



Swim Team Handbook

2017 Season

“MAKING WAVES... 20 years and counting”

A Message from the Board

Dear Swimmers and Parents,

Welcome to the Bridlewood Bridlewaves. If this is your first experience with a summer swim team, we hope this booklet answers your questions and provides the information you'll need to enjoy being a member of the BWaves! If you still have questions after reviewing the material, please don't hesitate to reach out to any of the board members.

This is a special season for the Bridlewaves, as we are **celebrating our 20th season in the league**. The board decided to go with a "throwback" look for the suits, caps, and t-shirts this season to recognize this achievement. We would love to hear about your memories of family, fun, and community over the years as a member of our team.

We are one of twenty-four summer swim teams in the Greater Prince William Swim League (PWSL). PWSL provides each team with ribbons; determines the meet schedule; sets the time standards; and devises the scoring system. Our league abides by USA Swimming guidelines to maintain safe and equitable competition for everyone.

Our team is managed by **parent volunteers**, so please keep this in mind as you discover imperfections! The Bridlewaves Board determines coaches' salaries, sets the registration fee, and selects fundraisers; organizes equipment, activities, and volunteers; devises and executes various types of recognition; keeps track of swimming times and records; and provides communication between coaches, swimmers, and parents. Speaking of volunteers, it's a lot of work to run a swim meet. We count on parents to step up and fill the many volunteer positions necessary to ensure our swimmers have the best possible experience during the meets.

The Head Coach's job is to lead and supervise the Bridlewaves competitive swim program. We are happy to bring back Mark Faherty as our Head Coach for what is sure to be another exciting and successful season. Coach Mark has a long swimming and coaching career in the Northern Virginia area and also coaches for the Nation's Capital Swim Club (NCAP) year round. Mark has coached with NCAP since 1999 and is currently the Administrative Head Coach, Meet Director, and Head Coach of the NCAP Age Group Travel Teams.

The BWaves Swim Team strives to provide a fun, competitive, and family-centered environment that will inspire every swimmer to challenge their minds and bodies to do their very best! Our ultimate goal is to instill a love of swimming that will last a lifetime. We hope this summer helps move your family toward that goal.

Sincerely,

The Bridlewaves Board of Directors, 2017

A Message from the Head Coach

Hello BWaves and welcome to the 2017 season of the Bridlewood Swim Team!

This is an exciting year as we celebrate 20 years of BWaves and I am honored to be back as your Head Coach for this upcoming summer. Bridlewood is, in my opinion, the best team in the PWSL and I look forward to leading the BWaves in the coming seasons. The theme of this season is "Making Waves" and we have definitely done that. This season is going to be full of challenges as we face the toughest teams in the league, but each swim is another opportunity for our swimmers to improve and enjoy the competitive environment.

Many of you already know me and my coaching background, but for those unfamiliar, I want to take the time to tell you about my coaching philosophy. I am currently the Administrative Head Coach for Nation's Capital Swim Club in the Prince William and Fauquier County areas, but I was born and raised in a summer league swimming environment--14 years' worth of competitive swimming and 17 years as a head coach at 5 different summer league teams. Therefore, I've come to believe that success at the summer league level is not just about striving to win at swim meets...it's about having fun in the water. Hard work and a commitment to learning the sport mixed with fun activities at practices and social functions, creates an atmosphere of positive attitudes and a winning feeling within the hearts of each swimmer.

We have put together a great coaching staff this summer to create a fantastic environment for the team members to learn and to have fun in. The goals of the coaching staff include developing the following skills for each swimmer:

- A love of swimming
- Excellent practice habits
- A healthy competitive spirit
- Leadership and teamwork skills
- A positive social environment

Each swimmer steps onto the pool deck with unique skills and specific needs. My staff and I will work hard to emphasize the importance of consistent attendance at practices and meets to make sure that every swimmer has the chance to achieve these goals.

I cannot guarantee that we will go undefeated this season, but if we all commit ourselves to the team, yet not take swimming too seriously, I can promise you the best summer you've ever had as part of the BWaves! I am very grateful to be a part of the Bridlewood family and I look forward to seeing you on deck this summer!

Mark R. Faherty
Head Coach, Swim Team
Bridlewood BWaves
coachmark@bwaves.org

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Board of Directors

Robert Miller	President	zabu9@comcast.net	410.627.8458
Steve Witt	Vice President	stephenwitt101@hotmail.com	703.887.7655
Chris Chmielenski	Treasurer	cchmielenski@comcast.net	703.501.1092
Lydia de Jesus	Secretary	l_dejesus@yahoo.com	202.352.7584
Brenten Gilbert	League Rep / Website	rnb4399@hotmail.com	571.214.5359
Carolyn Ruwe	At-Large / Volunteers	cruwe23@msn.com	703.473.0024
Tim Rowe	Team Manager	rowe.tim@verizon.net	703.946.0882

Committee Chairs

Activities		Colleen Corrado
Apparel	apparel@bwaves.org	Shaunna Corcoran
Awards Banquet		Amy Neal
Clerk of Course		Ken Heidel
Computers		Susan Ossenfort
Concessions		Kiki Ross
Contributions and Donations		Karen Tillotson
Fundraisers		Board
Guppies		Michelle Terhaar
Mulch Sale		Bob Miller, Chris Chmielenski
Pep Rallies (Food) & Breakfasts	pep@bwaves.org	Ashley Wells
Photography		Ginger Carroll, Doug Lansberry
Records		Tim Rowe, Karen Chiodo
Registration	Registration@bwaves.org	Board
Spirit Nights		Greg Cypher
Sponsors	sponsorship@bwaves.org	Alicia Shaugnessy
Swim-a-Thon		Lydia de Jesus, Kathleen Allen
T-Shirts		Chrissy Somma
Tie-Dye		Alicia Shaugnessy
Volunteer Coordinator		Carolyn Ruwe
Website		Brenten Gilbert

Coaching Staff

Head Coach	Mark Faherty	CoachMark@bwaves.org
Assistant Coaches	Amy Tansill Haley Soller Katie Tillotson	Coaches@bwaves.org
Junior Coaches	AJ Ross Alec Volles Austin Lansberry Biaggio Corrado Ashley Somma Daniel Gardner Ellie Allen Lanie Corrado Erin Quinn Kyle Goodwill Kaelyn Chmielenski Kelley Kropff Kylie Stronko Lala Badaoui Jacob Neal Stephen Verosko Spencer Rowe Stephen Gilbert Samantha Townsend Sydney King Zachary Rowe	
Head Guppy Coach	Haley Soller	

2017 BWaves Code of Conduct

Parents and Spectators:

1. I am a representative of the Bridlewaves Swim Team and therefore I have an obligation to encourage and practice good behavior and excellent sportsmanship, at practices, swim meets, and in public.
2. Recognizing good sportsmanship is more important than victory, I will approve of and applaud good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
3. I understand the primary purpose of the Bridlewaves Swim Team is to promote the physical, mental, moral, social, and emotional well-being of each swimmer through competition. Victory or defeat is of secondary importance.
4. Visiting teams and officials should be treated as guests and I will extend every courtesy to them.
5. I will be modest in victory and gracious in defeat.
6. I will respect the judgment and integrity of the officials, realizing they are basing their decisions on actions as they observe them.
7. During any and all team functions (practices, meets, spirit events, pep rallies, etc.), I will not use profanity or conduct myself in a manner that, in the opinion of the coaches or team representatives, is contrary to normally accepted behavior at any time.
8. I will respect the guidelines of communication with the coaches and will not interrupt team practices or meets with questions or comments, but will communicate during convenient times.

Swimmers:

1. I am a representative of the Bridlewaves Swim Team and therefore I have an obligation to practice good behavior and sportsmanship, at practices, swim meets, and in public.
2. I will swim hard and to the best of my ability, regardless of discouragement. The true athlete does not give up.
3. I will respect all members of our team as well as all members of the visiting team. Fighting, bullying or intentional striking another athlete is forbidden.
4. Win or lose, I will congratulate the swimmers next to me, remain in the pool until every swimmer completes their race in my heat, and never brag, taunt or tease other swimmers.
5. I will demonstrate loyalty to the team by participating in or supporting team activities. Swimmers are expected to wear BWave swim suits and caps at meets to display team pride and make it easier to identify swimmers in the water.
6. I will respect and follow the directions of any member of the coaching staff, meet officials and meet volunteers. Disrespect or failure to obey instructions will not be tolerated from any athlete.
7. I will respect and care for the property of others. Vandalism, intentional damage to property, or theft of property will not be tolerated.
8. I will use appropriate language at all times. Profane or abusive language or obscene gestures will not be tolerated.

