

# **SWIM ASSOCIATION OF MIAMISBURG/ MIAMISBURG BARRACUDAS**



## **2015 Handbook**

Head Coach:

John Caudy

866-0085

### **Swim Association of Miamisburg (SAM) Points of Contact:**

Please see the current list of board members on the team website at:

<http://www.miamisburgbarracudas.com/Contact.jsp?team=recosmboh>

**Swim Association of Miamisburg, Miamisburg Barracudas**

**P.O. Box 1073**

**Miamisburg, OH 45343-1073**

**[www.miamisburgbarracudas.com](http://www.miamisburgbarracudas.com)**

# WELCOME TO THE 2015 MIAMISBURG BARRACUDAS

We want to extend a warm welcome to each and every one of you to our 2015 swim season. Excitement is brewing as we get ready to hit the water in our award winning pool. Our facility is one of the finest in the Tri-State area. We feel the same about the Miamisburg summer swim program as it is designed to provide physical fitness in an atmosphere of teamwork and cooperation. Our emphasis is on working together and doing our best, not just on winning swim meets.

In order to make this summer a special experience for your child, we need your help. We need parents or family members involved at every meet. Your involvement helps the meet go smoother and shows your child that you think what they are doing matters and is important.

Please read through this handbook. It provides a great deal of information about our program. Please contact a S.A.M. board member if you have ANY questions. If you have any suggestions that might help us do a better job, feel free to share them with us. We are your elected representatives and we want to know how you feel. We're in this together.

We're looking forward to another CHAMPIONSHIP season in 2015.

## THE BARRACUDA MISSION

**\*To teach the competitive swim strokes in a structured practice environment while providing a fun learning experience.**

**\*To stress personal improvement not win/loss record or where a swimmer finishes.**

**\*To make competition fun not stressful.**

**\*To build stronger swimmers and to nurture a life long passion for the sport either as a competitive or recreational participant.**

## PRACTICE TIMES

Please see the practice times posted on the team website on the [Practice](#) tab.



## TEAM SUITS



Team suits are not required in order to swim in meets. However, they are available to purchase at the parent meeting or you may call Kast-A-Way @ 1-800-543-2763.

# CAPS & GOGGLES



Anyone with hair that gets in their eyes is required to wear a swim cap. One silicone cap is included with each paid registration received by May 3<sup>rd</sup>. Additionally, goggles are highly recommended to keep chlorine from irritating the eyes.

## COACHES TRAINING SUGGESTIONS

In order to be at their best for a meet, swimmers need to prepare beyond the practice times. Here are some suggestions to help your swimmer be ready to do their best at every meet.

### *Day Before a Meet*

Get plenty of rest. Eats lots of carbs like pasta, potatoes & fruit.

Drink plenty of water EVERYDAY.

### *Day of the Meet*

Eat light meals. Lots of fruits, veggies, & water

Avoid sugars such as chocolate, candy or Jell-O

No strenuous exercises

## MEET SUGGESTIONS & NECESSITIES

### NECESSITIES

Sweatshirt

Extra Towels

Blanket to sit on between events

### SUGGESTIONS

Drinks

Snacks

Permanent Marker (write events on swimmer's arm)

Quiet activities, cards, drawing

## TEAM STATUS

The Barracuda Swim Team is an independent organization run by a parent-elected board. We are a member of the SOSL. The city provides guards, for a fee, for practice sessions as well as home meets. This support is greatly appreciated.

## BOARD MEMBERS

Elections will be held at the conclusion of the season. The Board shall be elected by the membership. The term of each position shall be 2 years. The President & Vice-President shall not be elected in the same year. Please refer to the S.A.M. By-Laws for complete details.

## TEAM POLICIES

All printed matter representing S.A.M. must be approved by the Board.

## FUNDRAISING



The primary source of income is the proceeds earned from Home Meet Concession sales. The team also receives sponsorship from local businesses and individuals. If you know of any businesses that might be interested in becoming a team sponsor please let a Board member know and they will be contacted.

