

# Stoneleigh STARS Swim Team



**Parents Handbook**

## **WELCOME TO THE STONELEIGH STARS!**

We're glad to see those of you who swam with us last season and we're thrilled to welcome new STARS and their parents.

The philosophy of the Stoneleigh Stars swim team is having fun is the most important thing we can do. Personal development is what is most important and for a swimmer that means improving your stroke and times. We believe that by establishing a healthy environment that encourages the kids to do their best, recognizes their contributions and achievements, and is fun for the entire family; we will have met our goals. With that in mind, our goals this year are simple:

To become the best swimmers that we can be!

To demonstrate good sportsmanship and Team Spirit!

To have a FUN summer!

We're all looking forward to a great season. Go STARS!

### **Stoneleigh Golf Club Pool**

The Stoneleigh Golf Club owns the facility that we use. Although each member of the swim team pays a fee to belong to the team, the club funds a portion of the cost of the team's operating expenses. To be a member of the swim team, the family must own a membership to the club.

### **Old Dominion Swim League**

The ODSL swim league consists of 26 area swim teams within Loudoun County. Predominantly they are neighborhood teams with HOA run pools. Others are Parks and Rec pools run by the County. They range in size from 50 to 200 swimmers. Therefore, divisions are created to categorize the similar size teams for dual meet scheduling purposes. We are grouped within the smallest division for this season. Our dual meets will be within our division as well as a few outside our division based on geography.

The Old Dominion Swim League was formed in 2004 as a developmentally competitive swim league. The objectives of the League are to develop a love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship among the children and all adults participating in this program. View the league website at [www.swimodsl.com](http://www.swimodsl.com)

ODSL Rules and Regulations are posted on their website as well as much other valuable information. We encourage you to familiarize yourselves with the league rules and meet procedures.

## Team Reps

Team Representatives are required for each league team within ODSL. Team reps are volunteer parents. The team reps responsibility is to attend monthly league meetings, follow through on the participation, and report/respond as a single Stoneleigh voice. The current team rep is Holly Loving.

## Dual Meets

Our schedule of meets are against the current 5 other teams within our division plus 2 others similarly sized yet in another division. There are 5 divisions within ODSL, yet there will be 4 separate Divisional End of Season Meets (due to pool facility accommodations).

Our dual meets are scheduled on Saturday mornings (8am meet start time) and Wednesday evenings (6pm meet start time) from mid-June thru July. Dual meets are scored meets. They consist of 64 events - 52 individual events and 12 relay events. The events for these scored meets are shown in the table below.

<b>Age Group</b>	<b>Free style</b>	<b>Back stroke</b>	<b>Breast stroke</b>	<b>Butter fly</b>	<b>IM</b>	<b>Relay</b>
6&U Boys	25M	25M				
6&U Girls	25M	25M				
7-8 Boys	25M	25M	25M	25M		100M Free
7-8 Girls	25M	25M	25M	25M		100M Free
9-10 Boys	50M	50M	50M	25M	100M	100M Medley
9-10 Girls	50M	50M	50M	25M	100M	100M Medley
11-12 Boys	50M	50M	50M	50M	100M	100M Medley
11-12 Girls	50M	50M	50M	50M	100M	100M Medley
13-14 Boys	50M	50M	50M	50M	100M	200M Medley

Age Group	Free style	Back stroke	Breast stroke	Butter fly	IM	Relay
13-14 Girls	50M	50M	50M	50M	100M	200M Medley
15-18 Boys	50M	50M	50M	50M	100M	200M Medley
15-18 Girls	50M	50M	50M	50M	100M	200M Medley
Mixed Age* Boys						200M Free
Mixed Age* Girls						200M Free

\*Mixed Age relays consists of four (4) swimmers with one swimmer from each of the following age groups: 10&U, 11-12, 13-14, 15-18, swimming 50 meters each.

### Who Swims

Swimmer's age group is determined by the age of the swimmer on June 15 of the current year.

Swimmer may enter up to 3 individual events: freestyle, backstroke, breaststroke, butterfly, IM. Additionally, each swimmer may enter one age group relay event and the mixed age free relay.

Swimmers may compete in their own age group, up to one higher age group for individual events, up to two higher age groups for age group relays, and any higher age group for the mixed age relay.

Swim-ups are permitted but only when there are no other eligible swimmers for that particular event.

