

THAT



BRIDLEWAVES

TEAM

Swim Team Handbook

2022 Season

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 – or your first experience with us – you are signed up for the best summer ever. We are a team with a reputation for being competitive and having great sportsmanship, but most of all, we're the FUNNEST team in the league. We're a community that's so close, it's like family, and it's simply amazing to watch our swimmers, who range in age from 4 to 18, work together to accomplish our goals each year. And, did we mention our biggest goal is to maximize fun?

This handbook is your guide to everything that goes on during a summer swim season. Hopefully, it will answer all the questions you may have and provides the information you'll need to enjoy being a member of the BWaves family. However, if you do still have any questions after reviewing this material, please don't hesitate to reach out to any of the Board members or fellow teammates.

First, the basics: 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.

This is our 25th summer and we can't wait to get the season underway! We have a tough schedule, but we have a great team and our coaching staff is ready to help our swimmers succeed throughout the summer.

Our team is managed by **parent volunteers**, so please keep this in mind if things sometimes don't go as planned. The Board pays the coaches, manages the team's books and equipment, organizes team activities and volunteers, devises ways to encourage and recognize the swimmers, keeps track of swimming times and records, and manages team communication.

That may sound like a lot, but it's just the tip of the iceberg. It takes a lot of work (and help) 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. Those opportunities are explained in this handbook.

The Head Coach's job is to lead and supervise the competitive swim program. We are happy to welcome Lauren Yowell as our Head Coach after three years in the Assistant Coach role. It's certain to be another amazing year under her leadership.

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.

With that said, welcome (back) to the team. We'll see you on deck soon.

The Bridlewaves Board of Directors, 2022



A Message from the Head Coach

Hello BWaves and welcome to the 2022 season of the Bridlewood Swim Team!

This is an exciting year as we continue to build on a legacy of fun and fast swimming with the BWaves! I am excited to step in as your Head Coach for this upcoming summer and I can't wait for this season to start so we can get swimming! Being on the coaching staff for the past three years has been so much fun and I'm very happy to be back for another season.

Things will be a little different this season because I'm not Mark. But a lot will be similar, too, because, we know what works. We're still in the Blue Division, so we'll still be competing against the toughest teams in the league. We'll still focus on getting faster, having fun, and enjoying the competition.

Many of you already know me but for those of you who don't, I want to take a little bit of time to share my background in swimming and coaching. I grew up swimming on a different summer team in PWSL and started coaching as soon as I could because I just loved giving back to the other swimmers and teaching younger swimmers how to improve while having fun. I've been coaching for over ten years now. I also swam for Occoquan Swimming, a year-round program, Osbourn Park High School, and Bridgewater College. Honestly, it wasn't always fun, but I still love swimming and I still love helping younger swimmers get better and, most of all, have fun doing it. When I joined Bridlewood, it just felt like home because this is a team that truly emphasizes both speed and fun.

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, most fun 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!

Lauren Yowell
Head Coach, Swim Team
Bridlewood BWaves
headcoach@bwaves.org



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Board of Directors

Brenten Gilbert	President	rnb4399@hotmail.com	571.214.5359
Bob Edenberg	Vice President	bedenberg@gmail.com	269.352.3817
Steve Witt	Treasurer	stephenwitt101@hotmail.com	703.887.7655
Michelle Terhaar	Secretary	mterhaar123@yahoo.com	619.985.9606
Lisa Anders	League Rep	lisa_nicole_anders@yahoo.com	703.915.1824
Reggie Sheetz	Team Manger	rwsheetz@comcast.net	703.201.4608
Alicia Shaughnessy	Member-at-large	anshaughnessy7@yahoo.com	757.880.5790