# WORK DEPOSIT



Each family will be required to submit \$100.00 work deposit in addition to their registration fees. You will be required to work 5 sessions throughout the season as well as 1 session at the SOSL Championships. You will receive \$16 back for each regular season work session completed and \$20 for the Championship work session. Earned deposits will be returned at the end of the season banquet in July.

## WORK POSITIONS – Detailed Job Descriptions are available on the team website

Timers	Officials
Ribbon Writers	Clerk of Course
Score Keepers	Concessions
Runners	Record Keeper
Bull Pen	Set Up/Clean Up



# AWARDS POLICIES

Time trials may be held prior to the first meet of the summer. At these trials, a base time will be recorded for each stroke for every swimmer. Whenever during the season the swimmer better his/her time at a meet, a “Personal Best” ribbon will be awarded. “Personal Best” awards are determined by the coaches, or their designated adult helper.

The Barracudas awards policies parallel SOSL rules. Every swimmer will be recognized at the awards ceremony. Any swimmer who has participated in at least 50% of the practices and at least 2 meets will be eligible for an award. If a swimmer is competing with another team, i.e. an USA team, that team’s practice may count toward Barracuda practice following approval of the Barracudas head coach.

Awards will be given according to the number of years of participation. The awards will be a medallion or trophy of graduated size for every two years of membership. From smallest to largest the categories follow:

- |  |   |
|--|---|
| 1 <sup>st</sup> & 2 <sup>nd</sup> year swimmers  | 3 <sup>rd</sup> & 4 <sup>th</sup> year swimmers |
| 5 <sup>th</sup> & 6 <sup>th</sup> year swimmers  | 7 <sup>th</sup> & 8 <sup>th</sup> year swimmers |
| 9 <sup>th</sup> & 10 <sup>th</sup> year swimmers | 11 <sup>th</sup> year & beyond swimmers         |

Also, participation ribbons will be given for the SOSL Championship meet.



# SCHEDULE

Please see the season schedule posted on the team website on the [Events](#) tab.

**Meet nights - Please arrive at the pool no later than 5:15 PM.**

**Warm-ups for meets begin at 5:30 PM. All meets begin at 6 PM.**

# DEFINITIONS

<b>BullPen:</b>	Where swimmers wait with teammates for their events.
<b>Clerk Of Course:</b>	Where swimmers wait in lined up lane assigned positions.
<b>Circle Swim:</b>	Swimmers stay on the right side of their lane and swim across the pool.
<b>DQ:</b>	A disqualification of the swimmer from that event for swimming illegally.
<b>Event:</b>	Any race or series of races in a given stroke or distance.
<b>Heat:</b>	A division of an event in which there are too many swimmers to compete at one time.
<b>Pre-seeded meet:</b>	A meet where entries are submitted ahead of time and lane assignments are made.

# SOSL RULES

1. Current USA short course rules will prevail EXCEPT:
  - A. One false start per swimmer allowed.
  - B. Scoring for dual meets shall be:

Relay	Individual
1 <sup>st</sup> – 4 points	1 <sup>st</sup> – 4 points
2 <sup>nd</sup> – 0 points	2 <sup>nd</sup> – 2 points
	3 <sup>rd</sup> – 1 point
  - C. A swimmer may participate all season in the group determined by their age on June 1.
2. The 6 & Under age group will not swim for points. All other age groups swim for points.
3. Each team in a dual meet is allowed to enter 4 swimmers who can compete for points. NOTE: Points will be given to the first three (3) places. No team may sweep an event for points. No more than six (6) per individual event, per team, only legal swimmers get points.
4. Ribbons will be given out to the top six (6) swimmers of individual events. Teams wishing to give ribbons for more places are allowed. Ribbons will be awarded to the top 3 relay teams.
5. Swimmers may swim up to complete a relay. If a swimmer swims up for an individual event, the swimmer must swim that age group for the entire meet.
6. Swimmers may participate in a maximum of three (3) individual and two (2) relay events.
7. Sexes shall not be mixed in the relay events.
8. Every club must follow USS rules concerning back stroke flags and the 15M rule.
9. Home team will swim in the even numbered lanes.
10. Girls will swim the odd numbered events.
11. A meet shall consist of at least one half of the scheduled events. If a dual meet is canceled it is up to the League Representative to reschedule. If the Championship Meet is cancelled it will be continued on the rain date. If conditions exist posing a safety hazard to swimmers, it will be left to the discretion of the League Representatives to call the meet.
12. Ribbons for dual meets will be supplied by the Home team.
13. Ribbons for the Championship meet will be supplied by the League.
14. To be eligible for participation in the Championship meet a swimmer must have participated in at least two (2) dual meets.