I understand that a violation of any of these may cause me to be sent home and subjects me to dismissal from the team. This Code of Conduct remains in effect as long as I am a member of the Bridlewaves Swim Team.

Swimmer's Name:

Signature

Parent's Name:

Signature

General Information

If you still have questions after reading this booklet, please talk to the Head Coach, Mark Faherty, or a Board Member. A board member is usually at practice, coaches are usually available before or after practice or you can use the contact information above.

COMMUNICATION

Talking to the coaches during swim practice is **strictly forbidden**. The coaches are responsible for the safety and instruction of our swimmers and the time a coach spends in conversation during practice is time taken away from the swimmers.

If you need to speak directly to a coach, please reach out to Coach Mark (CoachMark@bwaves.org) or the Board (board@bwaves.org) to set up an appropriate time.

PARENTS MEETING

A meeting for all parents will be held on Wednesday, May 24th at 8:00 pm. at the Bridlewood Clubhouse located by the pool. Please try to read through this booklet beforehand, so we can address questions or concerns at the meeting. **All new swim parents are strongly encouraged to attend.** NOTE: Swimmers will typically find this meeting boring, so you may want to leave them home and let them meet with the coaches at practice.

NEWSLETTER

The Bridlewaves publish a newsletter (The BWaves Bulletin) regularly throughout the year. The newsletter is sent to the team via email and archived on the team website. The BWaves Bulletin contains general information and articles about the team and team events. This is also a great place to learn more about our gold level sponsors as they often include coupons for the team.

Please contact the board if you have any suggestions or articles or events to include in future issue of the BWaves Bulletin.

ONLINE COMMUNICATION

Communication is the key to ensuring a great season for everyone and not missing any of the fun. The BWaves Board and Coaches use the following methods for keeping everyone informed:

1. **WEBSITE** – We work diligently to make certain that the most current information is available on our website (www.bwaves.org) – including this handbook! Check for the latest updates, events, calendars, pictures, and more.
2. **FACEBOOK** – Like us on [Facebook](#)! Our Facebook feed will include reminders, notifications, and information that is generally good to know.
3. **EMAILS** – You should receive emails regularly. If not, let us know which email address to add.
4. **TEXT MESSAGES** – If you have entered your cell phone number under your account (and authorized us to send you messages).

SPIRIT WEAR & SWIM SUIT

A swim cap and t-shirt are provided to each team member as part of the registration fee. Extra team apparel such as t-shirts, jackets and matching pants, etc. are available for purchase but are not required. For a limited time, we are also offering customized swim caps at Riptide (<http://RiptideSwimShop.com>), but these optional caps come in packs of 2 and must be ordered by April 29th to ensure processing and delivery in time for the season.

All swimmers are required to wear a team suit and cap when competing. A team cap is provided to every swimmer along with their registration, but if a team suit is needed, it must be purchased separately from Riptide by going to their store at CPAC or via team's apparel website. To help accommodate purchases, Riptide will be hosting two "BWaves Days" – April 19 (4-7pm) and April 29 (12-4pm) – during which time, swimmers can get fitted for a team suit and other swimming supplies will be discounted for purchase.

Because we are celebrating our 20th season with a "throwback uniform" this year, every swimmer is required to purchase a new suit this season. If you do not have one, your swimmer(s) may not be allowed to compete in swim meets. If you are not certain about your swimmer's suit size, it is strongly recommended that you attend one of the suit fitting days. Once the team's logo has been affixed to the suit, there are no returns.

More details about ordering Spirit Wear, team suits, and personalized caps is available at the team website – <http://BWaves.org> – by clicking “apparel” from the top menu. Please contact Shaunna Corcoran (apparel@bwaves.org) for any additional questions or apparel needs.

PEP RALLIES

Throughout the season, we host pep rallies to get riled up for the meet. Pep rallies are optional, but offer a fantastic way for our swimmers and families to get to know each other outside of the traditional pool deck and swim practice environment.

For home meets, the pep rallies will take place on Friday night and will include food and activities. Families may be asked to sign up to bring food items for a potluck-style banquet and there is always an opportunity to help set up, serve, or clean up.

For away meets, we celebrate after the conclusion of each practice session with a breakfast potluck. Families will be asked to bring breakfast food items for the specific practice group that they would normally participate in.

Following those pep rallies, we will need help setting up the pool deck for the next day's meet. Volunteers will get a chance to claim a spot for their tent after the deck set-up has been completed.

Specific details for each week will be provided as the dates approach, but the tentative schedule is already posted on the BWaves website (click “Activities” → “Pep Rally”). Please contact Ashley Wells (pep@bwaves.org) for any additional questions or offer assistance for pep rallies.

SPIRIT NIGHTS

Periodically, we will partner with local businesses to provide unique experiences to interact with our swim friends and family away from the pool. Often, these are opportunities to eat out at a local restaurant or a non-swim activity (laser tag, trampolines, etc.).

Spirit Nights are optional, but usually fun and the team often gets a percentage of the proceeds. Information for Spirit Nights will be sent out as it is available, usually about a week or two before the event.

SWIM-A-THON

Every year, the BWaves take the opportunity to raise money and give back to our surrounding community by collecting pledges for our annual swim-a-thon. All swimmers on the team are eligible to participate in the event and collect support on a “per lap” or “flat rate” basis. All proceeds go to our selected charities, which have previously included SERVE, CASA, Serve Our Willing Warriors, and Semper K9.

This year, the Swim-a-Thon is scheduled for Wednesday, July 5th with a rain date of July 12th. Full details and sponsorship forms will be available on the website early in the season to help swimmers raise support. Participation is optional, but this is a special event that reminds us to contribute as part of our larger community.

FUNDRAISERS, ETC.

Throughout the year, we offer fundraising opportunities to help keep the team running and minimize the costs of participation. Fundraising is optional and we understand it's often not the most enjoyable activity. As much as possible, we try to provide benefits directly to the families participating (e.g., offering a “bounty” for most items sold, discounts based on money raised, etc.) to encourage greater team involvement.

Here are a couple examples of fundraisers we've done recently:

- Leading into springtime, we run the annual mulch drive. We had families selling, buying, and delivering mulch to our neighboring communities to maximize our per-bag profits. Top sellers won a \$100 gift card.
- This past fall, we debuted a new initiative, partnering with Charity Mania to sell music downloads that coincidentally have sports-related raffle tickets attached to them. Sellers received a percentage of ticket sales as a credit towards their registration costs for the 2017 season.

Thanks to all who participated. Both campaigns were quite successful and we'll be planning more opportunities, so stay tuned for a great way to participate and support the team. We can't do it without all your help.

SPONSORSHIP

In efforts to keep costs down and limit the amount of fundraisers we need to commit to, the BWaves are a sponsor-supported team. We are so grateful for all of our sponsors and we are always looking for more. We rely on our sponsors and we rely on our families to bring new partnerships to the team. A list of our current sponsors is available on the website as well as all the information needed to “sell” a sponsorship. (Yes, there is a kick-back if you bring in a new sponsor).

Here's a quick overview of the Sponsorship Structure:

Bronze Level (\$100)

- Quarter page ad for home meets and logo on our website

Silver Level (\$250)

- Half page ad for home meets and a logo on our website linked to Sponsor's website
- 3' x 5' banner displayed at home events
- Opportunity to become involved with the team by having a booth at select events

Gold Level (\$500+)

- Full page ad for home meets and a logo on our website linked to Sponsor's website
- 4' x 6' banner displayed at home events
- Opportunity to become involved with the team by having a booth at select events
- Ad and/or coupons in our monthly newsletter

TEAM PHOTOS

The entire Bridlewaves swim team will be photographed before practice during the season on **a specific date to be determined later**. Wear your team suit, but don't get wet. The team photo will be taken first, and we'd like everyone in it (no obligation to purchase). Individual photos will be taken prior the group photo. Price details will be available at a later date.

LOST & FOUND

We try to collect and save items left behind after practices and meets. You can check in the lifeguard office for these items.

Swim Practices

LOCATION

All practices will be held at the Bridlewood Pool, organized by groups determined by the coaching staff after the first week of practice. Practice groups will most likely be based on age (ie. 8 & Under, 9-12, and 13 & Older). However, some variance may occur at the coach's discretion due to swimmer ability, available lane space, or other factors.

SCHEDULE

This year our team will begin weekday practices on Tuesday May 30th and continue through July 28th. Before schools break for summer, practices are held only in the evenings. After school lets out, we switch to morning and evening practices. The team switches to a different schedule starting on Monday, June 19th.

See chart below for approximate practice times.