Committee Chairs

Activities		TBD
Apparel (Spirit Wear & Shirts)	apparel@bwaves.org	Ruth Gilbert
Awards Banquet		TBD
Clerk of Course		Alicia Shaughnessy
Computers		Reggie Sheetz
Concessions	concessions@bwaves.org	TBD
Contributions and Donations		Board
Fundraisers		Board
Guppies		Michelle Terhaar
Officials Chair	officials@bwaves.org	Chris Chmielenski, Roy Soller
Pep Rallies (Food) & Breakfasts	pep@bwaves.org	Jen Sheetz, Jenn Edenberg
Records & Awards		Bob Edenberg
Spirit Nights		Board
Sponsors	sponsorship@bwaves.org	Steve Witt
Volunteer Coordinator		TBD
Website		Brenten Gilbert



Coaching Staff

Head Coach

Lauren Yowell

HeadCoach@bwaves.org

Assistant Coaches

Daniel Gardner (Head)

Zach Rowe (13/14s)

Jacob Neal (11/12s)

Stephen Verosko (9/10s)

Stephen Gilbert (8&U)

Blake Eyre (Guppies)

Coaches@bwaves.org

Junior Coaches

Ryann Abramson

Delaney Bookstein

Emily Buckley

Julia Burch

Christian Carroll

Emma Catabui

Ryan Chmielenski

Elyse Eyre

Brandon Gardner

Logan Grant

Jasmin Kim

Phillip Kim

Ellia Kweon

Matthew Kweon

Bailey McGrath

Brady McKibben

Aiden Okabayashi

Marcela Orellana

Parani Saravanapavan

Alec Shaughnessy

Angel Teal

Alexandra Thorpe

John Verosko

Will Woolf



2022 BWaves Code of Conduct

Parents and Spectators:

- 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.
- 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.
- 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.
- Visiting teams and officials should be treated as guests and I will extend every courtesy to them.
- I will be modest in victory and gracious in defeat.
- I will respect the judgment and integrity of the officials, realizing they are basing their decisions on actions as they observe them.
- 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.
- 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 swimsuits 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, Lauren Yowell, or a Board Member. A board member is usually at practice, and Coach Lauren is usually available before or after practice. Alternately, 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 Lauren (HeadCoach@bwaves.org) or the Board (board@bwaves.org) to set up an appropriate time.

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. **SOCIAL MEDIA** – Like us on [Facebook](#)! Follow us on [Twitter](#)! Or [Instagram](#)! Our social feeds 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

All swimmers are required to wear a team suit and cap when competing. 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. Information about spirit wear and other items will be sent out when appropriate, so stay tuned for any email and/or social media blasts throughout the season.

If a team suit is needed (and this is a brand new suit this year, so you probably don't already have one), it must be purchased separately from Riptide directly at CPAC or online at: RiptideSwimShop.com. (NOTE: If you are not certain about your swimmer's suit size, it is strongly recommended that you visit in person, because 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 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. Following the pep rallies, we need help setting up the pool deck for the next day's meet. Volunteers can claim a spot for their tent after deck set-up is done.

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

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 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, bowling, etc.).

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

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 (\$100)	Silver (\$250)	Gold (\$500)
<ul style="list-style-type: none">• Small ad in program• Logo on website	<ul style="list-style-type: none">• Bigger ad in program• Linked logo on website• 3' x 5' Banner	<ul style="list-style-type: none">• Largest ad in program• Linked logo on website• 4' x 6' Banner• Year-round promotion



TEAM PHOTOS

The entire Bridlewaves swim team will be photographed during the season. 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 as well. Price and details will be available at a later date.

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.
- Last season, we held a raffle at our End of Season Banquet with a grand prize of **4 Park Hopper tickets to Walt Disney World!** Tickets will be distributed to each family and sold at \$10/ticket. We encourage every family to sell 5 tickets or more if they can. (The family that sells the most tickets will win \$250!) Other prizes include Nationals tickets, Riptide gift certificates, BWaves swag, and more.

As always, we can't do it without all your help, so we thank you all so very much for your dedication and efforts in making the BWaves the best team in the county.

