

Marine Hills Swim & Tennis Club
Aqua Log 2017
Celebrating Over 50 Years of Excellence



Table of Contents

2017 Marine Hills Coaching Staff	3
REGISTRATION	5
TEAM APPAREL	5
PARENT INVOLVEMENT	5
TEAM SUITS AND CAPS	5
SPEEDY SIXERS.....	6
PRACTICE TIMES.....	6
PRACTICE ETIQUETTE.....	7
GREATER SEATTLE SUMMER SWIM LEAGUE	8
2017 Swim Meet Schedule	9
QUALIFYING TIMES	10
DIRECTIONS TO POOLS IN SOUTHERN DIVISION	11
TEAM CAPTAIN RESPONSIBILITIES	14
TEAM COMPETITIVE PHILOSOPHY.....	14
RULES OF CONDUCT.....	15
SEATTLE SUMMER SWIM LEAGUE	16
NEW SWIM TEAM MEMBER FAQS.....	17
GLOSSARY.....	22

2017 Marine Hills Coaching Staff

Head Coach – Adam Hendren

My competitive swimming and coaching careers both began with summer league swim team - I have always enjoyed the water and sunshine, the racing and cheering, all in the great company of neighborhood friends and family. What started as a simple race across the neighborhood pool one summer evening in the mid 90's soon turned into a lifelong passion for fast swimming.

After eight years of competitive swimming, I started teaching swim lessons in 2004 at the Lakewood YMCA. That job eventually led me to start a summer league swim team in the summer of 2007 at Tacoma Country and Golf Club. I had so much fun coaching while I was on summer breaks from college that in 2012, I started coaching swim team all year long with KING Aquatic Club. I coached beginner swimmers and I assisted with advanced swimmers for several years, which led to me being given the opportunity of leading KING's Mount Rainier training site in the fall of 2014. I also started coaching at Marine Hills that summer! Three years later, and that's still where I am today.

This is my third year as a Marine Hills coach, and I absolutely love the respectful, family environment that we have here. I am proud to serve this team and I look forward to continuing our wonderful fish and tree traditions.

Assistant Coach – Piper Hutchinson

Assistant Coach – Josh MacLurg

Assistant Coach – Thomas Anderson

I began swimming at the age of nine for Marine Hills which nurtured into a love for sport. This drove me to further my progression by joining King Aquatic Club at age 11. I am a former national age group record holder in the 100-yard backstroke for the 13-14 age group. Last summer I qualified for the 2016 US Olympic Trials. Upon graduating high school, I am attending the University of Arizona under a swimming scholarship, earning an honorable mention All-American status in my freshman year.

I am beyond thrilled to be able to come back and coach for the summer swim team that fostered and grew my love for the sport of swimming and the joy of racing.

Leadership & Vision - Doug Djang

Doug has lived in Seattle for the past 7 years and swam for KING Aquatics and Seattle University. He was a 6x All-American and a World Championship Trials competitor. As an age-group swimmer Doug was ranked as high as 2nd in the U.S. He attributes a large amount of his success to the attention to detail that was given to his strokes (all 4 of them) as they are what truly set the basis for which without his success would not have occurred.

As a coach, Doug wants to provide an atmosphere and opportunity to young kids and athletes that supplies structure, fosters growth and maturity, enables success, and ensures everyone has fun. He believes that the club's combination of coaches, experience, and objectives will ensure that this summer is a fun, captivating, and amazing experience for all involved!

Welcome to our 53rd season. We are excited and welcome all of our new and returning families for another great summer. “Unite, Grow, Play! Where you belong” is the new tagline for Marine Hills. Your board of director has spent the winter working on growth and development of our organization. We are very excited to start this year’s swim season.

Nestled in the Marine Hills neighborhood of Federal Way, Marine Hills Swim and Tennis Club provides an opportunity to belong to a seasonal, outdoor recreation association with a small-community feel that promotes personal development through social and athletic activities for all ages, from young to old.

At Marine Hills we value family, friendships, community, sportsmanship, team spirit, and celebrating the accomplishments of everyone, at every level.

Thank you for being a part of our “Marine Hills Magic!”

Swim Team Coordinator
Madison Peterson
253-347-7868
Email: swimteam@marinehillspool.org



REGISTRATION

The cost of swim team is \$162.00 plus tax for the first child, \$151 plus tax for the second child, \$74 plus tax for the 3rd child and each additional child registered from the same family. Fees for the swim team will go towards covering the cost of the program. This includes the coaching staff, trophies/ribbons, social events and swim incentives. Swim team registration can be done in person at Marine Hills Swim & Tennis Club or by mail to the club attention Marin Hills Swim Team. Payment will be due upon registration.

It is a Seattle Summer Swim League and Marine Hills Swim and Tennis Club rule that your child must be a member of the club in order to be on the team. We also require that a participation form and CDC concussion information form be completed for each swimmer so proper action can be taken if an emergency should occur.

