

Welcome to the Wyoming Seadragons Summer Swim Team!

We are excited to welcome you to another great season of fun and excitement as we support our children athletes in the water. Please take a moment to read over this parent handbook. It was designed to answer any questions you may have (and some you didn't know you had!) as we ramp up the summer swim season.

Team Membership and Overview

Membership Requirements: All members of the Wyoming Family Aquatic Center are granted priority membership on the Seadragons Swim Team. According to the League rules, non-members are welcome to join the swim team IF: they are a resident of Wyoming OR *of an adjoining community without a city swim team*, or a family member of a Wyoming City or School employee.

Registration Fees: Team registration fees are paid at the Wyoming Recreation Center. The telephone number for the Rec Center is: 821-5200. Registration fees cover the cost of coaching salaries, championship entry fees, and other regular costs for the season. Fundraising during the season goes towards the end of year banquet and team social activities.

Registration deadline: is the first day of practice. Late registrations will be accepted provided the team has unfilled spots. NOTE: Due to insurance and liability, Registration MUST be completed before the swimmer can begin practice.

Scholarships: Scholarships are available at the Wyoming Recreation Department.

Equipment: Swimmers need a swim suit, goggles and swim cap. Suits, goggles, and team spirit wear are out of pocket costs for the participant. Your swimmer may wear any racing suit or purchase the team suit. The team provides latex swim caps at no additional fee.

Swimville USA (859) 441-7946 is our official supplier of team swimsuits. Team Suit fittings/ordering will take place during the Season Kickoff meeting. The suits will be distributed prior to the first meet. If you miss the Season Kickoff meeting you may visit Swimville's Ft Thomas location to try on and place suit orders. Their contact info and directions to their store are available on their website <http://www.swimvilleusa.com>. Scholarships are available for the team suit by contacting the Wyoming Recreation Department.

Practice: First week(s) of practice are held Tuesday-Thursday evenings, from day after Memorial Day-till end of school. Once the Wyoming school year concludes practices switch to mornings, Monday-Friday. The practice schedule for each age group is posted on the website under the “Practice Schedule” tab. Coaches will help the swimmers set their practice commitment levels throughout the season based on the swimmer’s ability and commitment.

Swimmers who do not attend practice run the risk of not be entered into meet events. If you are a member of a club team and plan to practice with your club (i.e. PCY, Marlins), please discuss your practice attendance with your Seadragons coach.

Swim Meets: Our swim meets are a dual meet format, (two teams competing.) Meets start 1st or 2nd week of June and continue through mid-July. There are typically 7-8 home/away meets each season. Meets are held on Tuesday and/or Thursday evenings (no weekends.) All Swimmers must swim in two regular season meets to be eligible for championships. Click on the “Parent Info>>Away Meet Location” tabs on our website for links to away meet location directions.

Swim Meet Timeline:

Start times vary, but you can typically expect the following:

5:30 All swimmers arrive at the pool and report to team area

5:45-6pm Warm ups begin

6:10 Arrival time for All parent volunteers

6:30 Meet begins

Meet signups: PLEASE be sure to DECLARE your swimmer’s participation for each meet . You can do this by logging on to our website www.wyomingseadragons.com, clicking on the Attend/Decline button next to each meet, and declaring Yes or No for **EACH MEET**. This will help insure that your swimmer is entered into meet events, AND also helps our coaches plan meets accordingly. Please note: Relays require FOUR participants. If one participant is a no show, the team will have to scratch the entire relay.

Worker Signup Requirements: Each family is required to sign up for a minimum of 3 worker positions throughout the season. Please look under the “Family Work Requirements” tab on our website for more information. Work requirements vary from season to season based on number of families participating and number of jobs to be filled.

Meet Workers: It takes a total of 42 volunteers to run a swim meet. For each home meet we need: 1 starter/referee, 2 certified officials, 1 runner, 1 event board attendant, 3 computer operators, 2 workers to affix labels to award ribbons, 16 timers, 1 backup timer, one relief timer, 2 setup volunteers, 4 cleanup volunteers, and 8 age group parents to get the 10 and under swimmers to the blocks. For away meets we must supply 2 certified officials, a scoring table assistant and 8 total age group parents for 10 and under swimmer assistance.