May 30 – June 16		June 19 – July 28	
Evenings M, Tu, W, TH, F	Mornings M, Tu, W, Th, F	Evenings M, Tu, W, Th	
8 & Unders: 7:00 – 7:45 pm	13 & Overs: 7:30 – 8:30 am	All Ages (3 lanes only)*: 7:00 – 7:45 pm	
9-12: 7:45 – 8:30 pm	9-12: 8:30 – 9:30 am	Evening Clinics In addition, two specialized clinics will be held each week on Tuesday and Thursday evenings, starting at 7:45 pm.	
13 & Overs: 8:30 - 9:15 pm	8 & Unders: 9:30 – 10:30 am	Details, focus, and times of each clinic will be announced as they are scheduled – with at least three days' notice.	

* This practice is intended to be a make-up session for swimmers who cannot attend in the mornings

AGE

The age of each child on June 1st of each swim season determines the age and age group in which they will swim throughout the season, regardless of a summer birthday.

CANCELLATIONS

If the weather is questionable, and you wonder if there will be swim practice, check your email. An email will be sent to the team as soon as a decision is made. Please keep in mind that summer storms move very quickly and unless there is lightning in the immediate area, we will still have practice.

At times, practice will start, but will have to be cancelled for a variety of reasons, including thunder and lightning, water contamination, or issues outside the control of the team. Swimmers who attend practice without an adult should know what to do if practice is suddenly cancelled. Please discuss this possibility with your swimmer and devise a plan. There is a telephone in the guard house for swimmers to call parents or a neighbor.

A Bridlewave Coach or Board Member will stay with any swimmer who is unable to get a ride. It is the swimmer's responsibility, however, to approach the Coach or Board Member for assistance. A swimmer who is not capable of calling the appropriate person, or not able to seek assistance, should not be left at practice without an adult.

PRACTICE EXPECTATIONS (SWIMMERS)

1. Please arrive at least 10 minutes before your assigned practice time. We want to start practices promptly and late arrivals cause confusion and delays.
2. Goggles are required. Swim caps are encouraged (especially for the girls). If a swimmer has long hair and does not wish to wear a swim cap, they will need something to keep their hair tied (into a ponytail, for example).
3. Proper swimwear during practices: Boys-Speedo jammers or briefs; Girls-Speedo suits. Boys should avoid wearing swim trunks or "board shorts" due to drag/resistance, making it 10 times more difficult to move through the water. Girls should not wear bikinis or any 2 piece suits (unless they are specifically designed for aquatic workouts).
4. Respect the coaching staff. Listen to and follow the instructions of all coaches, not just the Head Coach. Misbehavior by a swimmer creates an unsafe environment for the instructors and fellow teammates.
5. Have fun!

PRACTICE EXPECTATIONS (PARENTS)

1. Talk to the coaches before 7:00pm or after 9:15pm, not during practices. Coach Mark will be available from 6:30-6:55pm and from 9:15-9:40pm to answer your questions. If you cannot get to the pool during those times, please request a separate time to meet/talk with him or anyone else on the coaching staff. You can also always find a Board member on deck during practices if you have a question that can't be answered immediately by a coach. We encourage you to come forward with any and all questions or concerns. It is our responsibility to educate swimmers AND parents as best we can.
2. Respect the "viewing boundaries" set by the coaching staff on the pool deck. We encourage parents to watch practices, but ask that you are not within a direct line of sight with your child and that you do not communicate (aka: give instructions) with your child during practice. In the event of an emergency, a coach will bring your child to you.
3. Respect the coaching staff. You are entrusting us with your child for no more than an hour a day. Please allow us the opportunity to teach them this wonderful sport that we know and love.
4. Have fun!

EXPECTED BEHAVIOR

As a Bridlewood Bridlewaves Swim Team member, the following behavior won't be tolerated:

- Pushing others into the pool, running on deck, hitting, or towel snapping
- Diving (unless directed by a coach)
- Excessive splashing, dunking, or holding someone under water
- Pulling on a swimmer's body during swim
- Refusing to allow a swimmer to pass
- Foul language
- Unsportsmanlike behavior
- Threatening behavior
- Unwelcome or inappropriate behavior

The following behavior is encouraged:

- Positive attitude
- Hard work
- Helping others
- Good sportsmanship
- Cheering during races
- Making new friends

Failure to abide by these behavioral guidelines will be just cause for disciplinary action and may result in removal from the team.

SUPERVISION

Only registered swimmers are allowed into the pool during swim team practice. Our coaches are not babysitters; they are responsible for coaching swimming. They can't chase swimmers who wander off, nor force older swimmers to participate in practice. If you are concerned about whether your child will remain with the coach or follow instructions, then an adult should accompany that child to practice.

During meets, an adult must accompany swimmers who are not yet babysitting age.

Some evenings, team practices will run concurrent to the community pool's open swim times. During these times, **swimmers may not enter the pool before or after their scheduled practice time unless they are Bridlewood community members.** The baby pool is only open during community swim hours and is NEVER available for non-community members. Swimmers participating in open swim are under the supervision of the community lifeguards (NOT Bridlewaves coaches) and they should not interfere with the team practice in any way.

SPECTATING

Everyone is welcome to watch swim practice, but please resist the temptation to coach and converse with your child during practice. This creates a distraction for everyone. For young children, it is recommended that parents do not sit close to their child's practice lanes. Swim practices work best when coaches coach, swimmers swim, and parents parent.

BEFORE YOU LEAVE

Please check your area before leaving the pool. Chairs, lounges, tables, etc. must be returned to the way they were found. Remove all personal belongings and trash. During morning practices, all swimmers and families must leave the pool deck area promptly so the lifeguards can prepare the facility for open swimming.

MISSING PRACTICES

It is not necessary to notify coaches if you will miss practice. Especially during the first few weeks of evening practice, we understand that other sports and end of the year activities will overlap. If, however, you expect to miss several practices in a row due to other commitments, please mention this to the coaching staff.

Swim Meets

MEET ATTENDANCE

Entries for the swim meets are completed each week by Thursday evening. Meet attendance is important, but we understand that sometimes a swimmer will need to miss a meet. **Please log into the website no later than the Tuesday before each meet to declare whether or not your swimmer(s) will be attending the meet.** (You can declare for all the meets as early as you want, but if you declare after the preceding Tuesday, your swimmer may be ineligible for swimming that week).

Meet entries for swimmers who won't be at the meet can take a place away from another swimmer who will be there. Swimmers may also be entered on a relay team that will have to be changed or scratched if the swimmer misses a meet without notifying the appropriate person. Likewise, swimmers should remain at the meet and available until the final event to cheer on their teammates and ensure that all of the relay teams are fielded adequately.

SEASON SCHEDULE

Our swim season consists of one time trial meet, six dual meets, and the Divisional Championship, which is a tri meet featuring our division rivals. This year, we are in the White Division, which includes the Victory Lakes Piranhas and the Ridgewood Barracudas. Our Divisional Championship will be hosted by Ridgewood.

The season schedule follows:

Date	Meet	Location
June 10	Time Trials	Home
June 17	Ashland @ Bridlewaves	Home
June 24	Braemar @ Bridlewaves	Home
July 1	Bridlewaves @ Sudley	Away
July 4	Stars and Stripes Invitational	Home
July 8	Bridlewaves @ Victory Lakes	Away
July 15	Bridlewaves @ Piedmont	Away
July 22	Kingsbrooke @ Bridlewaves	Home
July 29	Divisionals (w/Kingsbrooke) @ Dominion Valley	Away

Time trials and meets are open to everyone on the team. Championships are limited to swimmers who competed in at least two meets (not including time trials) and obtain a legal time in at least one individual event during the current season. Time trials and swim meets are held each Saturday starting June 10th and concluding on July 29th.

On July 4th, we will host our third annual Stars and Stripes Invitational meet, which is an all-star style meet with the sole purpose of being geared toward a FUN event for all teams involved. Each age group sends 4 girls and 4 boys to swim their best stroke individually and as part of a medley relay. Swimmers will be selected to represent the team by the coaches based on their times and availability. The competition closes with an all-ages crescendo relay. The winning team gets a trophy and bragging rights.

TIME TRIALS

Everyone is encouraged to attend time trials. Unlike meets, where swimmers can only be entered for a maximum of three individual events, at time trials (if time permits) a swimmer will swim all five individual events (freestyle, backstroke, breaststroke, butterfly, and individual medley) in which they are legal. These times will be used by coaches for entering swimmers in individual and relay events at meets. These times will also serve as a reference for time improvement awards.

Since time trials are run very much like a real meet, it's a great chance to warm up for the season. Place ribbons are not awarded at time trials, but swimmers will learn about reporting to the Clerk of Course and some basic meet rules. Parents can try out a new volunteer position, such as a scorer or verifier, to see where they will want to volunteer throughout the season. Everyone can practice getting ready for a real meet.