TEAM APPAREL

We have worked with our suppliers to offer some fun and affordable team apparel so that our families can show their team pride. This year's apparel items will include hoodies, sweatpants and t-shirts. Samples will be available on Opening Day and orders will be taken for purchases. After Opening Day you can check out samples and place orders online or in the office.

PARENT INVOLVEMENT

For a successful swim season, parent volunteering is essential. Heading up our volunteer program is Madison Peterson our Swim Team Coordinator. Parent participation in running home swim meets is a mandatory requirement because our swim meets are run entirely by parent volunteers. A minimum of 80 people are required to run each of our home meets. Therefore, each family is required to provide a volunteer for each of our 3 home meets this season. Through volunteering, you demonstrate to your swimmer that you value their participation on the swim team. For those with young children, we have plenty of jobs where you can contribute and still be available for your children during the meets (ie, baking potatoes or cutting veggies for concessions). Please discuss any volunteer parameters you may have with Madison. Please use the volunteer sign up form on the event page of the member website or contact your coordinators to sign up.

TEAM SUITS AND CAPS

We will be using NW Swim Shop this season for our Team Suits.

SPEEDY SIXERS

The #1 goal of the summer swim team is to have fun and we don't want anyone to be left out. Therefore, we have created a developmental program for swimmers who are not quite ready for the competitive team. We want them to have a very positive and encouraging first experience. They will be part of the overall team and recognized under the following conditions:

- The Speedy Sixers are swimmers 6 and under who are not yet ready for a full summer of competitive swimming. The child needs to be able to swim a minimum of 25 yards (length of pool) freestyle without stopping or touching the bottom/sides.
- Speedy Sixers will be scheduled to participate in most practices.
- Speedy Sixers will swim in one or two events at meets, the exact number to be determined by the swim coaches.
- Speedy Sixers will have all the other benefits and rights of a swim team member (i.e. team socials, team photo, and end-of-season party). This program is designed to reduce the stress on these eager swimmers while giving them the real team competitive experience.

PRACTICE TIMES

Pre-Season Practice Times:

Monday through Thursday beginning Monday, May 16th

Ages	Practice Time
15 & Over	3:30PM – 4:30PM
7-14	4:30PM – 5:30PM
Speedy Sixers	5:00PM – 5:30PM

* Speedy Sixers practice will begin on **Tuesday, May 31, from 5:00pm**. Children six and under need to demonstrate that they can swim one length of the pool to be eligible to participate in team events.

Although the preseason swim times are short, Coach Adam suggests that this is key conditioning time, before we get into our competitive season. All swimmers are encouraged to start right from the first practice!

Summer Season Practice Times:

Monday through Friday beginning Friday, June 23rd

15 and Over	7:00 - 8:15 am
11-14	8:15 - 9:15 AM
10 & under	9:15 - 10:00 AM
Speedy Sixers	9:30 - 10:00 AM

Some changes in these times may be necessary depending on the number of swimmers in each age

group. It is our goal that swimmers practice with their age group to build relay experience and camaraderie. Additional stroke development can be obtained by scheduling group, semi-private or private lessons with the coaching staff. Sign up for these lessons in the pool office. Marine Hill's coaches encourage consistent practice attendance, positive attitudes and good work ethic.

For additional help with strokes we encourage you to enroll your child in Swim Team Prep Lessons held concurrently with other swim lessons following practices. These prep classes are taught by the coaching staff. Please see the office for availability, times, and enrollment dates. We typically have 4-5 sessions throughout the summer that run Monday through Friday.

PRACTICE ETIQUETTE

Being part of a team includes the benefits and disciplines of training. Attendance at practice is very important. Practice is the time for swimmers to work on their strokes and improve their times. Please be sure the swimmers are ready to go into the water on time with suits on, and goggles and cap for each practice. Each group only has the pool for a short time each day, so it is very important to be ready to go. It is the responsibility of swimmers to know their workout times and to be at the pool ready for practice during these times. Arriving late or dawdling at the poolside can be disruptive to the coach as well as fellow swimmers.

PLEASE BE ON TIME! Each swimmer should know and do the following in reasonably good form, with speed and efficiency; racing start (dive), four major strokes: crawl (freestyle), back, breast, and butterfly, turn (open, tumble, spin, flip) and finish. Swimmers are encouraged to enroll in a Swim Team Prep class to improve those techniques. If there are conflicts with other activities, consult the coaching staff to determine the impact these conflicts will have on your children's participation. Each swimmer should decide at the beginning of the season whether he/she is committed to the entire championship season (through All City) and make travel plans accordingly. This is especially important for members of relay teams. If you choose to watch your swimmer during practices, please stay back from the poolside so that coaches can work with all the swimmers. Practices are not the time to talk with the coaches. They need to focus on all of the swimmers. If you need to speak with the coach, please leave a note in the pool office for the coach to call/talk to you at his/her convenience. You may relay short messages to the coach between practices or lessons.

