



2018
PARENT
HANDBOOK

TABLE of CONTENTS

| | |
|---|-----------|
| PURPOSE, OBJECTIVE, and GOALS | 3 |
| Dolphin Chant | 3 |
| WSST Official Colors | 3 |
| CODES of CONDUCT | 4 |
| Bylaws of Northern California Swim League | 4 |
| Violations to Codes of Conduct | 4 |
| Disciplinary Guidelines | 5 |
| Coach Code of Conduct and Responsibilities | 5 |
| Swimmer Code of Conduct | 5 |
| Parent/Guardian Code of Conduct | 6 |
| GENERAL INFORMATION | 6 |
| Practice | 6 |
| Swimmer Responsibilities | 7 |
| Parent/Guardian Responsibilities | 7 |
| Parent/Guardian Participation Policy | 8 |
| Parent/Guardian Job Duties and Descriptions | 9 |
| SWIM MEETS | 11 |
| Swim Meet Sign-up and Commitment | 11 |
| Swim Meet Check-In Procedures | 12 |
| Stroke and Turn Descriptions | 12 |
| Event Definitions | 15 |
| Eureka Championship | 16 |
| Northern California Meet of Champions | 17 |
| END OF SEASON AWARDS CELEBRATION | 18 |
| ORDER of SWIM MEET EVENTS | 19 |

Swimming is a participation sport, one in which the swimmer is measured against the clock first, themselves second, and their opponent third. Everyone has the potential to be a “winner”. The objective of the program is to give every swimmer the opportunity to become as good as they desire. The purpose of these guidelines is to ensure that this objective is achievable.

PURPOSE, OBJECTIVES and GOALS

The West Sacramento Swim Team (WSST) is a 501(c) (3) non-profit recreational swim organization. The purpose for WSST is to provide eligible children, from under six years to 18 years of age, the opportunity to participate in recreationally competitive swimming.

The WSST is dedicated to teaching children to swim competitively in a fun environment, while promoting and fostering the benefits of hard work, sacrifice, good sportsmanship, self-discipline, teamwork, and integrity within our athletes, their families and our coaches.

The WSST is devoted to the emotional and physical growth of its swimmers and to the morale of the community in which they live. The coaches, the parents, and all involved in WSST will strive to make swimming a fun experience while encouraging leadership, the joy of community spirit, and the benefits of physical activity.

DOLPHIN CHANT

Don't Mess! Don't Mess!

Don't Mess with the best cuz the best don't Mess!

Don't Fool! Don't Fool!

Don't Fool with the cool cuz the cool don't fool!

From the East to the West,

West Sac is the best!

Don't Mess!

WSST OFFICIAL COLORS

The WSST official colors are blue and white.

CODES of CONDUCT

Each swimmer, coach, and family representative shall read the following codes and agree to the hereby established. All spectators at any WSST event must also adhere to the codes.

BYLAWS of NORTHERN CALIFORNIA SWIM LEAGUE

The Codes of Conduct are based on the Restricted Bylaws of the Northern California Swim League (NCSL), which can be found at the following link:

https://www.teamunify.com/recncsl/doc/356660_2_BylawsNCSL_2016.0622.pdf

VIOLATIONS to CODES of CONDUCT

The following actions are violations of the Codes of Conduct. The Meet Referee, Head Coach, or WSST Board of Directors (BOD) can administer penalties for violations. These rules apply to all swim team events, including but not limited to: Welcome Rally, team practices, swim meets, Championships, Meet of Champions and Awards ceremony.

1. No parent/guardian, coach, swimmer, or spectator shall be guilty of an abusive attack on any participant, coach, official, or spectator at any practice, meet or event. Abusive attack includes use of inappropriate language.
2. No parent/guardian, coach, swimmer, or spectator shall be guilty of objectionable demonstrations or dissent at official's decision.
3. No parent/guardian, coach, swimmer, or spectator shall at any time lay a hand upon, shove, strike, or threaten a coach, swimmer, spectator or official.
4. No parent/guardian, coach, swimmer, or spectator shall refuse to abide by an official's decision.