GENERAL MEET INFORMATION

The events in which each swimmer is entered will be determined by the coaches. **Event information will be sent out to the families before each meet, usually Thursday Evening or Friday Morning.** Each swimmer is limited to a maximum of three individual events and may participate on two relays. The weekly email will also provide directions (if necessary), specific instructions (parking, etc.), and details of warm-up and start times. Directions to each of the pools can also be found on the website.

WARM-UPS

Each team gets a twenty-minute warm-up. The home team always warms up first. For home meets, that means you'll need to arrive at Bridlewood around 6:00am. For newcomers, warm-ups resemble organized chaos. Our entire team warms up all at once, so it's very crowded on the pool deck! A swimmer's warm up lane may be different than the regular practice lane, so check in with the coaches. The team gathers around the coaches after warm-ups to cheer, coordinate relays, and get psyched up for the meet.

START OF THE MEET

Warm-ups start around 6:00am, so the meets usually start at 7:00am and finish around 12:30pm. After both teams have warmed up, we sing the National Anthem and then the meet begins. Relays are first. Check the relay board to verify if you're swimming in a relay and report to your coach immediately after warm-ups.

EVENT SCHEDULE

The event schedule will be the same each week and is as follows:

FREESTYLE RELAYS	15 -18 ONLY
MEDLEY RELAYS	8 & UNDER, 9-10, 11-12, 13-14, 15-18
FREESTYLE	8 & UNDER, 9-10, 11-12, 13-14, 15-18
I.M. (INDIVIDUAL MEDLEY)	8 & UNDER, 9-10, 11-12, 13-14, 15-18
BACKSTROKE	8 & UNDER, 9-10, 11-12, 13-14, 15-18
BREASTSTROKE	8 & UNDER, 9-10, 11-12, 13-14, 15-18
BUTTERFLY	8 & UNDER, 9-10, 11-12, 13-14, 15-18
FREESTYLE RELAYS	8 & UNDER, 9-10, 11-12, 13-14

RELAYS

Relays are a team event, determined by the coaches. Please check the relay board the morning of each meet to see if you've been selected for a medley and/or freestyle relay. The "A", "B", & "C" relay teams will be determined by the fastest possible combination of swimmers. As swimmers improve their times, the relay teams may change.

CLERK OF COURSE

When the announcer calls your event number over the loudspeaker, you should immediately report to the "Clerk of Course." This is where swimmers assemble and line up for their event. **PARENTS: It's important to allow your child to remain at the Clerk of Course staging area alone.** Clerk of Course can get crowded and seem chaotic based on the number of event entries, so it is important to minimize distractions. Your swimmer will have excellent supervision and direction from parent volunteers who help at Clerk of Course.

MEET PROGRAMS / PSYCH SHEETS

During home meets and most away meets "Psych Sheets" will be emailed to the team on Thursday evening or Friday. Psych sheets list the individual events, the swimmers entered in each event, and their fastest time (or seed time). Swimmers will be listed fastest to slowest using their best time for each event. Swimmers who have never competed in an event before will be listed after swimmers with times. The notation **NT** for "no time" will be typed next to their names.

SPECTATING

When it's time for your child to swim their individual race, you may stand in designated areas around the pool deck. From here, you may cheer the swimmers on.

Please remember good sportsmanship and cheer for all swimmers to do their best. At the completion of the race, please consider the friends and families of other swimmers and move away from the deck area, allowing others to watch their race.

WHAT'S MY TIME?

Swimmers learn to ask the recorder for their (unofficial) time as soon as they get out of the pool at the end of a race. The official event results –which include the swimmers' names, times, and event placing – are usually posted on the pool fence by our parent volunteers behind the starting end of the pool about an hour after completion of the event. All event results are computerized and retained for each swimmer all season.

At the conclusion of each meet, the results are verified and finalized by our team of parent volunteers. Final results will be sent out to the team via email. Real-time results and top times lists are often available for all league meets at the league website: <http://www.pswimmeets.com>. Weekly summaries and "Top Times" lists are compiled by the league each week and posted at: <http://www.pswim.com>.

DISQUALIFICATION (DQ)

Our league complies with USA Swimming rules - the same rules used at all National meets, like the Olympic Time Trials. To ensure fair competition for all swimmers, these **rules are equally applied to all swimmers, regardless of age or experience**. During competition, if a swimmer fails to comply with the stroke and turn rules, a Stroke & Turn Judge (dressed in white shirts and blue shorts) will raise their hand, write up a disqualification (DQ) slip, and present it to the referee for approval. A swimmer is not disqualified until the referee accepts the report. Almost all swimmers in all age groups have been disqualified at some time. This should be viewed as a learning experience and not a failure. Swimmers should discuss the DQ with their coach at practice the week after the race and together they will formulate a plan to correct the mistake.

WHAT TO EXPECT

If you've never attended a swim meet before, here are a few things you can expect:

- Tents, towels, and kids everywhere!
- Chilly early mornings/Hot late mornings
- Extremely limited viewing space (**except for deck volunteers**)
- A long day that will go quicker if you volunteer for a shift (or two!) of timing, recording, working concessions, etc.
- Wet ankles (for timers and officials)
- New friends and a great time if you get involved with the team!
- Lots of cheering and lots of fun.

Plan to arrive 15 minutes before warm-ups start. This way you can stake your tent, find your goggles, and report to the coaches when the announcer calls for warm-ups. **Please make sure that ALL swimmers check-in with the Team Manager upon arrival!**

WHAT TO BRING

Getting ready for a swim meet can feel like you're packing for a week of camping. Many seasoned summer swimmers bring a tent, tarp, or large umbrella so they can get out of the sun or just to mark their spot. High on the recommended "bring" list is your warm-up suit to pull on after warm-ups. Since there is a lot of "down time" between events, cards, games, and toys help kids pass the time. **Write your name on absolutely everything you bring!** The checklist below might help you pack:

- Swim suit (and spare)
- Cap (and spare)
- Goggles (and spare)
- Towels (3 or more per swimmer)
- Warm-up suit
- T-shirt & shorts
- Baby powder (sprinkle into cap to prevent sticking)
- Sharpie/Ink pen (put event numbers on swimmer's hand)
- \$ for concessions
- Cards, games, toys, etc. (waterproof things are best)
- Tent, tarp, umbrella, etc.
- Sleeping bag or blanket
- Lawn chairs
- Sunblock

CONCESSIONS

We have the best concessions stand in the league! Concessions are available at each meet and serve as a major part of each team's fundraising. Selections include breakfast sandwiches, donuts, bagels, fresh fruit, hot dogs, hamburgers (that are available at about 9 AM!), beverages of all kinds, candy, chips, etc.

50-50 RAFFLE

At our home meets, we hold a 50-50 Raffle, which helps us raise some funds for the team and, at times, other organizations in the community. Tickets will be available throughout the meet and the drawing will be held prior to the final relays.

MEET RESULTS

During the meet, there will be a designated area at the pool where event results are posted. At home meets, results will be posted at the entrance to the pool as they become available. We will try to publicize the location of results for each away meet, but that will be at the discretion of the meet host. After each meet, results will be distributed to the team as soon as they are processed.

Divisionals

The culmination of the summer season is the Divisional Championship Meet, known as Divisionals, a tri-meet that features qualified swimmers from all three teams in the division to determine the champion. You will still need to declare your swimmers on the Tuesday before Divisionals, just like every other meet. This year, we are in the Red Division and we will face the swimmers of Kingsbrooke and Dominion Valley. The meet will be hosted by Dominion Valley, which is about 15 minutes from the Bridlewood pool. Directions are available on the website and will be distributed closer to the meet.

QUALIFICATIONS

To qualify for the Divisional meet, swimmers must participate in at least two dual meets (not including time trials) during the current swim season. Further, each swimmer is restricted to entering events in which they have a legal recorded time from a meet during the season (not including time trials). For example, if a swimmer never competed in the breaststroke event at a meet, that swimmer is not eligible to swim breaststroke at Divisionals. If a swimmer entered the breaststroke event but was disqualified because of illegal technique, that swimmer is not eligible to swim breaststroke at Divisionals.

THE CYBER MEET

After the completion of all Divisional Championship Meets, a representative from each team will meet at a mutually agreed upon site to combine results from all Divisional Championship Meets. The top 24 swimmers in each event across the Prince William Swim League will be awarded special recognition ribbons.