If you are a certified official, please sign up for officiating positions (Contact Steve Connock at sconnock@zoomtown.com to sign up to officiate, or for information on how to become an official.) If you are a parent of a 10 and under Seadragon, please sign up to be an age group parent.

Team Activities: There are several scheduled activities throughout the season. Information regarding these activities will be posted on our website, emailed to families, etc.

Swim League: Our team competes in the Northern Suburban Swim League (NSSL), comprised of the following teams: Sharonville, Evendale, Wyoming, St. Bernard, Norwood, Greenhills, Greenhills, Blue Ash and Springdale.

Championship Meet: The League Championship meet is always held the third Monday and Tuesday in July. All swimmers are expected to participate in this meet. This is our goal meet of the season. All Championships are held in a prelims/finals format with prelims held on the third Monday in July, and finals held the following day (Tuesday). These are ALL DAY events. The coaches and swimmers prepare and train to achieve personal bests at the Championship meet. Be sure to mark your calendars so your swimmer can participate! Championship details will be posted on the website as the information becomes available. The Championship Meet rotates locations every year to give each team in the league the opportunity to act as host.

Communication: Our website www.wyomingseadragons.com is your first line of communication for important information. Reminder emails will be sent as the season gets underway, to keep families apprised of important events.

Important Items of Note:

- The Kickoff Meeting is a great way to find out more information about the team, meet the coaches, and get to know fellow Seadragons swimmers. Be sure to mark your calendars for this important event! (Details will be communicated as they become available)
- Twitter is used for instant communications such as meet cancellations due to weather, so be sure to “follow” us! (Click on the twitter button on the team website)
- Facebook. Friend the [Wyoming Seadragons Summer Swim Team](#) for updates on events throughout the season.
- SMS notifications will be used to communicate last minute info to families, so be sure your cell # and carrier has been entered into your team account, and verified.
- Family files are available during practice times. Each swim family has their own file. Check it often for meet ribbons, team photos, or other important item

If you have any questions not covered here, be sure to reference the team website. There you will find a “contact us” button, that you can use to submit your questions/ comments. If you have coach/swimmer related questions, please set up a time to discuss these with your swimmer’s coach. Their contact information can be found on the website under the “Parent Info>>Coaching Staff” tab.

Team Activities: There are lots of exciting events in store! Be sure to check back to the website as the season gets underway. Want to know how YOU can get involved with the Parent Board? Click on the “contact us” and shoot us a message! You’ll be glad you did. :)

Team Vision, Organization and Policies: This handbook outlines the vision and policies for the program and provides key information you need to help understand the sport of swimming. The Parent Board has developed these principles over many years to help the swimmers, their families and the coaches build a team that operates effectively and ensures that all swimmers get the maximum benefit from our program. We ask you to join us in honoring these guidelines to help further the development and success of our team and individual swimmers.

- Our summer community swim team focuses on individual swimming skills and on development of the whole swimmer.
- The Seadragons’ program provides an environment of group cooperation that encourages teamwork and teaches respect for fellow swimmers.
- Coaches serve as role models, helping all Seadragons put competition and winning into perspective. In a fun summer league, winning is only one small part of the program.
- Swim practices are an important time for all swimmers to put forth their best effort in meeting individual goals for the season.

Good Sportsmanship and Rules of Conduct:

Swimmers, parents and their families are expected to uphold high principles of sportsmanship at all times. The team will not tolerate misbehavior at home or away meets or during practice time. All swimmers are expected to behave safely and responsibly at practices and meets, cooperate with other team members, and obey instructions of coaches, and team parent supervisors. The coaches have the right to remove a parent or swimmer whose behavior poses a threat to safety or to team order during practice, meets or other activities.