The BOD will review violations and determine the final penalty. However, minimum penalty will always apply. For extreme violations, the maximum penalty may apply immediately. Challenges to the BOD decision, must be submitted in writing and mailed to the following address:

West Sacramento Swim Team
Board of Directors
P.O. Box 2402
West Sacramento, CA 95691

DISCIPLINARY GUIDELINES

1. The use of foul language, derogatory statements towards teammates, coaches, parent/guardians, meet officials and other teams, as well as uncooperativeness, fighting, inattentiveness, chronic complaining, or any un-sportsman-like conduct are ground for immediate removal. A written warning will be issued and a legal guardian must sign it before the swimmer will be allowed to return to practice.
2. Repeated misconduct may result in a suspension from practices and meets until the swimmer, parent/guardians and the Head Coach have a conference. The BOD will be informed immediately, thereafter, as to the results of the conference.
3. If misconduct continues, after the conference, the swimmer will be suspended from practices and meets until the swimmer, parent/guardian, Head Coach and the BOD have a conference. The President or Vice President shall preside and the BOD shall review the matter. Serious infractions may result in suspending the swimmer for the remainder of the swim season.
4. Any swimmer, parent/guardian or spectator, under the influence of drugs or alcohol, will not be allowed on deck or at the pool at any time.

COACH CODE of CONDUCT and RESPONSIBILITIES

1. The Bylaws and rules of the NCSL shall be regarded as mutual agreements, the spirit of which should be respected and unbroken.
2. Respond to parent/guardian concerns in a timely manner.
3. Provide active supervision of all practices, meets and swimming events.
4. Familiarize themselves with the swimmers, their abilities and assist each swimmer in establishing individual goals for the swim season.
5. Provide instruction in all aspects of competitive swimming (starts, turns, touches and stroke improvement).
6. Visiting teams and spectators are honored guests.
7. No advantages except those of superior skill should be sought.
8. Officials and opponents should be treated and regarded as honest.
9. Accept official decisions without anger, no matter how unfair they may seem. Use the appropriate methods of handling disputes.
10. Winning is desirable, but winning at any cost defeats the purpose of the sport.
11. Losing can be a triumph when the team has given its best.
12. In swimming, as in life, treat others, as you would have them treat you.

SWIMMER CODE of CONDUCT

1. Swim for your sake and not just to please your parents or your coach.
2. Swim to develop your physical, mental, social, and emotional fitness.
3. Opponents are necessary friends. Without them, you could not participate.
4. Be generous when you win and be gracious when you lose.

5. Always be fair, no matter the cost.
6. Accept the decisions of the officials with good grace.
7. Believe in the honesty of your competition.
8. Conduct yourself with honor and dignity and treat others as you would like to be treated.
9. Sincerely applaud the efforts of your teammates and opponents.

PARENT/GUARDIAN CODE of CONDUCT

1. Make participation in swimming a positive experience for your child and others.
2. Children learn more by example than by criticism. Be a positive role model and reinforce positive behaviors in your swimmer.
3. Children are easily affected by outside influences. Relieve competitive pressure; do not increase it.
4. No advantages except those of superior skills should be sought.
5. Officials and opponents should be treated and regarded as honest.
6. Opponents are necessary friends. Without them, your child could not participate.
7. Winning is desirable, but winning at any cost defeats the purpose of the sport.
8. Losing can be a triumph when your child has given their best.
9. Applaud good swims by your team and by members of the opposing team.
10. Encourage your child to be gracious in victory and to turn defeat into victory by working toward improvement.
11. In swimming, as in life, treat others, as you would have them treat you.

A child's values and behavior, in sports, are guided by parental attitude toward their child, their opponents, the officials, and coaches. Criticism and disrespect for coaches, officials and opponents, by overbearing parent/guardians (bent on immediate success rather than long-range benefits), undermines the spirit and the purpose of swimming and adds undue stress to the sport.

GENERAL INFORMATION

PRACTICE

Practices are Monday through Friday during the months of April through July, unless specified by the Head Coach. Prior to the start of the season, a practice schedule will be posted on the WSST website. All swimmers are required to attend **practice a MINIMUM of three days each week**. Please contact the Head Coach if a swimmer will miss practice more than two days in a week. Coaches keep track of attendance.