LOGISTICS AND CONSIDERATIONS

With hundreds of swimmers and their families converging at one pool for the Divisional Championship Meet, parking, camping, and observing space can be extremely limited. In order to limit any frustration and make Divisionals a fun event for everyone involved, we appreciate everyone's cooperation with the following rules and considerations. Years of experience have proven them necessary to run a safe, fair, and timely meet.

- 1. The competition part of the pool deck will be limited to swimmers called to the Clerk of Course, current shift volunteers, and spectators whose children are about to swim an individual event.**
Everyone else must stay outside of the barriers. To get the best view of the swimming, volunteer for a deck job!
- 2. Each team will be assigned a specific area for “camping.”** Staying together as a team not only fosters team unity, but makes it easier for coaches to locate swimmers.

Volunteering

This sport requires parents to be participants, not spectators. It takes many people to run a swim meet and there is literally a job for everyone. As such, **volunteering at swim meets is REQUIRED**. In your registration packet, all families signed and agreed to volunteer during the swim season (there are **NO EXEMPTIONS**). Before each meet, you'll be given the opportunity to choose your job and shift. Most swim meet positions – such as timers, recorders, or runners – are learned in a few minutes, but others – namely Officials - require more training. Attendance at clinics, then plenty of on-the-job training will prepare you for those jobs. We encourage you to attend one of the free training clinics. Even if you ultimately decide that it's not for you, at least you'll gain insight about the positions.

WORKING AT SWIM MEETS

Swim meets are unique to youth sports. The large number of people needed to run the meets keeps most parents so busy, there's no time for poor sportsmanship. Parent workers ensure that our children participate in swim meets that are: safe and organized (set-up and clerk of course), timed (timers and recorders), fair (officials, runners, scorers, and computer), fun (ribbons & concessions), and clean (clean-up). The meet jobs that aren't right next to the action are flexible enough for you to take a break and watch your child swim.

Each meet, there will be an option to choose which volunteer positions and shifts you would like to sign up for. Watch for an email early in the week – usually Sunday afternoon – letting you know when you can log in and sign up.

All jobs are important! If you are not able to work as scheduled, try to find a replacement. If you're unable to find a substitute, please notify the Volunteer Coordinator, Carolyn Ruwe, of the need to fill that position as soon as possible.

POSITIONS AND DESCRIPTIONS

CLERK OF COURSE

Every event begins at clerk of course. All swimmers check in and parent volunteers make sure they get set up in the right heat, lane, and event.

CONCESSIONS

This is where the action away from the action happens. Enjoy some air conditioning while taking orders and serving up delicious food.

AWARDS TEAM

Duties may include handing out heat winner ribbons at the end of each race or labeling placement ribbons for distributing later.

SCORING TEAM

Enjoy the air-conditioned clubhouse as you verify times, enter them into the computer, and print out the results sheets everyone is waiting to see.

TIMING TEAM

Three timers to a lane keep things honest and fair for our swimmers. Recorders must have neat handwriting so there are no discrepancies.

POOL AND GROUNDS CLEAN UP

It is not the Bridlewood HOA's job to clean up after us; it's ours! After each meet, our team is responsible for "putting the pool back together again". This means removing lane lines and backstroke flags; returning tables, chairs, and lounges to their original spots; disassembling temporary pavilions, as well as picking up and removing all trash and lost & found items. If everybody cleans up around their area and helps move just a few chairs, the job will get done in minutes.

When we visit another pool for a swim meet, please be sure to leave the area the way you found it. Pick up all the trash in your area, whether you made it or not. Thank you in advance for helping with cleanup.

OFFICIALS (TRAINING REQUIRED)

Officials – Stroke & Turn Judges, Referees, and Starters – require some training. If you'd like to learn about these jobs, attend one of the upcoming Officials' Clinics. No appointments are necessary – just show up!

The schedule for training clinics follows:

- May 24 – 6pm–9pm at Central Park Aquatics Center (CPAC)
- June 3 – 9am–12pm at the Sudley pool

Contact Chris Chmielenski or Roy Soller (officials@bwaves.org), for further information.

SWIM TEAM BOARD MEMBER (ELECTION REQUIRED)

If you're interested in participating on the Swim Team Board, please contact one of the current Board members for more information. Voting takes place at the End of Season party. Interested persons must submit a short summary explaining why they are running and may provide a digital photo for distribution to the team. Board members serve for a two-year term.

For more details about the Board and how the team is governed, please refer to the team By-Laws (available under "documents" on <http://bwaves.org>)

Awards and Recognition

SWIM MEET AWARDS

At our Dual-Meet and Divisional Tri-Meet swim meets, heat ribbons are awarded to the fastest swimmer of each heat, usually as they exit the pool.

Other swim meet awards will be distributed to the swimmers by their coaches early in the week after each group's swim practice. If your swimmer(s) is absent practice or has a question about their ribbons, please have them ask their coach.

All ribbons (other than Heat Ribbons) will be stored in the awards box located by the lifeguard area and will be available throughout the season. You will find a folder in the box with each swimmer's last name on it. Otherwise, they will be held until the end of season Awards Ceremony.

STARS AND STRIPES INVITATIONAL AWARDS

The Stars and Stripes Invitational does not offer heat ribbons, but, because each event is limited to one heat, the top three swimmers for each event will receive a medal. The top-scoring team for the Stars and Stripes Invitational will also receive a trophy. Awards will be presented throughout the meet.

WEEKLY DUAL-MEET AWARDS

Each week, the following awards will be distributed as appropriate:

- **Time Improvement Ribbon** - awarded when a swimmer's time for a particular event is faster than previously recorded.
- **Place Ribbon** - awarded to the 12 fastest swimmers overall in a particular event.
- **Wave of the Week** - awarded to recognize attitude, effort, attendance, etc. during the previous week's practice sessions. The Coaching staff makes this selection.
- **Wave of the Meet** - awarded to recognize attitude, effort, attendance, etc. during the previous week's meet. The Coaching staff makes this selection.

DIVISIONAL CHAMPIONSHIP AWARDS

After the Divisional Championship meet, the following awards will be distributed to swimmers who have earned them. These awards are presented at the Awards Ceremony will held the night of the Divisional Meet.

- **Time Improvement Ribbon** - awarded when a swimmer's time for a particular event is more than 1 second faster than previously recorded.
- **Place Ribbon** - awarded to the 24 fastest swimmers overall in a particular event at each meet.
- **Cyber Meet Ribbons** – awarded to the top 24 fastest swimmers overall across the entire league.

SEASON AWARDS

Season awards are presented at the Awards Ceremony held the night of the Divisional Meet. Here are some of the end-of-season awards:

- **Most Improved** - awarded to one boy and one girl in each age group using the following criteria: 50% based on time improvement; 25% based on attitude and effort in practices and meets; and 25% based on attendance at practices and meets.
- **Coaches Award** - awarded to one boy and one girl in each age group using the following criteria: 50% based on attitude and effort in practices and meets, 25% attendance at practices and meets; 25% time improvement.
- **Age Group High Point** - awarded to one boy and one girl who earned the most points this season for their age group during regular season meets.
- **Nalu Award** – awarded to swimmers who swim **every** summer with the Bridlewaves, starting with the 8&under age group to the time they “age out” at the age of 18.
- **Heidel Award** – special award given to a volunteer who has gone above and beyond for the Bridlewaves swim team over several years. This award is only given when appropriate.

SCHOLARSHIP PROGRAM

The 15-18 year old age group has a special place on the team. Many high school students have been with the team for many years and have plenty of experience to share with the younger swimmers on the team. This is also a busy transitional time for many of our high school swimmers, so it's easy to let summer swimming fall by the wayside in favor of hanging out, working summer jobs, and pursuing other interests before heading off to college.

To celebrate and honor our BWaves swimmers who stay with us through their high school graduation and/or aging out of the swim program, we offer a scholarship program for our 15-18 year old swimmers. Each swimmer is eligible to receive \$10 for every meet they swim as a BWave in the 15-18 year old age group. Swimmers who compete in all 28 meets will get a \$20 bonus, bringing their scholarship award to \$300.

This is simply a token of our appreciation for your time with the team designed to help out with books, tuition, or dining costs, but mostly to remember all the fun we had together swimming each summer.

To help the Board distribute these funds to your swimmer, we will need to know which college / university they are attending in the fall following their final season (at age 18 or after graduation) and how to prepare a check for that institution. Some swimmers may have full scholarships already, so we could make the check out to the bookstore or some other department at the school. All checks must be made out to a college/university and cannot be made out to the swimmer.

You can also help fund the scholarship program and pay it forward either personally or by getting a sponsor to contribute to the scholarship fund. We are a non-profit organization, so all donations are tax deductible – and they are a positive reflection of your commitment to community.