15. There should be three (3) timers assigned per lane for all meets. The home team shall provide two (2) and visitors one (1). The middle time will be used as the official time unless:
  - A. Only two (2) times are available, then the average time will be used.
  - B. If two (2) of the three (3) timers get the same time, then that time will be used.
16. Prior to June 1<sup>st</sup> of each season, each team shall file a copy of certificate of insurance with the league President which shows coverage for all participants in league meets.
17. All deck officials (stroke judges) shall be SOSL certified, YMCA certified, or USS certified.
18. Each team is required to have at least two (2) certified officials and their name shall be filed with the league president.
19. A step up relay (a boy and a girl from each age group per team) may be swum, time permitting, at the end of each dual meet. No points or ribbons will be given for the event. A step up relay will be swum at the league Championship.
20. Eligibility of swimmers shall be a minimum be restricted to children 18 years or younger as of June 1. A 19 year old may swim if it is their first summer after high school graduation.
21. No flotation devices will be allowed during any league swim meet.
22. Home team sends results to the League President prior to the League Championships.
23. All Head Coaches are required to attend a referee's certification clinic.

### **A FEW ADDITIONAL NOTES FROM COACH JOHN**

- 1) **Weather** – If the temperature is below **65** degrees outside, we will not have an official practice. Yes, I have nothing better to do in the summers so if there are some daring people that would like to work-out then I will stick around for an un-official help session. This will only be for the 9-10's and older. The reason is body size versus the amount of heat lost.
- 2) **Practice Times** – Practice times (which are STAC times not our own clocks) for the summer of 2013 are as follows:
  - a. **11 and Older** - They will be practicing from 7:30 -8:30 each morning Mon. – Fri. (There is practice on every meet day.)
  - b. **10 and under** – They will be practicing from 8:30 – 9:30 each morning Mon. – Fri. (There is practice on every meet day.) Cuda Team.
  - c. **8 and Under** – Junior Cudas will be practicing from 9:30 – 10:30 AM on their assigned days.
  - d. Please refer to SCHEDULE section for early season differences.
- 3) **Tardiness** – Late to practice will not be tolerated if it is past the 10 minute mark. We will keep the rule that we have that if you are late to practice for any reason more than 10 minutes, then you will not be getting in the water that day during practice time. This is for the swimmer's own health and safety.
- 4) **Swim Practice Parents** – When it is practice time, please refrain from going up to the coaches and discussing things. We will be glad to talk before 7:30 AM while you are helping us put in lane lines or after 9:30 AM when practice is over. But, between these times we would really like to concentrate on the swimmers in the water. If it something important I will stay around after practice or you can leave a note in my bag or you can call me at home later in the morning.
- 5) **Meet Book** (for swimmers) - Please sign up in the meet book if you are going to be at the meet. If you can sign up early and for the entire summer. But, I absolutely have to know the day before so I can put line-ups together. We are going to try and work with the other teams so that we can print out both teams in the heat sheet this year. Sign-ups are critical. ☺
- 6) **Meets** – Everyone that is able will be entered in 3 individual events and hopefully some relays at every meet.
- 7) **Awards** – At each of our home meets we will be awarding ribbons for places 1-6. (Heat 1 only). At the conclusion of every meet past the 1<sup>st</sup> meet, we will be issuing a “Best Time” ribbon for every swimmer with an improved time. The concept in swimming is that you are racing a clock to better yourself along with racing others.
- 8) **End of Summer Awards** – At the end of the summer swim season we typically have a party. We will give out trophies ranging in size by 2 year increments to every registered swimmer with their obligations complete. We will hand out “Cuda” awards to roughly 10-20% of an age group. We will give out 5 and 10 year awards and awards to our graduating seniors.
- 9) **Heat Sheets** –Heat sheets last year were received very well! ☺ This year we are trying to incorporate both teams into the heat sheet. So due to added costs for both teams we will sell them for \$2. The side benefit should be that the meets will run a lot faster. The clerk of course will be a lot easier. The officials will have an easier time with the heats already being combined.
- 10) **Championships** - A reminder that everyone must swim in 2 meets to be able to swim in Championships. Also, **everyone** needs to swim in Championships. It seems silly for a baseball team to work hard all year to make the play-offs then just not go. Champs are a finish to the season. Most of our best times of the summer come at championships. IF you swim on an all year program and you have a meet that weekend, we ask that Saturday you spend with the “Cudas” and the rest of the weekend you spend with your club team.