Remember to bring the necessary equipment (towels, swim caps, goggles, sunscreen and water) to every practice.

There is a lost and found located in the lifeguard office and at the front counter of the Recreation Center. Please check there or see a coach if you are missing something. Swim caps are required for all swimmers with long hair, including male swimmers.

Practices are for swimmers to improve in a learning environment. They need to be able to concentrate. Parent/Guardians are encouraged, and in some cases required, to remain and watch practices. The coaches ask that you honor the following requests:

1. Stay clear of the immediate practice area. Sit in areas away from the pool.
2. Avoid analyzing practice.
3. Refrain from communicating with your swimmer during practice.

SWIMMER RESPONSIBILITIES

1. Respect, listen and follow the instructions of the coaches, BOD, Parent/Guardians, meet officials, team members, and opposing team members.
2. Participate at Time Trials (Blue & White), all meets and events as assigned.
3. Cooperate with the coaching staff at all times.
4. Be ready to begin practice or warm-ups at meets by the designated time.
5. Listen attentively to coaches whenever they are giving instructions. Ask questions or for clarifications if you do not understand your coaches instructions.
6. Notify a coach, before practice, if you need to leave early

PARENT/GUARDIAN RESPONSIBILITIES

Parent/Guardians are responsible for providing a supportive attitude toward all aspects of swimming and ensuring that their child attends every practice and all entered meets. Please stay involved! There is always a need for each parent to lend a helping hand. If you need to speak with a coach, please do so before/after practice or via email.

1. The WSST is not a form of basic swim lessons. Swimmers must meet the minimum swimming requirements, for their age group. Each child should be able to tread water and swim safely from one end of the pool to the other. After an evaluation, the Head Coach will have the final decision, based on swimmer safety.
2. Ensure your swimmer attends a minimum of three practices each week. Encourage practice every day.
3. Never interrupt practice or give suggestions to swimmers during practice. If you need to speak with a coach, wait until practice is over or check with a BOD for assistance.
4. Emphasize the importance of individual improvement and the spirit of contributing to the team.
5. Participation in swimming should be a positive learning experience, even if the swimmers do not feel they "won". Help encourage swimmers in sportsmanship and positive teamwork.
6. Parent/Guardian's criticism and disrespect for officials, coaches, and staff are detrimental to athletics and swimming and will not be tolerated.
7. The team is a large group of all ages and talent. Everyone in the organization, and in the NCSL, work together on a volunteer basis. Teams rely on parents. Your attendance and willingness to participate make meets possible.

8. You are a vital part of the WSST family. A swim meet can be very chaotic. Volunteers are doing the best they can to make these events successful.

PARENT/GUARDIAN PARTICIPATION POLICY

The WSST is a large organization and depends on the participation of all our parent/guardians. By registering a swimmer, the parent/guardian representative agrees for their family to complete at least **8 work shifts***, over the course of the season, which includes:

- **One shift at the mandatory Blue & White meet on May 12, and**
- **Five shifts during the regular season between May 19 and July 14, and**
- **Two shifts at Champs on July 28-29.**

* **Work shifts consist of approximately three hours by an adult family member.**

Required Teardown: In addition to working eight required shifts, all families will assist with teardowns at home meets. Teardowns are assigned by last name and provided prior to home meets. Reminders will be announced throughout all home meets. This job does not count as any of the individual shifts required to be worked by each family.

Family Participation Tracking: It is the family's responsibility to verify that their shifts are tracked accurately and required shifts are completed. If a discrepancy arises between a family's tracking and the team's tracking, the family must coordinate with the Parent Representative to resolve the discrepancy.

A \$50 work deposit is collected (per family) through the registration process. It can be refunded to the parent/guardian at the end of the swim season, provided all work shifts are completed and a request for refund is received by the deadline. Paying the deposit does not replace the work requirement. Failure to complete the required work shifts will result in deposit forfeiture and may prevent the family from returning the next swim season. The request for refund must be postmarked or emailed **by August 11, 2018** to the Parent Representative.