If you would like to learn more about the scholarship program and/or how to contribute, send us an email at board@bwaves.org.

END OF SEASON PARTY

To cap off the season, we host an Awards Ceremony the night of the Divisional Championship meet. Everyone receives a participation award, additional special awards are presented, and voting for the new Board members takes place. You don't want to miss this wonderful event. Details will be provided during the season. The party will be held on Saturday, July 29th at Patriot High School.

TROPHY PICK-UP

If you do miss the end of season party, please contact Tim Rowe (teammanager@bwaves.org) afterwards to arrange a mutually convenient time to pick up your swimmer's award(s).

Appendix A: Records and Standards

BRIDLEWAVES INDIVIDUAL RECORDS						
BOYS				GIRLS		
FREESTYLE						
Drake Marshall	18.28	7/26/2008	8&U 25M	Madalyn Witt	17.87	7/16/2016
Christian Carroll	34.21	7/23/2016	9-10 50M	Brooke Rodriguez	33.34	7/31/2014
Ryan Chmielenski	30.25	7/16/2016	11-12 50M	Brooke Rodriguez	30.81	7/29/2006
Spencer Rowe	26.65	6/14/2014	13-14 50M	Brooke Rodriguez	29.46	7/26/2008
AJ Ross	24.46	7/30/2016	15-18 50M	Katie Tillotson	27.75 *	7/30/2016
* PWSL Record						
INDIVIDUAL MEDLEY						
Christian Carroll	1:27.89	7/30/2016	10&U 100M	Haley Zimmerman	1:24.39	7/18/2009
Spencer Rowe	1:11.93	6/16/2012	11-12 100M	Brooke Rodriguez	1:18.34	7/8/2006
Spencer Rowe	1:03.13	6/14/2014	13-14 100M	Brooke Rodriguez	1:14.22	7/26/2008
Spencer Rowe	58.66	7/30/2016	15-18 100M	Reni Moshos	1:05.27	7/30/2016
BACKSTROKE						
Drake Marshall	22.94	7/19/2008	8&U 25M	Madalyn Witt	20.71	7/2/2016
Christian Carroll	39.45	7/16/2016	9-10 50M	Brooke Rodriguez	38.73	6/12/2004
Spencer Rowe	34.49	7/21/2012	11-12 50M	Samantha Townsend	35.20	6/15/2013
Spencer Rowe	29.00	7/26/2014	13-14 50M	Samantha Townsend	33.75	6/28/2014
Jeffrey Pfannenstein	27.80	8/1/2015	15-18 50M	Reni Moshos	29.31 *	7/30/2016
* PWSL Record						
BREASTSTROKE						
Brock Lanthaler	23.54	7/25/2009	8&U 25M	Elizabeth Ozark	23.50	7/23/2011
Spencer Rowe	47.53	7/24/2010	9-10 50M	Haley Zimmerman	42.48	7/25/2009
Spencer Rowe	37.15	6/30/2012	11-12 50M	Daisy Orellano	39.22	7/27/2013
Spencer Rowe	31.34 *	7/26/2014	13-14 50M	Brooke Rodriguez	37.81	7/26/2008
Spencer Rowe	30.13	7/25/2015	15-18 50M	Reni Moshos	35.66	7/11/2015
* PWSL Record						
BUTTERFLY						
Angelo Brizzi	19.65	7/31/2010	8&U 25M	Maey Wells	19.28	7/25/2015
Christian Carroll	17.27	7/30/2016	9-10 25M	Brooke Rodriguez	16.49	7/10/2004
Spencer Rowe	34.13	7/28/2012	11-12 50M	Autumn Sterling	33.39	7/27/2013
Spencer Rowe	28.80	7/26/2014	13-14 50M	Kelli Curington	32.28	8/1/2015
Jeffrey Pfannenstein	26.70	8/1/2015	15-18 50M	Reni Moshos	29.97	7/30/2016

BRIDLEWAVES RELAY RECORDS									
BOYS					GIRLS				
FREESTYLE RELAYS									
Michael Brox	Landon Sheetz	8&U 100M	Julia Mayes	Elodie Brox					
Zack Reimbold	Paul Querijero		Makenzie Witt	Madalyn Witt					
	6/18/2016 1:21.84		1:17.59 7/2/2016						
Christian Carroll	Manny King	9-10 100M	Ella Cypher	Elyse Eyre					
Joseph Tillotson	Peter Gilbert		Kaley Neal	Maecy Wells					
	8/1/2015 1:05.95		1:08.32 7/9/2016						
Peter Gilbert	John Verosko	11-12 100M	Sydney King	Kelli Curington					
Ryan Chmielenski	Blake Eyre		Autumn Sterling	Samantha Townsend					
	7/2/2016 59.31		1:00.45 6/15/2013						
Kyle Goodwill	Jack Palmer	13-14 200M	Holly Tillotson	Kelli Curington					
Austin Lansberry	Spencer Rowe		Samantha Townsend	Sydney King					
	7/26/2014 1:56.76		2:01.89 8/1/2015						
TJ Hall	Spencer Rowe	15-18 200M	Katie Tillotson	Kylie Stronko					
Jeffrey Pfannenstine	AJ Ross		Erin Quinn	Reni Moshos					
	7/18/2015 1:39.62*		1:50.96 * 7/30/2016						
* PWSL Record									
MEDLEY RELAYS									
MIXED									
Madalyn Witt	Elodie Brox	MIXED 8&U 100M	Makenzie Witt	Paul Querijero					
	7/9/2019		1:28.25						
BOYS			GIRLS						
Christian Carroll	Peter Gilbert	9-10 100M	Samantha Townsend	Daisy Orellana					
John Ross	Manny King		Sydney King	Autumn Sterling					
	8/1/2015 1:15.56		1:15.49 7/30/2011						
Peter Gilbert	Blake Eyre	11-12 100M	Samantha Townsend	Daisy Orellana					
John Verosko	Ryan Chmielenski		Autumn Sterling	Sydney King					
	7/30/2016 1:07.37		1:06.85 7/27/2013						
Kyle Goodwill	Spencer Rowe	13-14 200M	Samantha Townsend	Holly Tillotson					
Austin Lansberry	Jack Palmer		Kelli Curington	Sydney King					
	7/26/2014 2:08.46		2:18.14 8/1/2015						
Jeffrey Pfannenstine	Spencer Rowe	15-18 200M	Kylie Stronko	Reni Moshos					
TJ Hall	AJ Ross		Erin Quinn	Katie Tillotson					
	7/7/2015 1:49.19*		2:04.09* 7/30/2016						
* PWSL Record									

PWSL INDIVIDUAL RECORDS

BOYS			GIRLS			
FREESTYLE						
Ryan Maynard (DVS)	15.55	7/9/16	8&U 25M	Lori Anne Madison (LR)	16.56	6/28/14
Michael Mullen (BRB)	29.41	7/30/16	9-10 50M	Jamie Cornwell (SUD)	31.65	8/1/15
Patrick Lytle (SUD)	27.50	7/31/2004	11-12 50M	Kaylee Benton (KBSL)	28.58	7/30/16
Patrick Lytle (SUD)	25.50	6/24/2006	13-14 50M	Savannah Nash (DVS)	27.81	7/26/14
Sam Pomajevich (SUD)	23.53	7/30/16	15-18 50M	Katie Tillotson (BRDL)	27.75	7/30/16
INDIVIDUAL MEDLEY						
Michael Mullen (BRB)	1:13.58	7/30/16	10&U 100M	Aris Runnels (WRWST)	1:19.47	7/19/14
Thomas Diaz (AST)	1:08.55	7/19/14	11-12 100M	Aris Runnels (WRWST)	1:09.83	7/30/16
Thomas Diaz - (AST)	1:01.58	7/9/16	13-14 100M	Lindsey Marchand (LR)	1:07.47	7/30/05
William Cumberland (BRB)	58.05	7/30/16	15-18 100M	Reni Moshos (PST)	1:04.84	7/26/14
BACKSTROKE						
Brandon Doyle (WST)	18.63	7/23/05	8&U 25M	Lori Anne Madison (LR)	18.93	7/26/14
Michael Mullen (BRB)	34.68	7/16/16	9-10 50M	Aris Runnels (WRWST)	36.84	7/12/14
John Wojciechowski (SUD)	32.15	7/24/04	11-12 50M	Kaylee Benton (KBSL)	32.77	7/30/16
Robert Grimmett-Norris (SPST)	28.82	7/10/04	13-14 50M	Savannah Nash (DVS)	30.46	8/1/15
William Cumberland (BRB)	26.91	7/30/16	15-18 50M	Reni Moshos (BRDL)	29.31	7/30/16
BREASTSTROKE						
Louis Wojciechowski (SUD)	21.75	7/13/02	8&U 25M	Lori Anne Madison (LR)	20.81	7/26/14
Jordan Evans (BRB)	37.72	6/25/16	9-10 50M	Lori Anne Madison (LR)	40.75	7/30/16
Michael Rudd (BRB)	34.95	7/27/13	11-12 50M	Abigail Daniel (KBSL)	36.71	7/30/16
Spencer Rowe (BRDL)	31.34	7/26/14	13-14 50M	Allyson Bodmer (AST)	35.18	7/24/10
Scott Werner (SUD)	29.53	6/1/97	15-18 50M	Mary Claire Tansill (BRB)	32.81	7/30/16
BUTTERFLY						
Ryan Maynard (DVS)	16.74	7/9/16	8&U 25M	Lori Anne Madison (LR)	17.44	7/19/14
Michael Mullen (BRB)	15.05	7/30/16	9-10 25M	Aris Runnels (WRWST)	15.01	7/19/14
John Wojciechowski (SUD)	30.40	7/31/04	11-12 50M	Kaylee Benton (KBSL)	30.90	7/30/16
Sam Pomajevich (SUD)	26.90	7/27/13	13-14 50M	Lindsey Marchand (LR)	29.09	7/23/05
Sam Pomajevich (SUD)	24.84	7/30/16	15-18 50M	Sofia Revilak (PST)	29.02	6/28/14