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 be based on age (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.

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.

SCHEDULE

This year our team will begin weekday practices on Tuesday May 31st and continue through July 30th. 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 Thursday, June 16th.

See chart below for approximate practice times.

May 31 – June 15	June 12 – July 27	
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, up to two specialized clinics will be held each week on Tuesday and Thursday evenings, starting at 7:45 pm. Details, focus, and times of each clinic will be announced as they are scheduled – with at least three days’ notice.
13 & Overs: 8:30 – 9:15 pm	8 & Unders: 9:30 – 10:30 am	

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

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.



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.

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.



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 Lauren 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 or refusing to allow a swimmer to pass
- Foul language
- Unsportsmanlike, threatening, unwelcome, or otherwise inappropriate behavior

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



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 to swim 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 Red Division, which includes the Ashland Stingrays and the Dominion Valley Sharks. Our Divisional Championship will be hosted by Dominion Valley.

The season schedule follows:

Date	Meet	Location
June 4	Time Trials	Home
June 11	Sudley Seahorses @ Bridlewaves	Home
June 18	Bridlewaves @ Kingsbrooke Sea Lions	Away
June 25	Ashland Stingrays @ Bridlewaves	Home
July 2	Stars and Stripes Invitational	Home
July 9	Bridlewaves @ Piedmont Tsunamis	Away
July 16	Braemar Blasters @ Bridlewaves	Home
July 23	Bridlewaves @ Westridge Waves	Away
July 30	Divisionals (w/Sudley) @ Piedmont	Away



SCHEDULE INFORMATION

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 4th and concluding on July 30th.

On July 2nd, we will host our fourth 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.

VIRTUAL MEETS AND OTHER VARIATIONS

Due to coordination with other teams and/or potential local health guidance/restrictions the schedule is subject to change. We will provide as much notice and information as possible to keep things running smoothly. Meet variations may include, but may not be limited to the following:

- **VIRTUAL MEETS:** A virtual meet will be run very similarly to Time Trials in the sense that we will be the only team on deck. After the events have been swum by our team and our opponent, the times will be compared through the magic of computers to determine a winner.
- **AGE GROUP MEETS:** An age-group meet will run like a normal meet but will be limited to members of specific age groups. Time will be combined after the completion of all age groups "sessions" to determine a winner.



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.

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

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)
- 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!**



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
BREASTROKE	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.

NOTE: If necessary, we may modify the clerk of course operations to minimize attendees on deck. We will communicate any changes as best as possible. Please be flexible

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.

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.

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 may 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.

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 by parent volunteers throughout the meet. All event results are computerized and retained for each swimmer all season.

MEET RESULTS

During the meet, there will be a designated area at the pool where even results are posted. At home meets, results will be posted at the entrance to the pool as they become available. At the conclusion of each event, the results are verified and finalized by our team of parent volunteers before they are entered into the computer.

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>. You can also track your swimmers' times using the OnDeck app for iOS or Android.



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 Ashland 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

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**). Most swim meet positions – such as timers, recorders, or runners – are learned in a few minutes, but others – namely Officials - require more training. 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 amongst 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 of the need to fill that position as soon as possible.

POSITIONS AND DESCRIPTIONS

Below is a brief description of each of the positions available at the meets.

CONCESSIONS (COMMITTEE)

Volunteering in concessions includes cooking, cleaning, serving, exchanging cash for goods and – everyone's favorite – the grill master. This is a committee position, meaning you'll be agreeing to help out at each home meet – not just one meet. This also will not show up in the volunteer signups each week so to get on board, you need to arrange it with the concessions committee.

PHOTOGRAPHY

With everyone volunteering, hustling, and bustling around the deck each week, who has time to take all the pictures we want to freeze those memories on film forever? (Plus mine always come out blurry.) That's where the Photography team comes in.