GREATER SEATTLE SUMMER SWIM LEAGUE

The Seattle Summer Swim League was established in the mid-1960's and has grown to 16 clubs in the greater Seattle area. The league is divided into two divisions based on location (Southern and Northern divisions). Marine Hills Swim Team is part of the Southern Division, which is made up of these clubs: Arbor Heights, Gregory Seahurst, Kent, Lakeridge, Normandy Park, Olympic View and Twin Lakes.

The season consists of:

- Time Trials/Intra-squad Meet
- Bi-weekly Dual Meets (Tuesdays and Thursdays/ 7 total)
- Non-qualifiers' B-Champs
- Qualifiers' Prelims (Girls and Boys are separate)
- Southern Division Finals
- All-City Championships

All dates will be posted on the Swim Team bulletin board in the pool office. If your child has a time faster than the qualifying times posted on the team bulletin board, your child will swim in the Qualifier's meets (prelims, and perhaps Southern Division and All-City). It is essential to consult with the coaches before you plan a family vacation the last week of July or first week of August.

<https://www.teamunify.com/Home.jsp? tabid =0&team=reclssslwa>

2017 Swim Meet Schedule

Saturday, June 3	Time Trials	8 a.m.
Thursday, June 22	Arbor Heights @ Marine Hills	6 p.m.
Tuesday, June 27	Marine Hills @ Kent	6 p.m.
Thursday, June 29	Marine Hills @ Olympic View	6 p.m.
Thursday, July 6	Marine Hills @ Gregory Seahurst	6 p.m.
Tuesday, July 11	Lakeridge @ Marine Hills	6 p.m.
Thursday, July 13	Marine Hills @ Normandy Park	6 p.m.
Tuesday, July 18	Twin Lakes @ Marine Hills	6 p.m.

POST SEASON

Thursday, July 20	B-Champs (South) @ Marine Hills	4 p.m.
Monday, July 24	Girls Prelims @ Lakeridge	4 p.m.
Tuesday, July 25	Boys Prelims @ Gregory Seahurst	4 p.m.
Thursday, July 27	Sothern's @ Kent	4 p.m.
Tuesday, August 1	All City @ Innis Arden	4 p.m.
Thursday, August 3	Swim Team Awards Dinner	5 p.m.

QUALIFYING TIMES

8 & Under

		Girls	Boys
100 Yard	Medley Relay	1:46.00	1:46.00
100 Yard	Freestyle Relay	1:41.00	1:41.00
25 Yard	Freestyle	:21.00	:21.00
25 Yard	Backstroke	:27.00	:27.00
25 Yard	Breaststroke	:28.00	:28.00
25 Yard	Butterfly	:26.00	:26.00

10 & Under

		Girls	Boys
100 Yard	Medley Relay	1:26.00	1:26.00
100 Yard	Individual Medley	1:40.00	1:40.00
50 Yard	Freestyle	:39.00	:39.00
50 Yard	Backstroke	:48.00	:48.00
50 Yard	Breaststroke	:52.00	:52.00
25 Yard	Butterfly	:22.00	:22.00
200 Yard	Freestyle Relay	2:43.00	2:43.00

12 & Under

		Girls	Boys
200 Yard	Medley Relay	2:40.00	2:40.00
100 Yard	Individual Medley	1:28.00	1:28.00
50 Yard	Freestyle	:33.00	:33.00
50 Yard	Backstroke	:42.00	:42.00
50 Yard	Breaststroke	:43.00	:43.00
50 Yard	Butterfly	:38.00	:38.00
200 Yard	Freestyle Relay	2:22.00	2:22.00

14 & Under

		Girls	Boys
50 Yard	Freestyle	:31.00	:29.00
200 Yard	Medley Relay	2:29.00	2:21.00
100 Yard	Individual Medley	1:20.00	1:18.00
100 Yard	Freestyle	1:12.00	1:05.00
50 Yard	Backstroke	:38.00	:36.00
50 Yard	Breaststroke	:41.00	:38.00
50 Yard	Butterfly	:36.00	:35.00
200 Yard	Freestyle Relay	2:13.00	2:03.00

Seniors

		Womens	Mens
50 Yard	Freestyle	:30.00	:27.00
200 Yard	Medley Relay	2:26.00	2:07.00
100 Yard	Individual Medley	1:18.00	1:09.00
100 Yard	Freestyle	1:09.00	1:00.00
50 Yard	Backstroke	:37.00	:33.00
50 Yard	Breaststroke	:40.00	:36.00
50 Yard	Butterfly	:33.00	:30.00
200 Yard	Freestyle Relay	2:09.00	1:51.00

DIRECTIONS TO POOLS IN SOUTHERN DIVISION

ARBOR HEIGHTS POOL, 11003 31st Avenue SW, Seattle, WA 98146

Phone: 206-244-6557

Website: www.ahstc.com

There are several suggested ways to get there.