PWSL RELAY RECORDS						
BOYS			GIRLS			
FREESTYLE RELAYS						
B. Rohrbach	H. Caputo	8&U 100M	L. Wiecki	O. Nitowski		
W.Oshea	R. Maynard		N. Smith	M. Finley		
DOMINION VALLEY	7/30/16		1:18.87	7/21/07	VICTORY LAKES	
J. Evans	M. Santee	9-10 100M	M. Wong	A. Daniel		
A. Martins	M. Mullen		K. Benton	A. Kotter		
BRAEMAR	7/30/16		1:02.14	7/26/14	KINGSBROOKE	
J. Poleto	T. Drescher	11-12 100M	A. Daniel	M. Wong		
R. Barshow	M. Pianoto		E. Flynn	K. Benton		
PIEDMONT	7/30/16		56.65	7/30/16	KINGSBROOKE	
I. Tansill	A. Mullen	13-14 200M	I. Fillinger	K. Bushmire		
C. Yoon	A. Gentry		C. Tanner	L. Marchand		
BRAEMAR	8/1/15		1:58.85	7/16/05	LAKE RIDGE	
T. Hall	S. Rowe	15-18 200M	K. Tillotson	K. Stronko		
J. Pfannenstein	A. Ross		E. Quinn	R. Moshos		
BRIDLEWOOD	7/18/15		1:50.96	7/30/16	BRIDLEWOOD	
MEDLEY RELAYS						
MIXED						
J. Cornwall	H. Craft	MIXED 8&U 100M	N. Klipp	M. Pennefather		
SUDLEY			1:21.43	7/27/13		
BOYS			GIRLS			
M. Santee	J. Evans	9-10 100M	K. Benton	A. Daniel		
M. Mullen	A. Martins		M. Wong	A. Kotter		
BRAEMAR	7/30/16		1:11.93	7/26/14	KINGSBROOKE	
T. Drescher	M. Pianoto	11-12 100M	K. Benton	A. Daniel		
J. Poleto	R. Barshow		M. Wong	E. Flynn		
PIEDMONT	7/30/16		1:03.37	7/30/16	KINGSBROOKE	
M. Blake	S. Bae	13-14 200M	K. Bushmire	C.Tanner		
R. Hutcherson	D. Wong		L.Marchand	I.Fillinger		
KINGSBROOKE	7/26/14		2:11.01	7/23/05	LAKE RIDGE	
J. Pfannenstein	S. Rowe	15-18 200M	K. Stronko	R. Moshos		
T. Hall	A. Ross		E. Quinn	K. Tillotson		
BRIDLEWOOD	7/7/2015		2:04.09	7/30/16	BRIDLEWOOD	

STARS AND STRIPES INVITATIONAL (MEET RECORDS)

BOYS			GIRLS			
FREESTYLE						
Landon Sheetz (BRDL)	20.08	2016	8&U 25M	Macie Mayes (BRDL)	18.75	2015
Joseph Tillotson (BRDL)	37.63	2015	9-10 50M	Ella Cypher (BRDL)	37.98	2016
Ethan Chi (DVS)	29.84	2016	11-12 50M	Emily Flynn (KBSL)	31.58	2016
Jack Tolar (DVS)	29.53	2015	13-14 50M	Savannah Nash (DVS)	28.25	2015
AJ Ross (BRDL)	25.01	2016	15-18 50M	Katie Tillotson (BRDL)	28.44	2016
BACKSTROKE						
Zack Reimbold (BRDL)	24.32	2016	8&U 25M	Madalyn Witt (BRDL)	21.26	2016
Christian Carroll (BRDL)	39.17	2016	9-10 50M	Huyen Huynh (SPST)	39.72	2015
Stephen Gilbert (BRDL)	37.34	2015	11-12 50M	Kaylee Benton (KBSL)	33.83	2016
Zach Rowe (BRDL)	33.52	2016	13-14 50M	Sam Townsend (BRDL)	34.12	2015
Jeff Pfannenstein (BRDL)	28.69	2015	15-18 50M	Kylie Stronko (BRDL)	31.39	2016
BREASTSTROKE						
Ryan Maynard (DVS)	23.58	2016	8&U 25M	Hazel Klein (DVS)	25.88	2016
Peter Gilbert (BRDL)	50.83	2015	9-10 50M	Camille Daniel (KBSL)	44.27	2016
Stephen Verosko (BRDL)	42.71	2015	11-12 50M	Abigail Daniel (KBSL)	37.76	2016
Adam Demaree (KBSL)	36.10	2016	13-14 50M	Carissa Kochran (DVS)	38.64	2016
Spencer Rowe (BRDL)	30.82	2015	15-18 50M	Reni Moshos (BRDL)	36.25	2016
BUTTERFLY						
Ryan Maynard (DVS)	19.15	2015	8&U 25M	Lucy Daniel (KBSL)	19.02	2016
Lleyton Arnold (DVS)	18.70	2016	9-10 25M	Melia Truong (SPST)	16.94	2015
George Huynh (SPST)	35.45	2015	11-12 50M	Melinda Wong (KBSL)	33.31	2016
Jacob Neal (BRDL)	32.18	2016	13-14 50M	Lindsey Blake (KBSL)	32.40	2016
TJ Hall (BRDL)	27.76	2015	15-18 50M	Reni Moshos (BRDL)	30.03	2015
MEDLEY RELAYS						
BRIDLEWOOD	1:44.64	2016	8&U 100M	BRIDLEWOOD	1:35.76	2015
BRIDLEWOOD	1:21.22	2015	9-10 100M	BRIDLEWOOD	1:18.87	2016
BRIDLEWOOD	1:10.01	2016	11-12 100M	KINGSBROOKE	1:04.62	2016
BRIDLEWOOD	2:12.59	2016	13-14 200M	BRIDLEWOOD	2:14.81	2016
BRIDLEWOOD	1:53.58	2015	15-18 200M	BRIDLEWOOD	2:07.33	2016
FREESTYLE RELAYS (CRESCENDO)						
BRIDLEWOOD	2:00.70	2016	18&U 200M	KINGSBROOKE	2:01.76	2016

Prince William Swim League (PWSL) Time Standards

Background: PWSL maintains time standards to act as an additional way to incentive competition in the League. Time standards apply only to individual events and will not apply to relay events. The PWSL Scoring Committee with a goal of achieving the following breakdown reviews A-B-C Time Standards annually: A - time standard - Top 20% of swimmer times; B - time standard - Next 40% of swimmer times; C - time standard - Next 40% of swimmer times. Extreme variations in a few swimmer times may be discounted so as not to skew the standards. The Scoring Committee may, from time to time, recommend changes to the standards.