If you have one of those fancy cameras and/or a knack for capturing that perfect shot, consider signing up to take pictures during one (or more) of the shifts. Duties include taking the pictures and uploading them to the team's Shutterfly site so everyone can revel in your shutterbug skills. Please no watermarks or anything fancy – it's just for the team. If we use it anywhere else, you'll get credit. Thanks!



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. Alicia Shaughnessy will be heading up the Clerk of Course this year, but each week, you can sign up for a shift or two to help corral our swimmers and get them in the proper lanes.

TIMING TEAM

Swimming is measured in hundredths of seconds. Some would say milliseconds, but it's really centiseconds (though apparently that's not a widely-used term). Those times come from stopwatches and those stopwatches are operated by timers. We assign three timers to each lane (and mix teams to keep things honest and fair). Recorders write those times on the cards and send them on their way to becoming official results. Recorders must have neat handwriting so the scoring team can read them and there are no discrepancies. NOTE: You will get wet in these positions.

SCORING TEAM

The results, ah, yes, the results. 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. Runners collect the times from the recorders and deliver them to the clubhouse. Scorers verify that the times on the card make sense and are accurate. There are some math skills required here, but there are also cheat guides and calculators, so it's not too stressful. The computer rep enters the results into the system and prints out results as they are finalized.

AWARDS TEAM

Swimming is a sport fraught with ribbons. The awards team hands out ribbons to heat winners at the end of each race and helps sort out other achievement ribbons. This also includes labeling placement ribbons each meet as the results come in (usually starting in the second shift) and sorting them out for distributing later. Sometimes this position is in the air conditioning – just saying.

POOL AND GROUNDS CLEAN UP

It is not the Bridlewood HOA's job to clean up after us; it's ours! (They told us as much). During home meets, the grounds crew will monitor the trash cans and change bags as needed, make sure the bathroom stalls have toilet paper in them and the kids didn't leave the water running, and just generally make sure the area is safe and clear of debris.

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.



FRIDAY NIGHT SETUP CREW

One of the most coveted spots on the volunteer team is the Friday night setup crew. This position is open for home meets only and it comes with the perk of priority tent placement.

The pool undergoes a pretty significant transformation before we are ready to host a swim meet and this is the crew that make it happen. The Friday night crew congregates at the clubhouse around 7:45pm after the pep rally to help set up the pool deck before we all head home for the night. We pull ropes, move chairs and tables, set up clerk of course tents, and so much more. If you get on the list, you can also bring your tent with you and get a prime spot after set up is complete. (Others can set their tents up the night before as well, but they have to wait for the Friday Night Setup Crew before they are allowed on deck.)

VOLUNTEER COORDINATOR

The Volunteer Coordinator is the head herder of volunteers. Duties include: creating the signup list each week, harassing folks over email until they sign up, bringing a list of the volunteers to the meet – with name tags – and ensuring that all the positions are covered. Often this includes communication with the other team – to convey our needs at a home meet or understand their needs for an away meet.

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! This year's clinics will be conducted online on May 21st. You can find all the dates and specifics on the team website under team events and in the news section.

If you can't wait and want to get a head start on the training, check out the USA Swimming YouTube Playlist that details all the rules of each stroke and event.

<https://www.youtube.com/playlist?list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx>

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 30th at Patriot High School.