- Go north on Pacific Highway South. Turn left (west) on 272nd Street. Turn right (north) on Marine View Drive, follow it through Des Moines (it turns west and then north, becoming 1st Ave So). Stay on 1st Ave So. Turn left (west) on SW 152nd Street. Turn right (north) on Ambaum Blvd SW. Turn left (west) at SW 107th Street (Yarrington Funeral Home is on the corner on the right). Turn left at SW 31st Avenue. Pool is on the right at the end of SW 31st Avenue.
- Go north on Pacific Highway So. Turn left (west) on 273rd Street. Turn right (north) on Marine View Drive. Turn right (north) on Des Moines Memorial Drive (by the big flagpole). Left on 12th Place So, and move into right lane. Take the ramp on to Highway 409, going north. Exit at SW 128th Street; turn left (west) on SW 128th. Turn right (north) on Ambaum Blvd. SW. Turn left (west) at SW 107th Street (Yarrington Funeral Home is on the corner on the right). Turn left at SW 31st Avenue. Pool is on the right at the end of SW 31st Avenue.
- Go north on I-5. Exit at Highway 518 toward Burien. Exit at Highway 509 going north. Exit at SW 128th Street; turn left (west) on SW 128th. Turn right (north) on Ambaum Blvd SW. Turn left (west) at SW 107th street (Yarrington Funeral Home is on the corner on the right). Turn left at SW 31st Avenue. Pool is on the right at the end of SW 31st Avenue.

GREGORY SEAHURST POOL, 16644 19TH Avenue SW, Burien, WA Phone:

206-244-3640

Website: www.gregoryseahurst.com

There are two suggested ways to get there.

- Go north on Pacific Highway So. Turn left (west) on So 188th Street, which becomes 12th Pl So and Hwy 509. Turn right (north) on 1st Ave So. Turn left (west) on So 160th Street. Turn left (south) on 19th Ave SW. Pool is about 5 blocks on the left.
- Go north on Pacific Highway So., Turn left (west) on 272nd Street. Turn right (north) on Marine View Drive, follow it through Des Moines (it turns west and then north, becoming 1st Ave So.). Stay on 1st Ave So. Turn left (west) on So 160th Street. Turn left (south) on 19th Ave SW. Pool is about 5 blocks on the left.

KENT POOL, 25821 Woodland Way, Kent, WA 98031

Phone: 253-852-7620

Website: www.kentswimandtennisclub.org

There are two suggested ways to get there.

- Go north on I-5. Exit at Kent-Des Moines Road. Turn right (east). Kent-Des Moines Road becomes Willis Street. Turn left (north) on So Central Avenue where Willis Street ends. Turn right (east) on Smith Street. Just past Kent Meridian High School, turn right (south) on 104th Ave SE. Turn right (west) on SE 267th Street, which winds through the neighborhood and becomes 98th Pl. So. before it turns into Woodland Way. Pool is on the left just past tennis court. Extra parking is usually available at the school just before you reach the pool.
- Go north on I-5. Exit at Kent-Des Moines Road. Turn right (east). Kent-Des Moines Road becomes Willis Street. Turn left (north) on So Central Avenue where Willis Street ends. Turn right (east) at the second street, E. Gowe Street. Turn right on Reiten Road (at the corner of the park, just before the light on Smith Street/Canyon Drive SE). Stay on that road as it meanders through the neighborhood. Turn left (east) on So 257th Street. Shortly it turns right and becomes Woodland Way. Pool is on the right.

LAKERIDGE POOL, 11433 76th Avenue So, Seattle, WA 98178

Phone: 206-772-1950

Website: <http://www.swimlsc.org/>

There are two suggested ways to get there.

- Go north on I-5. Take the 405 exit to Renton. Exit at Rainier Avenue, Renton. Go north on Rainier Avenue. Turn left on Renton Avenue (McDonald's on left corner). Turn right on 78th Ave So (Just past So 128th Street). Go down long hill and turn left (west) on So 115th Street. Pool is on the hill at the end of 115th.
- Go north on Pacific Highway So. Turn right on So. 272nd, continue downhill, street becomes 277th. Take Highway 167 (north) to Renton. Highway 167 becomes Rainier Avenue into Renton. Continue on Rainier Avenue through Renton. Turn left (west) on Renton Avenue (McDonald's on left corner). Turn right on 78th Avenue So (Just past So 128th Street). Go down long hill and turn left (west) on So 115th Street. Pool is on the hill at the end of 115th.

NORMANDY PARK POOL, 17655 12th Avenue SW, Normandy Park, WA 98166

Phone: 206-244-0700

Website: www.normandyparksharks.com

- Go north on Pacific Highway So. Turn left (west) on 240th Street. Turn right (north) on Marine View Drive, follow it through Des Moines (it turns west and then north, becoming 1st Avenue So). Stay on 1st Avenue So. Turn left (west) at light on SW Normandy Road (Manhattan Village and QFC on left). Follow Normandy Road down the hill, veering right at the "Y". Turn right on Marine View Drive, then left on SW Shorebrook Drive. Follow to pool, which will be, on the right.