Jaclyn Kennedy, Parent Representative
wsstparentrep@gmail.com
West Sacramento Swim Team
P.O. Box 2402
West Sacramento, CA 95691

The 2018 Parent Work Hours Refund Request form is located on the WSST web site, under the Parent tab. **If the refund request is not made by August 11, 2018, the Parent/Guardian Work Hour Deposit will be deemed a team donation.**

Buy-Out Option for Required Work Shifts: If you are not willing and/or able to complete the required eight work shifts, you have the option to pay \$250 (in addition to a non-refundable \$50 deposit) before the season starts. If you do this, you will not be

required to work any shifts at Blue & White, regular meets, or Champs. To utilize this option and to arrange for the additional payment, you must **email the team Registrar, Christine Sibayan at [wsdolphinsreg@gmail](mailto:wsdolphinsreg@gmail.com) before April 30, 2018.**

PARENT/GUARDIAN JOB DUTIES and DESCRIPTIONS

There many different jobs duties available to meet the **shifts/hours**. Not all jobs are difficult and can, actually, be quite fun. Our kids deserve the best that we can give them. Please stay involved throughout the season and watch how successful OUR swim team can be. You may just end up having as much fun as the kids!

Below are brief job descriptions that are needed for every meet. Most are fairly simple, and do not require training, however, some do require training and are better suited for more experienced swim parents.

ANNOUNCER (Home Meet): The Announcer calls swimmers to the ready bench and announces first, second and final calls for each event. The Announcer works closely with the starter to keep things running smoothly. The announcer anticipates flow based on the number of swimmers, the stroke, the number of lengths to be swum, and the age of the swimmers. *Training is required for this job.*

BBQ CREW (Home Meet): Set up, clean up and tear down of the BBQ area, which may include taking home grilling tools for washing. Grills various food items and preparing them for consumption. *While BBQ experience is a plus, no training is required for this job.*

BLACKTOP ATTENDANT (Home Meet): Check area outside of pool deck and empty garbage cans, as needed. Ensure that trash is not left behind. *No training is required for this job.*

CLEAN-UP CREW (Home Meet): After a meet/event, disassembles all canopies, fold-up tables, chairs and any other necessary items, and moves them into storage container. Clean-up in and around the pool area. *No training is required for this job.*

COMPUTER CREW (Home Meet): Sets up computer prior to meet/event. Keeps track of the score as the meet progresses by inputting scores in the computer. Produces copies of the meet schedule for all coaches, Parent Shepherds, and BOD. Computer Crew produces a hard copy of the meet results to the visiting team. Submits meet results to the league via email. *Extensive training is required for this job.*

CONCESSIONS PREPARATION (Home Meet): Shop for/prepare food for upcoming meet/events. Preparation usually occurs in the volunteer's home the evening before a meet/event. *Little training is required for this job and it is a good opportunity for families who would like to meet job hours outside of a swim meet.*

HEAD TIMER (Home Meet): The head timer has the authority to remove and replace any lane timer, with the approval of the Meet Referee. Starts extra watches should another watch fail. In case a timer watch fails, brings a timer a back-up watch. Keeps track of all stopwatches. *This job does not require training.*

HOSPITALITY (Home Meet): Prepares and serves drinks and snacks to all parent/guardian workers and coaches. *This job does not require training.*

LANE TIMER (Home/Away Meet): Records swimmer time. Each timer is provided with a wireless timer and assigned a lane; there are three timers for each lane. All three times are recorded and the average time becomes the official time. One of the three timers will also utilize a stopwatch as a back-up. Should a stopwatch fail, the Head Timer will provide another.