TROPHY PICK-UP

If you do miss the end of season party, please contact 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						
Brayden Chouinard	17.22	7/17/2021	8&U 25M	Madalyn Witt	17.87	7/16/2016
Paul Querijero	30.78	7/28/2018	9-10 50M	Maecy Wells	32.82	7/15/2017
Paul Querijero	28.94	7/27/2019	11-12 50M	Kaley Neal	30.20	7/28/2018
Joe Durocher	26.07	7/28/2018	13-14 50M	Jordan Durocher	28.95	6/30/2018
AJ Ross	24.12	7/29/2017	15-18 50M	Erin Quinn	26.58*	7/28/2018
* PWSL Record						
INDIVIDUAL MEDLEY						
Paul Querijero	1:23.15	7/28/2018	10&U 100M	Maecy Wells	1:22.02	7/29/2017
Spencer Rowe	1:11.93	6/16/2012	11-12 100M	Maecy Wells	1:15.78	7/13/2019
Spencer Rowe	1:03.13	6/14/2014	13-14 100M	Maecy Wells	1:08.40	7/31/2021
Spencer Rowe	58.52	7/29/2017	15-18 100M	Reni Moshos	1:05.27	7/30/2016
BACKSTROKE						
Jacob Thorpe	20.29	6/30/2018	8&U 25M	Madalyn Witt	20.71	7/2/2016
Jacob Thorpe	38.50	7/27/2019	9-10 50M	Madalyn Witt	38.13	7/14/2018
Christian Carroll	34.27	7/28/2018	11-12 50M	Madalyn Witt	34.28	7/13/2019
Spencer Rowe	29.00	7/26/2014	13-14 50M	Maecy Wells	31.26	7/31/2021
AJ Ross	27.50	8/29/2017	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	Ellie Wells	41.63	7/17/2021
Daniel Uribe	36.50	7/24/2021	11-12 50M	Daisy Orellano	39.22	7/27/2013
Spencer Rowe	31.34 *	7/26/2014	13-14 50M	Maecy Wells	37.50	7/10/2021
Spencer Rowe	28.97*	7/28/2018	15-18 50M	Georgia Johnson	33.21	7/27/2019
* PWSL Record						
BUTTERFLY						
Jacob Thorpe	18.95	7/28/2018	8&U 25M	Maecy Wells	19.28	7/25/2015
Paul Querijero	15.53	7/28/2018	9-10 25M	Haley Edenberg	16.39	7/27/2019
Paul Querijero	31.77	7/27/2019	11-12 50M	Haley Edenberg	31.75	7/31/2021
Joe Durocher	28.59	7/28/2018	13-14 50M	Maecy Wells	30.15	7/31/2021
AJ Ross	26.55	7/29/2017	15-18 50M	Erin Quinn	28.57	7/28/2018



BRIDLEWAVES RELAY RECORDS

BOYS						GIRLS					
FREESTYLE RELAYS											
Tyler Terhaar		Shane McGrath		8&U 100M		Julia Mayes		Elodie Brox			
Ethan McDonald		Jacob Thorpe				Makenzie Witt		Madalyn Witt			
		7/14/2018 1:16.71				1:17.59 7/2/2016					
Zack Reimbold		Landon Sheetz		9-10 100M		Hazel Klein		Carli Wells			
Michael Brox		Paul Querijero				Madalyn Witt		Makenzie Witt			
		6/23/2018 1:04.69				1:05.19 7/14/2018					
Daniel Wu		Alec Shaughnessy		11-12 100M		Madalyn Witt		Makenzie Witt			
Will Woolf		Christian Carroll				Ella Cypher		Maecy Wells			
		7/28/2018 57.96				57.40 7/27/2019					
John Verosko		Ryan Chmielenski		13-14 200M		Makenzie Witt		Madalyn Witt			
Blake Eyre		Joe Durocher				Peyton McDonald		Maecy Wells			
		6/23/2018 1:49.39				1:57.89 7/31/2021					
TJ Hall		Spencer Rowe		15-18 200M		Katie Tillotson		Kylie Stronko			
Jeffrey Pfannenstein		AJ Ross				Erin Quinn		Reni Moshos			
		7/18/2015 1:39.62				1:50.96 * 7/30/2016					
						* PWSL Record					
MEDLEY RELAYS											
MIXED											
Tyler Terhaar		Ellie Wells		MIXED 8&U 100M		Jacob Thorpe		Noel Rahmouni			
		7/28/2018				1:26.08					
BOYS						GIRLS					
Christian Carroll		Peter Gilbert		9-10 100M		Emerson Cantilena		Ellie Wells			
John Ross		Manny King				Olivia Conn		Abigail Edenberg			
		8/1/2015 1:15.56				1:14.71 7/31/2021					
Jacob Thorpe		Daniel Uribe		11-12 100M		Madalyn Witt		Maecy Wells			
Joel Ha		Grant Eyre				Cordelia Simms		Makenzie Witt			
		7/31/2021 1:05.26				1:05.38 6/29/2019					
Joe Durocher		Brandon Gardner		13-14 200M		Madalyn Witt		Makayla Sheetz			
Ryan Chmielenski		John Verosko				Maecy Wells		Makenzie Witt			
		7/28/2018 2:01.57				2:14.70 7/31/2021					
Jeffrey Pfannenstein		Spencer Rowe		15-18 200M		Sarah Yowell		Georgia Johnson			
TJ Hall		AJ Ross				Erin Quinn		Shay Walker			
		7/7/2015 1:49.19*				2:01.27* 7/27/2019					
* PWSL Record						* PWSL Record					