OLYMPIC VIEW POOL, 19600 4th Avenue SW, Normandy Park, WA 98166

Phone: 206-824-6063

Website: www.olympicview.net

- Go north on Pacific Highway So. Turn left (west) on 272nd Street. Turn right (north) on Marine View Drive, follow it through Des Moines (it turns west and then north, becoming 1st Avenue So). Stay on 1st Avenue So. Turn left on SW 200th Street. Turn right on 4th Avenue SW. Pool will be on the right.

TWIN LAKES POOL, 3583 So 320th Street, Federal Way, WA 98023

Phone: 253-927-3520

Website: www.twinlakesgolf.net/countryclub

- Go west on Dash Point Road, which turns south and becomes 21st Avenue SW. Stay on 21st. Turn right (west) on So 320th Street at the light. Pool is at the Twin Lakes Golf & Country Club. The parking lot will be on the left, past SW 323rd Street.

TEAM CAPTAIN RESPONSIBILITIES

Responsibilities of Team Captains include the following:

- Participate with Coaches and Swim Team Coordinator in selection of team suits
- Participate in all team fundraisers
- Be available to work at the pool for B-Champs
- Be available to attend post season events such as Southern Division and All-City swim meets
- Be responsible for arranging post season swimmer parties, i.e. Southern Division swimmer party and All City team breakfast
- Be responsible for creating and posting signs for swim team social functions such as team breakfasts, pizza parties, District swimmer party and All city swimmer breakfast
- Be incredibly full of team spirit. In other words, create and lead cheers at the beginning of the meet. Be at the end of the pool leading cheers and encouraging swimmers. Buy or make favors to hand out to the team before meets. In the past these have been items such as candy, homemade bracelets, pins and goofy novelty items. Dress in costume to support the themes at home meets. Be an extrovert even if you are not one.
- Be available for the team. Everybody has commitments other than swim team. However, a Captain should make a real effort to make as many meets as possible. Consider whether you should be a Captain if you know you must miss more than two meets during the season.
- Help the coach facilitate the season opening meeting at the Seniors Practice. Facilitate brainstorming for themes at home meets. Encourage older swimmers to sign up to be buddies to younger swimmers.

TEAM COMPETITIVE PHILOSOPHY

Since it is common for some people to confuse recreation programs with competitive programs it is important that parents and swimmer alike understand the Marine Hills Swim Team Philosophy. With meaningful instruction, the Marine Hills Swim Team competitive swim program is designed to develop the competitive spirit in each swimmer under the leadership and direction of the head coach and associate head coach. Accomplishment and reward are the goals of the philosophy.

A competitive program is not a "play" program. The objectives of a competitive program are as follows:

- To learn the four competitive strokes (crawl, backstroke, breaststroke, butterfly), plus starts and turns.
- To set goals in common with other people and to try to accomplish those goals.
- To provide the opportunity to compete with others of the same age.

- To promote good sportsmanship.
- To provide the opportunity to be a part of a team but still be an individual.
- To promote winning as a part of life and to recognize losing as a part of life, also.
- To teach that success is directly related to work.
- To build physical fitness in each individual.
- To learn that individual sacrifice is necessary to reach common goals.
- To encourage friendliness toward team mates and toward opponents.
- To create enthusiasm for swimming.
- To discourage the use of alcohol, tobacco, and drugs.
- To have FUN!

RULES OF CONDUCT

It is the objective of the Marine Hills Swim Team to develop the full potential of each swimmer. In reaching that objective, the team strives to promote positive health and sportsmanship. As a condition for participation on the Marine Hills Swim Team, all team members (defined as "swimmers, their families, and/or their designated guardians"), agree to abide by the following RULES OF CONDUCT, which shall be applicable to all swimming competition, practice/training, and/or any scheduled team function:

1. Sportsmanship: No team member, team personnel, or competitor shall act in an unsportsmanlike manner. This includes any act the referee, coach, or designated person in charge, deems unsportsmanlike, including but not limited to, the following:
 - Physical abuse;
 - Emotional abuse, including but not limited to making insulting or derogatory remarks, gestures, or acts including taunting and ridicule;
 - Trying to influence or showing disgust with officials' decisions;
 - Interfering with meet officials or coaches in the performance of their duties.

Note: Marine Hills Swim Team disapproves of any form of taunting which is intended to embarrass, ridicule, or demean others under any circumstances, including, but not limited to, the basis of relative ability, race, religion, gender, or national origin. Team member(s), team personnel, competitor(s) shall be disqualified from further participation for unsportsmanlike conduct. For excessive unsportsmanlike conduct, team member(s), team personnel, and/or competitor(s) may be ejected from the competition area, practice/training area, or from the scheduled team function. When a spectator(s) become(s) unruly or interferes with the orderly progress of any meet, workout, or team function, the referee, coach, or designated person in charge, shall

suspend the meet, workout, or team function until management removes the individual from the premises. Continued or willful violation of the rules of conduct pertaining to sportsmanship may result in the team member being dropped from the team.