Prior to the start of the meet, the Head Timer check watches and go over rules with Timers. *This job requires very little training and gives you the best view of the pool and the swimmers during their races.*

MEET REFEREE (Home Meet): The Meet Referee is the official judge for the meet and has full authority over all stroke and turn judges. They signal the starter that all officials are in position and allows the race can begin. The Meet Referee makes the final decision on all challenged disqualifications (DQ), or questions relating to conduct or rules. *The Meet Referee must have extensive swim meet, stroke and turn experience, must also attend a referee clinic.*

PARENT SHEPHERD (Home/Away Meet): Parent Shepherds are assigned specific age/gender groups. They ensure swimmers get to the ready bench for their races on time and supervise them along the way. They may also assist in getting swimmers from the ready bench to the blocks. Parent Shepherds encourage the swimmers and help make the swim season a positive experience. Each Parent Shepherd will have a list of swimmers and their events. *Little training is required for this job, however each Parent Shepherd is expected to remain with their group for each meet during the entire season.*

PARKING LOT ATTENDANT (Home Meet/Champs): Directs traffic and parking in the parking areas before the start of a meet. *No training is required for this job.*

READY BENCH COORDINATOR (Home/Away Meet): The Ready Bench Coordinator has a vital role in keeping the meet on schedule. They are responsible for placing swimmers on benches by heat and lane and getting them to the starting blocks in the correct order and on time. They help to supervise swimmers in the designated area. The Ready Bench Coordinator will have a list of the swimmers and their events. *This job requires some training and is **not** recommended for parent/guardians new to swim team.*

RIBBON WRITER (Home/Away Meet): Applies the swimmers race time labels on ribbons and file them in the appropriate folder. *No training is required for this job.*

RUNNER (Home Meet): Responsible for obtaining the completed event sheets from the timers and disqualification (DQ) forms from the Stroke and Turn Judges for each race. The event sheets and DQ forms are delivered to the scoring table. Runners are assigned to work for one half of the meet. *No training is required for this job.*

SET-UP CREW (Home Meet): Set-up for meets/events. Set-up includes assembling canopies, setting up tables, chairs, filling buckets of water to weight pop-ups, marking off designated areas, and other associated duties to ensure the event is ready. Set-up crew will be provided with a set-up map. *No training is required for this job.*

SNACK BAR CREW (Home Meet): Set-up snack bar. Works in snack bar behind counter selling various items, stocking coolers, clean-up, and tear down. *Some training (register) is required for this job.*

SPIRIT WEAR & GEAR (Home Meet): Set-up and tear down designated area and sell various spirit items throughout swim meets. Assist vendors, when necessary. Assist Ribbon Writers, if necessary. *Some training (register) is required for this job.*

STARTER (Home Meet): The Starter begins each race by 1. Calling to swimmers "Swimmers step up to the block." 2. Ask the timers if they are ready, "Timers are you ready?" 3. Starts the race with "Swimmers take your mark." 4. Then pushes the timing system button to sound the start. The starter needs ensure that they are in sync with the Meet Referee and Announcer on event number and heat. *This job requires training.*

STROKE AND TURN JUDGE (Home/Away Meet): Stroke and Turn Judges work in groups on each side of the pool. They observe strokes, turns, and finishes to ensure that swimmers comply with requirements for the strokes. They are the only persons allowed to DQ a swimmer for improper stroke or turn. Judges only rule on infractions on their side of the pool. If necessary, stroke and turn judges complete DQ slips and give the slips to the runners, which are taken to the scoring table.

All Stroke and Turn Judges do their best to be fair to all competitors, always giving the benefit of the doubt to the swimmer. *Stroke and Turn Judges work one-half of the meet. Training is required for this position (a training clinic will be scheduled at our pool prior to the first meet of the season).*

SWIM MEETS

The WSST is a recreational team sport. ALL swimmers are expected to attend all meets unless the Head Coach is notified prior to a meet.

SWIM MEET SIGN-UP and COMMITMENT

Prior to all swim meets, the Head Coach will send an email indicating a cut-off date/time for meet commitments. You must commit to swim in a meet by the date designated by the Head Coach. Log into the WSST webpage. From the Home page, Swim Meet tab

on the Events section, select the appropriate swim meet. Select Edit Commitment, choose Member Name and then select either Yes or No in the Signup Record.

If a swimmer misses the deadline to commit for the meet, it is at the Head Coach's discretion to allow a late commitment.

If your swimmer has committed to a swim meet, the commitment deadline has passed and the swimmer is no longer able to attend, you must notify the Head Coach in person or via email immediately, but no later than 6:00 PM the Friday night prior to the meet.