In the interest of completing the meets in a timely fashion, all teams shall adhere to the following limitations on the number of heats and swimmers per team:

Freestyle: Unlimited per team per age group and gender

Backstroke: Unlimited per team per age group and gender

Breaststroke: 5 heats/15 swimmers per team per age group and gender

Butterfly: 5 heats/15 swimmers per team per age group and gender

IM: 3 heats/9 swimmers per team per age group and gender

Relays: 1 heat with a maximum of 3 relays per team per age group and gender

Swimmers are selected for events by coaches choice with swimmer's preference noted.

## **End of Season Meets**

The league will hold two types of End of Season (EOS) Meets to be known as Divisionals and All-Stars.

Divisionals consist of several league teams (5-6 teams) competing at one location.

All-Stars is a time qualifying meet.

Swimmers may only compete in the EOS Meets if the swimmer has swum in at least two league-sanctioned meets during the current season. A swimmer without an official league time (NT) in an event cannot swim in that event in an EOS Meet. A swimmer may only swim in one (1) EOS Meet, either the Divisional Meet or the All-Star Meet, but not both.

If a swimmer has one (1) All Star qualifying time, the swimmer may choose to go to the All Star Meet in the qualified event OR go to the Divisional Meet in any other event except the All Star qualified event.

If a swimmer has two (2) All Star Meet qualifying time, the swimmer shall swim in the All Star Meet.

EOS meets are for individual events only. No relays. No swim-ups permitted in EOS meets. EOS Meets are seeded slowest to fastest.

## **Volunteers**

Please remember that we are a volunteer driven operation and need everyone to volunteer and contribute to make a fun, positive experience for our children. Our swim program can't run without parental help. It takes many adults to administer meets. We need new volunteers! It takes over 40 parents to time, officiate and score a typical swim meet (in addition to set-up and tear down). some of the many positions that we need to fill to administer meets are:

Clerk of Course  
Referee  
Starter/Announcer  
Stroke & Turn Judges  
Table Workers  
Timers  
Runners  
Marshals (rounders)

Volunteering is necessary nearly every meet. Sign ups will be done online thru our website this year. We need the help of every family in order to have a successful swim season.

## **Communication**

The Stars swim program cannot be run successfully without effective communication among all the participants. In an attempt to implement effective communications, we ask that everyone follow established methods already in place.

A folder has been assigned per family for the distribution of any written communication and ribbons. The folders will be at the pool daily and set out near the office during practice times.

Email addresses should be established for all families for our web communications.

Attendance for meets will be tracked via the website. Please make certain you open your emails sent from the Coaches and Team Rep.

Our website is [www.stoneleighstars.com](http://www.stoneleighstars.com)

## **Safety**

Safety is of paramount importance. Observe all pool safety rules at both our pool and every other pool we visit.

## **Meet and Practice Attendance**

Our summer swim season is under eight weeks from the first practice through Divisionals. Swimmers who qualify for All-Stars practice for an additional week. Attendance by every swimmer at every possible practice is essential for stroke development. We realize that there are numerous end of school year activities, spring sports and scouting still ongoing, as well as summer camps, but it is important that you attend every possible practice session.

Meet line ups are done with swim software. Team rosters and line-ups are exchanged via the coaches by Thursday prior to a Saturday meet, and Monday prior to a Wednesday meet. Therefore communication via the provided team website is critical for this process.

If you have a question or concern about something that occurs at practice, either bring it to the attention of the team rep or discuss it with the coach after practice.

## **Expectations**

Although swimming is considered an individual sport, our summer league is structured with an emphasis on the team. Any team is only as good as the people on it. In keeping with our philosophy we expect the following from swimmers:

A swimmer must be able to swim the length of the pool to join the team. We'll help your swimmer become a better swimmer, but it is important that all swimmers be able to swim.

Each swimmer should be on time to practices and meets and come prepared to swim and have fun.

Inform us when you will not be at a meet.

Pay attention to the coaches. Everyone will learn more from the coaches when swimmers pay attention. Disruptions aren't fair to the other swimmers.

Do your best. Doing your best is a lot more important than being the best.

## **Swimmer Apparel**

Swimmers should wear a swimsuit that will be comfortable for racing. The Stars have a team suit. It is not required, but available for purchase through the directed website.

Suggested equipment are goggles and fins for each swimmer. A latex team cap will be given to each swimmer. Other swim aids that may be used during practice as directed by the coaches are kickboards and pull buoys (the team has a limited supply of these at the pool for practice use.)

## **Ribbons**

Ribbons are awarded for 1st - 6th place finishes in all meets. As a team, we have also decided to award for being a participant/competitor as well as a heat winner. Ribbons will be distributed via the family folder system on the practice following the meet.