2. Use of Drugs, Alcohol, and/or Tobacco: No team member, team personnel, competitor, and/or official shall use any form of tobacco, alcohol, or non-prescribed drug(s) from the time they arrive at the site of competition, workout/training, or any other scheduled team function. Marine Hills Swim Team has ZERO TOLERANCE for alcohol/non-prescribed drug/tobacco usage. If it is determined that a swimmer or participant is using, or is under the influence of, one or more of the above substances, s/he will be dropped immediately from the Marine Hills Swim Team. Besides being unlawful for young people to use any of the above substances, it has been determined that the above substances:
 - Can be injurious to one's health;
 - Can be detrimental to one's performance;
 - Can affect one's mental attitude and self-discipline; and
 - Can pose the additional risk of injury to others.

SEATTLE SUMMER SWIM LEAGUE

CODE OF CONDUCT AND ELIGIBILITY

As a member of the Seattle Summer Swim League, we agree to:

- Participate with Coaches and Swim Team Coordinator in selection of team suits
- Abide by the SSSL Operating Plan
- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors
- Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors
- Refrain from inappropriate or unacceptable behavior such as:
 - The display or use of aggressive behavior or intentional contact
 - The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics
- Any activity which would detract from the positive image of the SSSL

All infractions that result in meet expulsion must be reported to the SSSL board within three (3) days.

Any infraction of this code may result in, but is not limited to, the following actions by the Seattle Summer Swim

League Board:

- Restriction from future competition for a designated period of time
- Placement on probation for a designated period of time
- Restriction from participation in championship competition

Eligibility

The Operating Rules of the Seattle Summer Swim League state: "Any swimmer is eligible to compete in SSSL competition whose family is a dues paying member meeting the normal financial responsibility of that swim club to include full use of the pool for the entire summer season for the entire family or is a child of the manager or head coach. For inclusion of any other employees' children the team must petition to the league. This is a one-time petition unless the employment situation changes.

Houseguests of club members who want to participate in SSSL competition must stay with the family for a minimum of six (6) weeks during the SSSL season. Houseguest must begin by June 15th and the coach must notify by writing to the SSSL President by this date. Any club in violation of eligibility rules will forfeit the meet in question. The board has the authority to request information from the club to determine proof of eligibility of the swimmer(s)."

(The only exception to this rule concerns swimmers who joined under the Small Team provisions adopted in 1994. Only one team has qualified for this exemption. Our family is covered under the Small Team Provision.)

NEW SWIM TEAM MEMBER FAQs

For the parents of first-year swimmers, swim meets can be a bit daunting. But take heart, even the most seasoned veterans were first-year parents at one time and look how relaxed they are. To help you obtain that same state of mental bliss, the following describes what you will encounter so that you can be prepared for the real thing when it happens.

One thing to remember is that everyone started out new to swim team - we all had to learn the ropes.....so ask questions....LOTS OF QUESTIONS! This page is dedicated to answering the most common questions about swim team. If you have a question that is not covered here, please send it to our Swim Team Coordinator at swimteam@marinehillspool.org.

Why Should My Children Be On Swim Team?

Swim team is a fun and competitive summer program in association with the Seattle Summer Swim League. Summer swim league is always a wonderful time for children to get outside and participate in a recreational sport, to learn and practice sportsmanship and to make new friends and spend time with old ones.

What time do meets start?

All dual meets start at 6:00 P.M. It is very important for new swimmers to allow plenty of time before

the meets. For home meets, swimmers need to arrive at 4:45 P.M. and will warm up from 5:00 P.M. to 5:30 P.M. For away meets, swimmers should arrive at 5:15 P.M. and will warm up from 5:30 P.M. until 6:00 P.M. Be sure to confirm warm-up times with the coaches.

Are meets cancelled for weather?

Meets are held rain or shine, so bring your umbrella, etc. Meet officials will postpone or cancel the meet in the event of thunder or lightning for safety reasons, but please do not make your own assumptions. When in doubt, show up at the meet!

Where can I find directions to the other SSSL pools?

Directions to all away meets are included in the Directions section of this manual (see page 12).

What Clothes and Other Stuff Should I Bring?

Swimmers should bring the following to meets:

- Teams swim suit, cap and goggles.
- A warm sweat suit or similar clothes to wear over your swim suit between events.
- A warm hat and sweater or jacket.
- A sleeping bag or blanket(s) to sit on and/or to keep warm between events.
- A tarp, sheet of plastic or thick blanket to put under sleeping bag (not a must).
- A few towels so that you can dry off after warm-ups and after each event.
- Some swimmers like to bring small tents on cold and rainy days. These swimmers must be extra alert in listening for their events.

What do I do when I get to the pool for a meet?

Upon arriving at the pool, each swimmer should double check the line-up sheets to confirm the events he/she will be swimming. It is helpful and customary to write the events and heats that your child will be swimming on their arm with a ballpoint pen or sharpie marker. About three to five events before your child's event, your child should check in with his/her coach and then proceed to the appropriate lane. In the case of relays, more time should be allowed to gather all four swimmers. For younger swimmers, certain parents will be assigned the task of gathering relay swimmers together or the Buddies and Captains will be present to assist new and younger swimmers.

