Second place scores	Three points
Third place scores	Two points
Fourth place scores	One point

Only the winning relay team scores seven points.

### **Championship Meet Scoring**

Scoring will be explained in the Championship Program.

### **Ribbons**

At league Dual Meets, all participants will receive ribbons unless they are disqualified for a swimming infraction.

- Swimmers and parents are to refrain from going to the scoring table for ribbons. All ribbons may be collected at the following practice in the swimmer's mailboxes.
- Host team will furnish all ribbons.
- Ribbons that are not picked up by the end of the season (Awards Night) will be discarded.

## **Awards Night**

All swimmers will be given an award for participation on the Carmichael Beaver Swim Team. Awards won at League Championships will be handed out. High-point trophies will be awarded to the boy and girl in each age group with the most points scored during the season. Also, an overall high point boy and girl will be awarded. All team awards must be approved by the Board of Directors prior to Awards Night.

## **Northern California Swim League Championships**

The Northern California Swim League, Nugget Championship Meet is held at the conclusion of each swim season. Each team has specific organizing responsibilities (starter, ready bench, snack bar, etc.). Parent participation / volunteers are needed to fill operational needs in all areas in addition to the team needs.

**In order to swim in the Nor Cal League Championship, a league participant must swim in at least two events in at least two League Dual Meets during the regular season.**

For the purpose of complying with this requirement, it does not matter whether the swimmer swam in a relay or individual event, or whether the swimmer participated in an official or unofficial heat of an event.

A swimmer may:

Enter all of the individual events in his / her age group, and may participate in one freestyle relay and one medley relay. The first Freestyle Relay team is made up of the four fastest swimmers in each age group or at the coach's discretion. The Medley Relay team is made up of the four fastest swimmers of each stroke or at the coach's discretion.

## **Championship events**

This meet lasts for two entire days, Saturday and Sunday. Preliminary heats are conducted in the morning with the ten (10) finalists competing in the afternoon. Saturday's events include the individual medley, short freestyle, backstroke, medley relay, 6 & under freestyle relay. Sunday's events include long freestyle, breaststroke, butterfly, and freestyle relay. Parents should come prepared for a long, hot, day.

## **Final participants**

Each member of a relay team that competes in finals shall receive a place medal. A highpoint trophy will be awarded to the high-point boy and girl in each age group. Team trophies shall be given to the teams placing first, second, and third at championships. More detailed information regarding finals will be available prior to the meet.

## **Swim Strokes**

Each of the four strokes, Back, Breast, Fly, and Free have rules governing the proper way to swim the stroke. At every meet, four stroke and turn judges will be posted, one at each corner of the pool, checking to make sure the stroke rules are being followed. Should a swimmer violate these rules in a race, he or she will be disqualified (DQ) from the race.

## **Individual Medley**

The swimmer shall swim the prescribed distance in the following order: first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last fourth, freestyle.

## **Freestyle Relay**

Four swimmers on each team, each swim one-fourth the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

## **Medley Relay**

Four swimmers on each team, each swims one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rules for each stroke are to be applied in each case.

## **Rules Pertaining to Relay Races**

- A. No swimmer shall swim more than one leg in any relay event.
- B. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- C. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
- D. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- E. In relay races, the team of the swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.

# Carmichael Beaver Swim Team Records

GIRLS				BOYS			
<b>6 &amp; U</b>				<b>6 &amp; U</b>			
25 Free	H. Rosales	17.58	2015	25 Free	L. Morrison	16.43	1988
25 Back	H. Rosales	22.69	2015	25 Back	J. Ferrani	19.81	1988
<b>7 &amp; 8</b>				<b>7 &amp; 8</b>			
25 Free	H. Rosales	14.16	2017	25 Free	M. Callahan	14.07	1988
50 Free	H. Rosales	32.04	2017	50 Free	J. Ferrani	33.00	1990
25 Back	H. Rosales	18.00	2017	25 Back	J. Ferrani	18.18	1990
25 Breast	K. Severence	18.94	1988	25 Breast	L. Morrison	18.40	1988
25 Fly	H. Rosales	15.68	2017	25 Fly	L. Morrison	15.81	1988
<b>9 &amp; 10</b>				<b>9 &amp; 10</b>			
25 Free	K. Severence	14.44	1989	25 Free	L. Morrison	13.06	1990
50 Free	E. Graf	31.27	1991	50 Free	C. Heim	29.17	1988
25 Back	B. Rabe	17.39	1988	25 Back	C. Heim	16.18	1988
25 Breast	K. Smith	18.27	1986	25 Breast	L. Morrison	16.78	1990
25 Fly	S. Ferrari	15.65	1988	25 Fly	C. Heim	14.03	1988
100 IM	K. Smith	1.19.74	1986	100 IM	C. Heim	1.14.65	1988
<b>11 &amp; 12</b>				<b>11 &amp; 12</b>			
50 Free	C. Murchison	27.88	1983	50 Free	C. Heim	27.16	1990
100 Free	S. Deehr	1.05.26	2007	100 Free	C. Heim	58.34	1990
50 Back	C. Murchison	33.91	1988	50 Back	M. Shaffer	32.70	1978
50 Breast	C. O'Brien	37.11	1986	50 Breast	E. Morrison	33.94	1987
50 Fly	C. Murchison	31.61	1983	50 Fly	C. Heim	29.07	1990
100 IM	C. Murchison	1.10.83	1983	100 IM	C. Heim	1.06.92	1990
<b>13 &amp; 14</b>				<b>13 &amp; 14</b>			
50 Free	K. Emanuels	27.64	1986	50 Free	C. Heim	23.75	1992
100 Free	J. Koemer	59.89	1989	100 Free	C. Heim	53.12	1992
50 Back	K. Jones	31.95	2003	50 Back	E. Gholson	28.63	1992
50 Breast	I. Parsons	35.97	2015	50 Breast	C. Heim	31.18	1992
50 Fly	K. Jones	30.56	2003	50 Fly	N. Miller	26.03	2012
100 IM	J. Koemer	1.10.43	1989	100 IM	C. Heim	1.00.08	1992
<b>15 – 18</b>				<b>15 – 18</b>			
50 Free	K. Hazewood	25.02	2014	50 Free	J. Leopold	22.21	2008
100 Free	K. Hazewood	55.68	2014	100 Free	J. Leopold	48.74	2008
100 Back	J. Koemer	1.05.47	1991	100 Back	J. Leopold	54.13	2008
100 Breast	K. Hazewood	1.11.65	2014	100 Breast	J. Leopold	59.62	2008
50 Fly	J. Edlund	27.75	1983	50 Fly	N. Miller	24.09	2015
100 IM	K. Hazewood	1.04.08	2015	100 IM	J. Leopold	53.83	2008