- 11) **Club Swimmers** – If you are a club swimmer, it is your responsibility to call me and to sign the meet book ahead of time of when you are going to be at the meets. If you can make a practice or two with us that would be great. See me about the possibility of a 2 hour practice at the “Burg”. Feel free to call me at 866-0085 with questions or concerns.
- 12) **All Swimmers** – To be on the team this year you must be able to swim 1 lap free and 1 lap back if you are ages 9 and up or 8 and under on the “Cuda” team. If you are 8 and under and can’t swim a lap of each then you will be placed on the Jr. Cuda team which will be practicing at a different time.
- 13) **Meet Book (for Parents)** – Parents will have a meet book that you can sign up to work your different shifts. This book will typically be kept with our Team’s League Rep.
- 14) **Fun Friday’s** – once or twice during the summer, typically after a week with 2 meets we will have a practice where we do some goofy relays or just open up the pool for the swimmers to use the diving board and the slides. These will be on Friday mornings only.

## **TEAM WEB SITE**

Be sure to check the team web site often for information including:

- \* Practice schedules
- \* Directions to meet pools
- \* Board members
- \* Events calendar
- \* Handouts
- \* and more!
- \* Meet schedules
- \* Meet sign up
- \* Volunteer sign up
- \* Meet scores
- \* Related links

The team web site is: **[www.miamisburgbarracudas.com](http://www.miamisburgbarracudas.com)**

The team continually updates the team website with important information. Make sure to make it a “FAVORITE”!

## **POOL ADDRESSES**

**Preble County/Eaton, 541 W. Main St, Eaton, OH**  
**Germantown Pool, Walnut St., Germantown, OH**  
**Cardinal Hill, 1990 Wilene Dr, Dayton, OH**  
**Idle Hour, 3590 Kemp Rd, Dayton, OH**  
**West Carrollton, Pool Lane, West Carrollton, OH**  
**Vandalia/Cassel Hill Pool**  
**1061 Taylorsview Drive Vandalia, OH (937) 898-2123**

# Legal Stroke Definitions

## 101.1 BREASTSTROKE (effective 09-21-05)

.1 **Start** — The forward start shall be used.

.2 **Stroke** — From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

.3 **Kick** — After the start and each turn, a single downward butterfly kick followed by a breast-stroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

.4 **Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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 the last complete or incomplete cycle preceding the touch.

## 101.2 BUTTERFLY

.1 **Start** — The forward start shall be used.

.2 **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 the swimmer 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.

.3 **Kick** — All up and down movements of the legs and feet 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.

.4 **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.

.5 **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.

## 101.3 BACKSTROKE (effective 09-21-05)

.1 **Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

.2 **Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and 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 of the water.

.3 **Turns** — Upon completion of each 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 have returned to a position on the back upon leaving the wall.

.4 **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

## 101.4 FREESTYLE

.1 **Start** — The forward start shall be used.

.2 **Stroke** — In an 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.

.3 **Turns** — Upon completion of each length the swimmer must touch the wall.

.4 **Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

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

.1 **Start** — The forward start shall be used.

.2 **Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

### .3 Turns

A Intermediate turns within each stroke shall conform to the turn rules for that stroke.

B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1) **Butterfly to backstroke** — The swimmer must touch as described in 101.2.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

(2) **Backstroke to breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

(3) **Breaststroke to freestyle** — The swimmer must touch as described in 101.1.4.

Once a legal touch has been made, the swimmer may turn in any manner.