Where should I put my stuff when I get to the meet?

For a home meet, Marine Hills swimmers should sit together on the pickle-ball court. For away meets, sit together with your team in the area designated by the host team.

What are buddies?

To ease parent/swimmer stress, each of our younger and new swimmers will be introduced to a buddy at time trials. The buddy will be an older, experienced swimmer. Their goal will be to help the new swimmer through the above process and along with the Captains to promote team spirit. If your swimmer is a returning swimmer but still in need of a buddy, please let the Swim Coordinator know and we will try to arrange it.

How do I know what my child is swimming in a meet?

Before each meet; the coaches will assign swimmers to events by gender and age group. These line up sheets will be taped up to a wall on the pump house shed by the pickle ball court at home meets and in a central location to the team at away meets. Prior to the meet, find the line up sheets and check the events in which your swimmer will be participating. They will be numbered one through 72. It is best to have a pen with you as you can write their event numbers on their hand (or yours) to help you remember.

How many events can a child swim in a meet?

In dual meets, swimmers are limited to a total of 4 events, including relays. An individual may swim a maximum of 3 individual events and 1 relay, or 2 individual events and 2 relays. The line-up of swimmers will be posted the day of the meets on the pump house shed by the pickle-ball court. When meets are at another club, the line-ups will be posted in a central location there, also. Team members sit together at the meets. At home meets, we congregate at the pickle-ball court.

How do relays work?

The most confusing event, especially for beginners, is the relays. Below is a description of each type of relay:

Medley Relay: 10 and Under

- Swim only 25 yards (one length) for each leg of race
- Order of strokes: Back, Breast, Butterfly, Free (Alphabetical Order)
- Backstroke and Butterfly will leave from the starting end of the pool
- Breaststroke and Freestyle will leave from the far end of the pool

Medley Relay: 11 and Over

- Swim 50 yards (2 lengths)
- Order of strokes: Back, Breast, Butterfly, Free (Alphabetical Order)
- All swimmers leave from the starting end of the pool
- Free Relay: 8 and Under
- Swim 25 yards (one length)
- 1st and 3rd swimmers leave from the starting end of the pool
- 2nd and 4th swimmers leave from the far end of the pool

Free Relay: 10 & Over

All swimmers swim 50 yards (2 lengths) and leave from starting end of the pool 100 yard relays for the younger swimmers can be particularly confusing. It is recommended that a couple of the parents get the relay team together prior to the event and determine who the coaches have assigned to swim which leg of the event. One of the parents should then take the first and third swimmers to the blocks while the other parent takes the second and fourth swimmers to the same lane at the opposite end of the pool. That's about it. If you are still confused, don't hesitate to ask one of the parents who look entirely too relaxed. That state was hard earned.

What is an individual medley?

An Individual Medley is a 100-yard race swum by a single swimmer that includes each of the four strokes: one length each of Butterfly, Back, Breast and Freestyle (in that order).

What is exhibition?

Usually, there is more than one heat per event. Exhibition or un-scored heats are run before the fastest, last heat. If your child is swimming in an exhibition heat, there will be an X or EX next to their name on the event lineup.

What and when are warm-ups?

Before each swim meet, there are warm ups to get swimmers loosened up and ready to race. For home meets, they typically start at 5:00 PM and are over at 5:30 PM. For away meets, they start at 5:30 PM and are over at 6:00 PM. Be sure to have your swimmer check warm-up time with their coach before each meet.

During meet warm-ups, no diving or backstroke starts are allowed from the blocks or edge of the pool unless specified by the official announcer. All swimmers must enter the pool feet first. Late in the warm-up the officials will designate a lane or two for "starts." This will be the only time racing starts will be permitted.

It is a good idea for swimmers to familiarize themselves with the location of following items during warmup (particularly at away meets):

- Backstroke flags
- Walls (for turns)
- Lane lines (separating one lane from another)
- Lane markers (on bottom of pool and at each wall)
- Starting blocks
- "Flip numbers" that indicate current event number

What should I do after warm-up?

Meet with your coaches for a team meeting.

How do I know what event they are on?

Each meet consists of 72 events. The order of events is always the same and is as follows:

- 50 Free for seniors
- Medley Relays
- 100 Individual Medley (IM)
- 25 / 50 Free
- 100 Free for seniors
- 25 / 50 Back
- 25 / 50 Breast
- 25 / 50 Fly (Butterfly)
- Free Relays Event numbers are displayed at the pool. The pool announcer also announces first call, second call, and third call to make you aware of the upcoming events. Lastly, the starter will announce the event that is to be on the blocks after third call.

The youngest age groups swim first. There is no individual medley for the 8 and unders. Be sure to listen to the announcer to know which heats are coming up so that your child will know when to report to the coaches and then the starting blocks. Most clubs including ours have event flip cards displayed by the pool or clubhouse to help you keep track of meet progress. Swimmers need to be aware at all times which event is 18 being swum. If the swimmer is not at the blocks on time, he/she will miss the event. The officials will not wait for missing swimmers.