PWSL INDIVIDUAL RECORDS

PWSL INDIVIDUAL RECORDS						
BOYS			GIRLS			
FREESTYLE						
Ryan Maynard (DVS)	15.55	7/9/2016	8&U 25M	Lori Anne Madison (LR)	16.56	6/28/2014
Michael Mullen (BRB)	29.41	7/30/2016	9-10 50M	Jamie Cornwell (SUD)	31.65	8/1/2015
Matt Jensen (MMST)	27.44	7/27/2019	11-12 50M	Jamie Cornwell (SUD)	27.94	7/29/2017
Calum O'Shea (DVS)	25.16	6/19/2021	13-14 50M	Camille Spink (PST)	26.34	7/13/2019
Sam Pomajevich (SUD)	23.47	7/29/2017	15-18 50M	Camille Spink (PST)	25.67	6/26/2021
INDIVIDUAL MEDLEY						
Michael Mullen (BRB)	1:13.58	7/30/2016	10&U 100M	Lucy Daniel (KBSL)	1:18.72	7/28/2018
Jordan Evans (BRB)	1:07.06	7/28/2018	11-12 100M	Aris Runnels (WRWST)	1:09.83	7/30/2016
Andrew Bolz (RWB)	1:00.78	7/28/2018	13-14 100M	Camille Spink (PST)	1:04.37	7/27/2019
Sam Pomajevich (SUD)	57.46	7/22/2017	15-18 100M	Aris Runnels (RWB)	1:03.08	7/27/2019
BACKSTROKE						
Brandon Doyle (WST)	18.63	7/23/2005	8&U 25M	Lori Anne Madison (LR)	18.93	7/26/2014
Michael Mullen (BRB)	34.68	7/16/2016	9-10 50M	Lucy Daniel (KBSL)	36.14	6/16/2018
Jackson Tishler (BHST)	31.12	7/27/2019	11-12 50M	Alyssa Sagle (PST)	31.82	6/26/2021
Landon Gentry (BRB)	28.27	7/28/2018	13-14 50M	Camille Spink (PST)	29.84	6/15/2019
William Cumberland (BRB)	26.26	7/29/2017	15-18 50M	Aris Runnels (RWB)	27.95	7/31/2021
BREASTSTROKE						
Louis Wojciechowski (SUD)	21.75	7/13/2002	8&U 25M	Lori Anne Madison (LR)	20.81	7/26/2014
Jordan Evans (BRB)	37.72	6/25/2016	9-10 50M	Lori Anne Madison (LR)	40.75	7/30/2016
Jordan Evans (BRB)	33.19	7/28/2018	11-12 50M	Emma Hannam (PST)	36.22	7/8/2017
Jordan Evans (BRB)	31.15	7/27/2019	13-14 50M	Abigail Daniel (KBSL)	34.41	7/28/2018
Spencer Rowe (BRDL)	28.97	7/28/2018	15-18 50M	Mary Claire Tansill (BRB)	32.81	7/30/2016
BUTTERFLY						
Ryan Maynard (DVS)	16.74	7/9/2016	8&U 25M	Lori Anne Madison (LR)	17.44	7/19/2014
Michael Mullen (BRB)	15.05	7/30/2016	9-10 25M	Aris Runnels (WRWST)	15.01	7/19/2014
John Wojciechowski (SUD)	30.40	7/31/2004	11-12 50M	Camille Spink (PST)	30.55	7/15/2017
Sam Pomajevich (SUD)	26.90	7/27/2013	13-14 50M	Aris Runnels (RWB)	28.62	7/28/2018
Landon Gentry	24.69	7/31/2021	15-18 50M	Aris Sunnels (RWB)	27.75	7/31.2021