If by the Saturday morning, **your swimmer can no longer compete**, you must notify the Head Coach immediately. If you are not able to contact the Head Coach directly, please contact a fellow swim family who can relay a message to the Head Coach or a BOD member. If you are scheduled to work a job at the meet, please also notify the Parent Representative so they can find a replacement for your job duty.

Do not leave a meet early without notifying the Head Coach, especially if your swimmer is scheduled in a relay event. If a swimmer leaves a meet early, it could result in a relay cancelation. This negatively impacts the other members of the relay team, who are no longer able to compete.

Once a swimmer has been entered into an event, the team and coaches depend on that swimmer's attendance. A swimmer's unanticipated absence from a meet is extremely disruptive and unfair to other team members are counting on that swimmer.

SWIM MEET CHECK-IN PROCEDURES

Allow for adequate travel time. Arriving early allows time to park and find the check-in table. Meet locations and directions are on the WSST website. If Saturday morning, **you are running late**, you must notify the Head Coach, immediately. If you are not able to contact the Head Coach, please contact a fellow swim family who can relay a message to the Head Coach or a BOD member.

Swimmers are required to be at swim meets on time. WSST check in time is 6:45-7:00 AM. **Swimmers, who miss check-in, will be scratched and not allowed to complete in the swim meet.** Scratches are submitted at 7:30 AM.

Job Duties: Please locate your Parent Representative to check in for your job duty. If on the day of the meet, your child is sick and will attend, please contact the Parent Representative so they can find a replacement for your job duty.

STROKE and TURN DESCRIPTIONS

Each of the four strokes have rules, which govern the proper way to swim the stroke. Stroke and turn judges will be posted on each side of the pool during meets, checking each swimmer to make sure the stroke and turn rules are being followed. Should a

swimmer violate the rules in a race, he/she will be disqualified. Stroke and turn judges look for the following:

BACKSTROKE: The basic rule of this stroke is that the swimmer must be on his/her back for the entire stroke.

Start: Swimmers line up in the water, facing the starting end, with both hands placed on the pool edge or starting grips. Part of each foot must be in the water. Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling toes over the lip of the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

The swimmer may start with a back dive and remain underwater for up to 16.4 yards before surfacing.

Stroke: The swimmer must remain on his/her back throughout the race. He/she may do any sort of the stroke or kick that does not turn him/her over the vertical position, except as part of a turn, before the wall is touched.

Turn: Upon completion of each swim length, some part of the swimmer must touch the wall. During the turn, the shoulders may be turned past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must return to a position on the back before the feet leave the wall.

Finish: Upon the finish of the race, the swimmer must touch the wall while on the back. The wall may be touched by either swimmer's hand, head, foot or shoulder.

BREASTSTROKE: This stroke is the most formalized of the four strokes. On starts and turns, the swimmer is allowed to take one pull and one kick underwater.

Start: The forward start shall be used.

Stroke: From the beginning of the first arm stroke, after the start and after each turn, the body shall be kept on the breast. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The swimmer may pull in any fashion that keeps the arms under water at all times, above their waist. The head must break the surface of the water

before the hands turn inward at the widest part of the second stroke.

Kick: All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward with a “frog kick” motion during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly (up and down motions with the feet) kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.

Turn: At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete cycle preceding the touch. Once the touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the form prescribed in .2 above must be attained from the beginning of the first arm stroke.

Finish: At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch.

BUTTERFLY: The butterfly is similar to the breaststroke in that all movements must be simultaneous. The arms and legs must move together.

Start: The forward start shall be used.

Stroke: After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

Kick: All up and down movements of the legs and feet (dolphin kick) must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

Turns: At each turn, the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

Finish: At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

FREESTYLE: In a freestyle event the swimmer may do anything he/she likes to get from one end of the pool to the other. Nothing is barred, except for pulling along the ropes or grabbing another swimmer for a free ride.

Start: The forward start shall be used.

Stroke: In the event designated freestyle the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

Turn: Upon completion of each swim length, the swimmer must touch the wall.