- Swimmers must stay within the pool gates during meets unless they leave with a parent. Swimmers who must leave early should notify their coach.
- Swimmers should stay in the team area. Especially 10 and under children. Team parents will look for children in the team area and help them get to the blocks for their events. Team parents will not be able to find wandering swimmers in time to get them to their events.
- Our team area at our Aquatic Center is around the baby pool area. Please emphasize that the water features are closed during the swim meet and no one should be in any of the pool areas except the race lanes during their event.
- Swimmers must behave in the team area and follow any instructions issued by supervising parent volunteers.
- Swimmers who are waiting to swim must stay far behind the blocks until their event is called. Waiting swimmers should remain quiet during meet starts.
- Immediately after each event, your swimmer should check in with his/her coach and then return to the team area to wait for their next event.
- Races are not delayed for swimmers who do not make it to the blocks in time.
- Younger swimmers need to stay in the team area so that parent volunteers can escort them to the blocks in a timely fashion. Swimmers older than 10 are responsible for getting themselves to their block for their individual races.
- Check your swimmers events (posted just prior to the meet on the fence in the team area) and keep an eye on your swimmer to make sure he/she is in the team area when it is time to get ready to swim. Any swimmers who are at the snack bar or another area of the pool when their events come up could miss swimming that event
- Team Parent volunteers can only assist swimmers who are in the team area.
- Parents who have concerns about their swimmer's events should talk to the head coach after a meet or after a weekday team practice. Please do not distract the coaches during meets or practices.
- NO SMOKING and NO GLASS CONTAINERS are permitted on pool grounds at any time, including practices and meets.

Meet Guidelines:

- **PLEASE** SIGN OUT IF YOU ARE NOT GOING TO BE AT A MEET
- SWIM WHAT YOU ARE ENTERED IN—DO NOT ASK TO SWITCH EVENTS DURING THE MEET
- SWIMMERS SHOULD REST ON MEET DAYS—ESPECIALLY AFTER 2PM—AND EAT WELL.
- BEFORE YOU LEAVE HOME: Pack for a long evening. Swimmers arrive at the pool by 5:00 or 5:30 pm and can be on location till after 10:00 pm. By 9:30 pm, most summer nights are cool (especially if the children are still swimming events). Swimmers generally use several towels, a sweatshirt, pants and socks. A sleeping bag, blanket or towel is great to sit on.
- Arrive on time for warmups.
- Find the team area and pick a spot for the swimmers bags, towels, etc. Our home meet team area is always the baby pool.
- Check the posted meet lineups (heat sheets) to see what events your swimmer is entered in. Write the events on your swimmers hand or arm with a sharpie to help them remember their events. For 10 and under swimmers write their first initial and last name on their upper right shoulder with a sharpie so the age group parent can identify them.
- Swimmers get their caps and goggles on and line up for at the blocks in time for warmups (be prompt)
- After warm ups, swimmers report back to the team area for the team cheer. Swimmers should stay in this area until it is time to go to the blocks for their events. (Swimmers may not leave the facility except with a parent and after letting their coach know.)
- Swimmers immediately go to their coach after each race and then return to the parents/team area.
- Events are swum in numerical order from 1-74. A full list of events can be found on the website under the “Parent Info” tab. Meets can last from 3-4 hours and each swimmers may swim up to four events. There is plenty of down time. Bring cards, books or simple games to help pass the time.. Coolers with nutritious snacks or drinks is a good idea, but almost all pools have concession stands. **GLASS CONTAINERS ARE NOT ALLOWED UNDER ANY CIRCUMSTANCES.**
- Before leaving the pool area please make sure to clean your area or trash and debris and take all of your belongings, including your cap and goggles!
- If you have concerns about your swimmer’s progress or their events arrange a time to talk to one of the coaches on a practice day. It is impossible for the coaches to address these issues in the middle of a meet. Contact information is listed on the website under the “Parent Info” tab.

Rules of Swimming: Our league (NSSL) generally follows USA Swim rules. If you have questions about the rules of competition visit www.usaswimming.org or contact one of our league representatives. If you are a certified swim official WE NEED YOUR HELP DURING MEETS. Please reach out to Steve Connock at sconnock@zoomtown.com if you are an official, or are interested in becoming one. A brief officials' certifications course is held very early in each NSSL season.

Thank you! We look forward to a fun, rewarding Swim Season!

Wyoming Seadragons Parent Board