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	7/30/2016	1:11.25		1:18.87	7/21/2007	VICTORY LAKES
J. Evans	M. Santee		9-10 100M	M. Wong		A. Daniel
A. Martins	M. Mullen			K. Benton		A. Kotter
BRAEMAR	7/30/2016	1:00.59		1:02.14	7/26/2014	KINGSBROOKE
J. Poleto	T. Drescher		11-12 100M	D. Palenscar		S. Chierico
R. Barshow	M. Pianoto			M. Pennefather		J. Cornwell
PIEDMONT	7/30/2016	53.47		56.33	7/1/2017	SUDLEY
N. Chierico	N. Luevano		13-14 200M	S. Craft		S. Chierico
L. Craft	A. Grocholski			D. Palenscar		J. Cornwell
SUDLEY	7/31/2021	1:46.12		1:55.59	7/28/2018	SUDLEY
M. VanDeusen	M. Jiang		15-18 200M	K. Tillotson		K. Stronko
B. Stankovich	L. Gentry			E. Quinn		R. Moshos
ASHLAND	7/31/2021	1:35.84		1:50.96	7/30/2016	BRIDLEWOOD
MEDLEY RELAYS						
MIXED						
J. Cornwall	H. Craft		MIXED 8&U 100M	N. Klipp		M. Pennefather
SUDLEY				1:21.43	7/27/2013	
BOYS				GIRLS		
M. Santee	J. Evans		9-10 100M	K. Benton		A. Daniel
M. Mullen	A. Martins			M. Wong		A. Kotter
BRAEMAR	7/30/2016	1:06.52		1:11.93	7/26/2014	KINGSBROOKE
T. Drescher	M. Pianoto		11-12 100M	K. Benton		A. Daniel
J. Poleto	R. Barshow			M. Wong		E. Flynn
PIEDMONT	7/30/2016	1:00.31		1:03.37	7/30/2016	KINGSBROOKE
L. Sowers	J. Evans		13-14 200M	D. Palenscar		S. Craft
L. Grant	A. Martins			L. Garvey		J. Cornwell
BRAEMAR	7/13/2019	1:56.38		2:08.62	7/28/2018	SUDLEY
M. Jiang	B. Stankovich		15-18 200M	S. Yowell		G. Johnson
L. Gentry	M. VanDeusen			E. Quinn		S. Walker
ASHLAND	7/31/2021	1:45.65		2:01.27	7/30/2016	BRIDLEWOOD



STARS AND STRIPES INVITATIONAL (MEET RECORDS)