Finish: Upon the finish of the race, the swimmer must touch the wall. Any part of the body may be used. The swimmer need not touch with the hand. In a freestyle relay, the conventional freestyle stroke must be used.

EVENT DEFINITIONS

DUAL MEET: A regular scheduled swim meet between two teams competing against each other.

SCRATCH: A swimmer is not allowed to swim in a scheduled meet due to tardiness and/or disciplinary reasons.

HEATS: The number of races swam in a specific event per age group.

READY BENCH: Area where the swimmers meet before proceeding to the start of the race.

FALSE START: When a swimmer leaves the starting block before the official start of any race.

INDIVIDUAL MEDLEY (IM): The swimmer swims 100 yards total, 25 yards each in the order of Butterfly, Back Stroke, Breast Stroke and Free-style. All four strokes must start and finish as 25 yard events – no flips turns after any of the strokes, two hand touches at the end of the butterfly and breaststrokes.

MEDLEY: Medley Relay, a four-swimmer relay race. Each swimmer swims one leg of the race in the order of Backstroke, Breaststroke, Butterfly and Freestyle. Total yards required to swim for each swimmer differs among age groups.

FREE RELAY: Four swimmers, each swimming their leg of the relay, freestyle.

DISQUALIFIED (DQ): A swimmer is DQ'd when an infraction has occurred during a defined stroke event. Butterfly, Breast and Backstrokes have defined stroke rules. Free style is simply as stated FREE-STYLE, a swimmer can swim any stroke on free-style events, as long as it was cleared with the head coach, and all other rules apply.

CHAMPIONSHIP: End of the season, two day, competitions between all teams in a conference.

MEET OF CHAMPIONS: All swimmers who make finals have the right to swim in the meet of champions, there is a minimal cost and information will be available prior to the end of the season. There is also a time standard for those who do not make finals but meet the time standard which will be made available closer to the end of the season.

EUREKA CHAMPIONSHIP

The Eureka Conference, consisting of Arden Park, Galt, Sunrise, West Sacramento and Woodcreek, is a highly competitive conference. Eureka conference teams range from 150 to 250 swimmers, per team.

Near the end of the season, all five conference teams participate in a Championship meet, held over two full days (Saturday and Sunday) at a designated location. Preliminary heats occur in the morning, with finalists competing in the afternoon. Six and under swimmers only compete on Saturday.

Saturday: Individual Medley, Short Freestyle, Backstroke, Medley Relay and 6 & under Freestyle Relay.

Sunday: Long Freestyle, Breaststroke, Butterfly and Freestyle Relay. Parents should come prepared for a long, hot day.

1. In order to swim in the Conference Championship, the participant must swim in at least two events in at least two conference meets during the regular season.
2. Each Swimmer shall swim in preliminary heats **of every stroke** in their age group. The top 10 swimmers from preliminaries swim in final heats in the afternoon.
3. In addition to individual events, swimmers may participate in one freestyle relay and/or one medley relay. Teams are established at the Head Coach's discretion.
 - a. Medley Relays: Team A consists of the four fastest freestyle swimmers in each age group, followed by the next four fastest swimmers for Team B, and so forth.
 - b. Freestyle Relays: Team A consists of the four fastest freestyle swimmers in each age group, followed by the next four fastest swimmers for Team B, and so forth.

4. Food/beverages are available for purchase. You are also welcome to bring your own ice chests/food.
5. There will be designated tent/canopy areas. Please bring your own shade.
6. All finalists receive place medals. Each member of a relay team that competes in finals receives a place medal. A high-point trophy is awarded to the high-point boy and girl in each age group. Team trophies are given to the teams placing first, second and third at championships.

NORTHERN CALIFORNIA MEET OF CHAMPIONSHIP

Northern California Swim League (NCSL) is comprised of five conferences. Each Conference has a Championship. The top 10 swimmers from each conference in each group can swim in the Meet of Champions (MOC). The MOC is held over two full days (Saturday and Sunday), at a designated location. Preliminary heats occur in the morning, with finalists competing in the afternoon. Six and under swimmers only compete on Saturday.

Saturday: Individual Medley, Short Freestyle, Backstroke, Medley Relay and 6 & under Freestyle Relay.