Special note for 8 & Under Swimmers: Escort your child to his coach and then the event card stand and staging area at least 5 events before your child's. Feel free to stay with your child before his/her event. Check with the volunteer relay parent before leaving your child at the blocks. This will eliminate last minute scrambles searching for little ones.

Where do swimmers go when it's time for their race?

Swimmers should line up in the lane they are assigned to in the order of the event they are entered in (the lower numbered event closest to the block.). If your swimmer is young, you may want to escort them and wait with them until it is their time to swim. Hand the card to one of the timers who will make sure your swimmer is in the right event.

How long do meets last?

Meets last 2 ½ to 3 hours. Be prepared to sit back and enjoy the swimming.

Is there anywhere to get something to eat at swim meets?

Each pool has a concession stand where you can usually count on buying hamburgers, hot dogs, coffee, soft drinks, and candy. Some pools also have cup of soup, chili, and Frito-Banditos. Ask the coach about what s/he recommends swimmers eat before and during meets. Coaches, swimmers, and parents

usually go out to eat at local fast food establishments after meets. Although it is not required, it is a lot of fun.

What if my child has to miss a meet?

If you know in advance that your child will be missing a meet, it is critical to sign out on the appropriate sheets on the Swim Team bulletin board in the office at least two days before the meet or on the web site. Signing out allows the coaches time to prepare the best possible line-up for the upcoming meet. Last minute changes and no-shows are unfair to the coaches and very disappointing to the swimmers since affected relays may be unable to swim. If unforeseen circumstances arise, and your child is unable to swim the date of the meet, please call the club office at 253-839-4690 possible so the coaches can reorganize the lineups.

Are awards given out at swim meets?

Each swimmer receives a ribbon for swimming an event. You may pick up ribbons a day or two following a meet from a file box in the club office. If your child did not receive a ribbon for an event, please sign the Missing Ribbons sheet. Realize that things do get misplaced and volunteers do make mistakes! However, if your child has been disqualified (DQ'd) for not following swim rules during a race, no ribbon will be provided. The results sheets posted in the office on the Swim Team bulletin board will indicate all times and places and whether your swimmer was disqualified.

GLOSSARY

All City - The championship meet between the South and North leagues. Times are compared from the results of Southern Division for the South and North Leagues. The six swimmers with the fastest times compete at All City.

B Champs - The championship meet for swimmers who do not meet qualifying times in individual events. There are no relays swum. The morning session is for boys and the afternoon session is for girls. Swimmers from all eight teams compete at the same time.

Dual Meet - A competition between two swim teams. Marine Hills has seven dual meets during the season.

Event Card - The coaches fill out cards for each swimmer swimming an individual event and one card for each relay team. Each card has the event number, swimmer(s) name, age group, type and distance of stroke, and lane number.

Event - There are 72 events during a swim meet. The events are broken into five age groups: 8 &U, 10 &U, 12 &U, 14 &U and 18 & with a category for girls and boys. There is a race for each of the four strokes, an individual medley, a medley and a free relay.

Exhibition - An event that is swum but is not scored for points. It is run before the scored event. It gives all swimmers more opportunities to swim to establish and improve his or her time.

Free Relay - Four swimmers swim freestyle in consecutive order.

IM (Individual Medley) - An event where a swimmer swims each of the four strokes: fly, back, breast and free. Medley Relay - Four swimmers swim with each swimmer swimming a different stroke. The order is back, breast, fly and free.

Prelims - Swimmers who have established a qualifying time at a regular dual meet compete at this championship meet. All eight teams in the league compete at the same meet. There is a day scheduled for girls' prelims and another day for boy's prelims. The tops six fastest times then compete in Southern Division.

Qualifying Time - The time a swimmer must meet during the regular season at a scheduled meet in order to swim in Prelims. Age and event establish times.

Scoring - Regular season meets will be scored using the following points: Individual: 1st = 5 points, 2nd = 3 points, 3rd = 1 point. Relay: 1st = 8 points, 2nd = 4 points, 3rd = 2 points.

GSSSL (Greater Seattle Summer Swim League) - Marine Hills is one of eight teams in the Southern Division of the Seattle Summer Swim League. The regular season is comprised of scheduled dual meets with the other seven teams. The championship schedule begins with Preliminaries for those swimmers who meet or exceed established time standards. The top six swimmers in each event at Prelims go to the Southern Division Finals. At the same time that Southern Division is being held, Northern Division Finals are in progress. The top six times from the combination of these two finals goes on to compete in the All City Championship.

Link to our League site: <https://www.teamunify.com/Home.jsp? tabid =0&team=reclssslwa>

Southern Division - The championship meet for the six fastest swimmers in each event who qualified from girls and boys prelims.

ADDITIONAL QUESTIONS If you have additional questions that are not addressed in this guide, please contact Madison Peterson at swimteam@marinehillspool.org.