WOMEN		Event	MEN	
PWSL A	PWSL B	8&U	PWSL B	PWSL A
24.06	28.56	25y Free	27.27	21.63
28.88	35.58	25y Back	33.42	26.49
30.57	36.09	25y Breast	31.56	28.00
27.28	32.06	25y Fly	30.06	25.84
WOMEN		Event	MEN	
PWSL A	PWSL B	9-10	PWSL B	PWSL A
42.60	48.86	50y Free	47.32	41.24
52.70	1:00.02	50y Back	1:00.19	52.56
53.47	1:00.87	50y Breast	1:01.40	53.79
21.78	25.11	25y Fly	25.60	22.04
1:45.35	1:55.88	100y IM	1:57.55	1:45.62
WOMEN		Event	MEN	
PWSL A	PWSL B	11-12	PWSL B	PWSL A
37.61	41.69	50y Free	42.68	37.03
47.05	52.83	50y Back	54.02	46.80
49.00	54.66	50y Breast	52.12	48.14
43.04	49.49	50y Fly	48.75	42.00
1:36.21	1:46.56	100y IM	1:45.68	1:33.32
WOMEN		Event	MEN	
PWSL A	PWSL B	13-14	PWSL B	PWSL A
35.07	39.31	50y Free	34.92	31.46
41.00	46.92	50y Back	44.64	40.24
44.29	49.35	50y Breast	46.69	41.76
38.09	42.60	50y Fly	41.68	35.62
1:27.97	1:33.79	100y IM	1:32.06	1:21.84
WOMEN		Event	MEN	
PWSL A	PWSL B	15-18	PWSL B	PWSL A
32.93	36.07	50y Free	31.38	28.87
40.05	44.63	50y Back	39.78	37.05
43.44	47.84	50y Breast	41.56	38.32
34.80	40.85	50y Fly	35.20	32.14
1:22.88	1:32.13	100y IM	1:21.70	1:13.07

APPENDIX B: PWSL Information

The Bridlewood Bridlewaves are part of the Prince William Swim League, which guides and regulates our official rules and policies. The following information explains how the league is organized, how meets are scored, and where the pools are located. It has largely been excerpted from the PWSL By-Laws, which can be found in full at PWSwim.com or BWaves.org.

PRINCE WILLIAM SWIM LEAGUE

The Prince William Swim League (PWSL) was founded in 1973 to sponsor swimming in and among the communities in Prince William County. All PWSL policies and procedures focus on providing a safe, fun, fair, and athletically challenging program for all swimmers while developing the principles of good sportsmanship, advanced swimming skills, and teamwork.

Teams are grouped in divisions based on factors such as team size (number of swimmers), team depth (distribution of swimmers across the age ranges), and the combined ranking of swimmers' times from each Divisional meet. The alignment of teams is done with the intent of maximizing competitiveness within the league.

DIVISIONS FOR 2017

The divisions and teams making up the PWSL for the 2017 season are:

BLUE DIVISION	RED DIVISION
Sudley Seahorses Braemar Blasters Piedmont Tsunamis	Kingsbrooke Sea Lions Dominion Valley Sharks Bridlewood Bridlewaves
WHITE DIVISION	YELLOW DIVISION
Victory Lakes Piranhas Ridgewood Barracudas Ashland Stingrays	Lake Ridge Lancers Brookside Hurricanes Westridge Waves
GREEN DIVISION	BLACK DIVISION
Wellington Dolphins Dale City Frogs Meadowbrook Makos	Ben Lomond Flying Ducks Old Bridge Breakers VA Oaks Sea Devils
ORANGE DIVISION	PURPLE DIVISION
Montclair Seahawks Stonewall Park Explosion Southbridge Fighting Seals	Veterans Park Marlins Lake Manassas Blue Dolphins Urbanna Otters

MEET INFORMATION & SCORING

PWSL swim meets are comprised of 67 events: 19 relays and 48 individual events. Swimmers compete in one of the following age groups: 8 & under, 9-10, 11-12, 13-14, and 15-18, as determined by their age as of June 1. Each swimmer may compete in three individual events and two relays. Swimmers earn points for their teams by competing in relay events and by being one of the six fastest finishers on their team in individual events.

RELAY SCORING

For a dual meet, first place in relay events is won by the fastest legal swim and earns 47 points. The opponent takes second place (worth 32 points) by completing a legal swim. (The same team cannot be awarded first and second place points, regardless of the order of finish.) Ribbons will be awarded for the fastest three finishing times, regardless of team.

For the Divisional Championship meet (a tri-meet), the top three legal finishes based on time earn 79, 53, and 40 points, respectively. Each competing team can only earn points for their fastest finish, based on time. Ribbons will be awarded for the fastest three finishing times, regardless of team.

INDIVIDUAL SCORING

For dual meets, swimmers can earn individual points for their team in Freestyle, IM, Backstroke, Breaststroke, and Butterfly events. Individual points are assigned for up to **twelve** places, but a team can only have **six** swimmers score in any single event. Ribbons will be awarded for the fastest twelve finishing times, regardless of team. Ribbons are also awarded for the top twelve 6 year olds and younger finishers in Freestyle and Backstroke based on time.

The points for the top six swimmers on each team are awarded based on finish time as follows:

PLACE	1	2	3	4	5	6	7	8	9	10	11	12
POINTS	13	11	10	9	8	7	6	5	4	3	2	1

For the Divisional Championship meet (a tri-meet), swimmers can earn individual points for their team in Freestyle, IM, Backstroke, Breaststroke, and Butterfly events. Individual points are assigned for up to **eighteen** places, but a team can only have **six** swimmers score in any single event. Ribbons will be awarded for the fastest eighteen finishing times, regardless of team. Ribbons are also awarded for the top twelve 6 year olds and younger finishers in Freestyle and Backstroke based on time.

The points for the top six swimmers on each team are awarded based on finish time as follows:

PLACE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
POINTS	19	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

EVENT NUMBERING

All PWSL swim meet event numbers and schedule will be the same each week in the following order (beginning with event 66):

Boys Event #	Event Description	Girls Event #
66	200 Free Relay 15-18	67
1	100 Medley Relay 8&U 1 (Mixed)	
2	100 Medley Relay 9-10	3
4	100 Medley Relay 11-12	5
6	200 Medley Relay 13-14	7
8	200 Medley Relay 15-18	9
10	25 Freestyle 8&U	11
12	50 Freestyle 9-10	13
14	50 Freestyle 11-12	15
16	50 Freestyle 13-14	17
18	50 Freestyle 15-18	19
20	100 Individual Medley 10&U	21
22	100 Individual Medley 11-12	23
24	100 Individual Medley 13-14	25
26	100 Individual Medley 15-18	27
28	25 Backstroke 8&U	29
30	50 Backstroke 9-10	31
32	50 Backstroke 11-12	33
34	50 Backstroke 13-14	35
36	50 Backstroke 15-18	37
38	25 Breaststroke 8&U	39
40	50 Breaststroke 9-10	41
42	50 Breaststroke 11-12	43
44	50 Breaststroke 13-14	45
46	50 Breaststroke 15-18	47
48	25 Butterfly 8&U	49
50	50 Butterfly 9-10	51
52	50 Butterfly 11-12	53
54	50 Butterfly 13-14	55
56	50 Butterfly 15-18	57
58	100 Free Relay 8&U	59
60	100 Free Relay 9-10	61
62	100 Free Relay 11-12	63
64	100 Free Relay 13-14	65

POOL LOCATIONS

Ashland Stingrays	5550 Fincastle Dr., Manassas
Ben Lomond Flying Ducks	7500 Ben Lomond Park Dr., Manassas
Braemar Blasters	12300 Iona Sound Dr., Bristow
Bridlewood Bridlewaves	13622 Harness Shop Ct, Gainesville
Brookside Hurricanes	7197 Riley Rd., Warrenton
Dale City Frogs	14730 Birchdale Avenue, Dale City
Dominion Valley Sharks	15200 Arnold Palmer Dr., Haymarket
Kingsbrooke Sea Lions	Braided Stream, Bristow
Lake Manassas Blue Dolphins	Turtle Point Dr., Gainesville
Lake Ridge Lancers	Harbor Dr., Woodbridge
Meadowbrook Makos	Superior Ct., Manassas
Montclair Seahawks	16500 Edgewood Dr., Montclair
Old Bridge Breakers	3600 Beaver Pond Rd., Woodbridge
Piedmont Tsunamis	14030 Clatterbuck Loop, Gainesville
Ridgewood Barracudas	12452 Oakwood Dr., Woodbridge
Southbridge Fighting Seals	17325 River Ridge Blvd, Dumfries
Stonewall Park Explosion	8351 Stonewall Rd., Manassas
Sudley Seahorses	8613 Rixlew Ln., Manassas
Urbanna Otters	30 Urbanna Rd. Manassas
Veterans Park Marlins	14300 Veterans Dr., Woodbridge
Victory Lakes Piranhas	Victory Lakes Loop, Bristow
VA Oaks Sea Devils	7950 Virginia Oaks Dr., Gainesville
Wellington Dolphins	9700 Wellington Rd., Manassas
Westridge Waves	12764 Quarterhorse Ln., Woodbridge