.4 **Finish** — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

## 101.6 RELAYS

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

.2 **Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance 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 rule for each stroke applies in each case.

# ORDER OF EVENTS FOR MEETS

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

# VOLUNTEER JOB DESCRIPTIONS

**Meet Set Up/Tear Down:** Responsible for setting up or tearing down for the meet. This includes lane lines and flag markers, blocks, clerk of course benches, score table and shade tent, concession stand tables and shade tent. Other jobs may be assigned as needed. The set up personnel will be allowed to enter the pool area early to work. The tear down personnel can begin as soon as the last race is complete. (5 for each job = 10 per meet)

**Bull Pen:** Responsible for passing out lane slips to swimmers. Bull Pen will have a central location for swimmers to find, bring a chair and the kids will come to you! One volunteer needed for each boys and girls. Slips are marked with name, age and event. Four swimmers are required for relay event slips. (2 per half = 4 per meet)

**Lane timer:** Responsible for timing individual swimmers or relay teams. Timers start their watches watching the strobe light or the tone. The watches are to be stopped once the swimmer has touched the wall; you must pay close attention to be sure they touch the wall. All watch times are recorded on a swimmers lane slip and then collected by the runner to be turned in at the scoring table. Timers are to make sure all three times are recorded. Timers also check for correct swimmers by asking name. Backup timers are available if needed (see below).

(3 per lane = 24 timers per half = 48 per meet) \*you will get wet!

**Backup timer:** Responsible for backing up the timer in case one misses a start. They will have a stopwatch they will use. If a timer misses the start they will raise their hand and the backup timer will finish the event and record their time.

(1 per half = 2 per meet)

**Runner:** Responsible for collecting lane slips from clerk of course (10 and under) and distributing to timers before races then collecting all the lane slips from all timers after races, including DQ slips from the officials. All slips go to the scoring table. (1 per half = 2 per meet)

**Clerk of Course:** Responsible for getting swimmers in order by event and lane and to blocks on time. A cheat sheet will be available from the volunteer coordinator, please return after meet. At least one volunteer needed for organizing and one for taking 10 and under to block for each boys and girls.

(4 per half = 8 per meet).

**Ribbon Writers:** Writes ribbons for place winners and participants on your team and files in ribbons boxes. Ribbons are given to top 6 places in individual races and top three places in relay races. Ribbons will be available at swim practice; they will not be available during a meet. (2 per half = 4 per meet) \*sits at score table

**Heat Ribbons:** Responsible for spotting winner of each heat and giving that swimmer a "heat winner ribbon". Individual events only, we do not give heat winners ribbons for relay events. (1 per half = 2 per meet)

**Scorer:** Responsible for identifying the times for each swimmer, calculating the score for the event and the entire meet. Scorers also document the place order of the swimmers for ribbon writers. Please do not attempt to discuss a swimmer's time or disqualification with the score table during a meet. (2 per half = 4 per meet) \*sits at score table

**Concession stand worker:** Responsible for preparing and serving food for the concession stand at home meets. (5 per half = 10 per meet) \*located near patio

**Meet Referee & Starter:** Responsible for running home meets and is sole authority for rule interpretation on judgment calls. Gives commands to swimmer to start each event. This person must know the rules and correct order of events. This person must be knowledgeable with USA Rules of Swimming and meet operation. **Certification is required.**

**Stroke & Turn Judge:** Responsible for evaluating the use of strokes and turns for each swimmer during an event. There are four total strokes and turn judges with two located at each end of the pool, covering the three lanes closest to them. This person must be knowledgeable with USA Rules of Swimming. **Certification is required.**

## Notes:

- (x per half = x per meet) is number of volunteers needed for each job.
- Work requirements are 5 work credits per family. Each half = 1 work credit.
- Set up personnel, coaches and board members will be allowed to enter pool early. These people are essential to getting the meet going on time; please do not use this as a time to sneak in to get a 'good seat'.
- Please be courteous to other families and all volunteers (including coaches). We are all part of the team!
- The wonderful staff and management at Sycamore Trails Aquatic center allow us to use the pool for our meets as a service to the community. Let's all work hard to be gracious guests by cleaning up after ourselves and being respectful of the pool area!