BOYS				GIRLS	
FREESTYLE					
Jacob Hochard (KBSL)	18.39	2019	8&U 25M	Kenzie Alex (DVS)	18.14 2021
Lionel Martinez (WDST)	34.70	2019	9-10 50M	Lucy Lu (DVS)	34.66 2019
Ian Millsaps (WDST)	29.22	2021	11-12 50M	Lexi Sawwa (DVS)	30.64 2018
Will Ossenfort (BRDL)	27.35	2017	13-14 50M	Savannah Nash (DVS)	28.25 2015
AJ Ross (BRDL)	24.59	2017	15-18 50M	Lexi Sawwa (DVS)	28.28 2021
BACKSTROKE					
Mateus Nunes Fuller (WDST)	21.16	2019	8&U 25M	Ariana Aldeguar (WDST)	19.14 2018
Ryan Maynard (DVS)	36.83	2018	9-10 50M	Madalyn Witt (BRDL)	37.90 2018
Elliot Ha (BRB)	32.65	2021	11-12 50M	Madalyn Witt (BRDL)	33.14 2019
Joe Durocher (BRDL)	30.15	2018	13-14 50M	Jordan Durocher (BRDL)	31.07 2018
Daniel Wong (VOSD)	28.27	2018	15-18 50M	Catherine Purnell (BLST)	30.75 2018
				Abby Daniel	
BREASTSTROKE					
Ryan Maynard (DVS)	23.58	2016	8&U 25M	Ellie Wells (BRDL)	22.69 2019
Jacob Cho (DVS)	42.26	2019	9-10 50M	Ellie Wells (BRDL)	42.21 2021
Daniel Uribe (BRDL)	36.77	2021	11-12 50M	Abigail Daniel (KBSL)	37.76 2016
Brandon Gardner (BRDL)	34.27	2019	13-14 50M	Ashlyn Solenberger (WDST)	38.35 2018
Spencer Rowe (BRDL)	30.82	2015	15-18 50M	Georgia Johnson (BRDL)	33.71 2019
BUTTERFLY					
Ryan Maynard (DVS)	19.15	2015	8&U 25M	Lucy Daniel (KBSL)	19.02 2016
Paul Querijero (BRDL)	15.68	2018	9-10 25M	Olivia Ahearn (DVS)	15.81 2018
Paul Querijero (BRDL)	32.45	2019	11-12 50M	Melinda Wong (KBSL)	33.31 2016
Calum O'Shea (DVS)	28.70	2021	13-14 50M	Maecy Wells (BRDL)	30.66 2021
Joshua Hochard (KBSL)	26.53	2021	15-18 50M	Sienna Golembiewski (BRB)	29.21 2021
MEDLEY RELAYS					
KINGSBROOKE	1:28.84	2019	8&U 100M	BRIDLEWOOD	1:31.75 2017
DOMINION VALLEY	1:14.00	2018	9-10 100M	BRIDLEWOOD	1:15.51 2018
DOMINION VALLEY	1:03.56	2019	11-12 100M	KINGSBROOKE	1:04.62 2016
BRIDLEWOOD	2:05.46	2021	13-14 200M	BRIDLEWOOD	2:14.81 2016
BRIDLEWOOD	1:53.58	2015	15-18 200M	BRIDLEWOOD	2:03.21 2019
FREESTYLE RELAYS (CRESCENDO)					
BRIDLEWOOD	1:55.13	2018	18&U 200M	DOMINION VALLEY	2:00.58 2018



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 2022

The divisions and teams making up the PWSL for the 2019 season are:

BLUE DIVISION

Sudley Seahorses
Piedmont Tsunamis
Bridlewood Bridlewaves

RED DIVISION

Ashland Stingrays
Dominion Valley Sharks
Braemar Blasters

WHITE DIVISION

Wellington Dolphins
Ridgewood Barracudas
Kingsbrooke Sea Lions

YELLOW DIVISION

Victory Lakes Piranhas
Westridge Waves
Dale City Frogs

GREEN DIVISION

Brookside Hurricanes
Lake Ridge Lancers
Meadowbrook Makos

BLACK DIVISION

VA Oaks Sea Devils
Montclair Seahawks
Southbridge Fighting Seals

ORANGE DIVISION

Veterans Park Marlins
Stonewall Park Explosion
Old Bridge Breakers

PURPLE DIVISION

Ben Lomond Flying Ducks
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