Sunday: Long Freestyle, Breaststroke, Butterfly and Freestyle Relay. Parents should come prepared for a long, hot day.

1. In order to swim in the MOC, a league participant must swim in at least two events in at least two league dual meets during the regular season.
2. Each Swimmer is allowed to swim in the preliminary heats of every stroke in their age group. The top 10 swimmers from the preliminaries will swim in the final heats in the afternoon.
7. In addition to individual events, swimmers may participate in one freestyle relay and/or one medley relay. Teams are established at the Head Coach's discretion.
 - a. Medley Relays: Team A consists of the four fastest freestyle swimmers in each age group, followed by the next four fastest swimmers for Team B, and so forth.
 - b. Freestyle Relays: Team A consists of the four fastest freestyle swimmers in each age group, followed by the next four fastest swimmers for Team B, and so forth.
8. Food/beverages are available for purchase. You are also welcome to bring your own ice chests/food.
9. There will be designated tent/canopy areas. Please bring your own shade.
10. All finalists receive place medals. Each member of a relay team that competes in

finals receives a place medal. A high-point trophy is awarded to the high-point boy and girl in each age group. Team trophies are given to the teams placing first, second and third at championships.

END of SEASON AWARDS CELEBRATION

At the end of the swim season, the BOD hosts an award celebration where swimmers are recognized by their coaches. BOD elections are also conducted at this time.

ORDER of MEET EVENTS

| Event # | Event # | Age Group | Event |
|--------------|--------------|-----------|----------------------------|
| 1 | Co-Ed | 6-Unders | 100 Freestyle Relay |
| Girls | Boys | | |
| 2 | 3 | 7-8 | 100 Medley Relay |
| 4 | 5 | 9-10 | 100 Medley Relay |
| 6 | 7 | 11-12 | 200 Medley Relay |
| 8 | 9 | 13-14 | 200 Medley Relay |
| 10 | 11 | 15-18 | 200 Medley Relay |
| 12 | 13 | 9-10 | 100 Individual Medley (IM) |
| 14 | 15 | 11-12 | 100 Individual Medley (IM) |
| 16 | 17 | 13-14 | 100 Individual Medley (IM) |
| 18 | 19 | 15-18 | 100 Individual Medley (IM) |
| 20 | 21 | 6 & U | 25 Free |
| 22 | 23 | 7-8 | 25 Free |
| 24 | 25 | 9-10 | 25 Free |
| 26 | 27 | 11-12 | 50 Free |
| 28 | 29 | 13-14 | 50 Free |
| 30 | 31 | 15-18 | 50 Free |
| 32 | 33 | 6 & U | 25 Back |
| 34 | 35 | 7-8 | 25 Back |
| 36 | 37 | 9-10 | 25 Back |
| 38 | 39 | 11-12 | 50 Back |
| 40 | 41 | 13-14 | 50 Back |
| 42 | 43 | 15-18 | 100 Back |
| 44 | 45 | 7-8 | 50 Free |
| 46 | 47 | 9-10 | 50 Free |
| 48 | 49 | 11-12 | 100 Free |
| 50 | 51 | 13-14 | 100 Free |
| 52 | 53 | 15-18 | 100 Free |
| 54 | 55 | 7-8 | 25 Breast |
| 56 | 57 | 9-10 | 25 Breast |
| 58 | 59 | 11-12 | 50 Breast |
| 60 | 61 | 13-14 | 50 Breast |
| 62 | 63 | 15-18 | 100 Breast |
| 64 | 65 | 7-8 | 25 Fly |
| 66 | 67 | 9-10 | 25 Fly |
| 68 | 69 | 11-12 | 50 Fly |
| 70 | 71 | 13-14 | 50 Fly |
| 72 | 73 | 15-18 | 50 Fly |
| 74 | 75 | 7-8 | 100 Freestyle Relay |
| 76 | 77 | 9-10 | 100 Freestyle Relay |
| 78 | 79 | 11-12 | 200 Freestyle Relay |
| 80 | 81 | 13-14 | 200 Freestyle Relay |
| 82 | 83 | 15-18 | 200 Freestyle Relay |