

Sun Valley Swim Team Basics & FAQs

General Swim Team Questions:

What is Sun Valley Swim Team?

Sun Valley Swim Team (SVST) is a recreational swim team within the Lafayette Swim Conference (LSC). We welcome swimmers of all abilities and strive for a balance of competition, sportsmanship, friendship, and fun. Swimmers attend a variety of schools including Burton Valley, Springhill, Lafayette, Happy Valley, Parkmead, Indian Valley, Meher Schools, as well as surrounding middle and high schools. We have a high ratio of coaches to swimmers at age-level, skill-defined practice groups. SVST offers a supportive, systematic coaching environment that provides the tools to improve stroke techniques, develop healthy competition skills, and learn good sportsmanship. Known throughout the LSC for boisterous team spirit, SVST offers a variety of social activities for swimmers and families that, along with daily practice and bi-weekly meets, help swimmers form meaningful, lasting friendships while working together with our coaches for a common goal--swim fast, support our teammates, and have fun! Go Rays!!

Can my child join swim team?

Any child (ages 4-18) who can swim an unassisted lap of the pool (25 yards) in an evaluation with the swim coach, may join swim team. This does not need to be an official stroke. Most first time swimmers do not know all 4 strokes. Our coaches will teach the basics of each stroke throughout the swim season. If you have any questions regarding your child's readiness for swim team you may contact the head coach for an evaluation.

If my child joins swim team is our family required to join Sun Valley Pool?

Yes! All swim team members are also members of Sun Valley Pool.

How long is the swim season?

The season begins in May and ends at the end of July or early August. We offer Spring and fall clinics before and after the swim season for an additional fee.

How often are practices?

Practices are every day Monday through Friday; there are no practices during the July 4th week.

Our practice schedules change with the season. You can find our practice times here: [Practice Times](#)

How often are the swim meets?

From the end of May, there are swim meets every Wednesday evening and Saturday morning with a break during the week of July 4th. Sun Valley Swim Team may also elect to participate in invitational meets such as Devil Mountain or Battle of the Ages that occur on both Saturdays and Sundays. Our season ends with the Lafayette Swim Conference (LSC) Championship Meet at the end of July and swimmers who qualify may go to the County Meet which is usually held the week before school starts.

What are the parent volunteer requirements?

Sun Valley Swim Team is run by parent volunteers. Each family is required to work swim meet jobs, a conference job, and social jobs. Typically there are 8-10 job requirements per season based on the number of swimmers/families enrolled. See the Job Description section for further information about the type of volunteer jobs and how to sign up for job duties.

What equipment do I need to purchase?

Swimmers need to have a team suit (it does not need to be a current year suit), goggles, and a swim cap. Team suits are ordered in April so they will arrive in time for the start of the season. There is a fit party in April for children to try on suits before ordering. There is also a team swap where you may have the opportunity to purchase a suit and other Sun Valley gear secondhand (availability and sizes vary).

What is a Family Folder?

Your Family Folder is a “mailbox” for communication from the coaches, directors, and committee members. Every swim team family will have a folder in the Family Folders File drawers are located on the wall between the Bouy/Kickboard cupboard and the Trophy case. Taller swimmers and parents of young swimmers should check their Family Folder regularly. NOTE: IT IS A DRAWER, please don't lift the “lid”. Folders are in alphabetical order as indicated on the front of each file drawer.

In your folder you will find information for upcoming events, like team suit and gear order forms, picture day order forms, etc. The day after a swim meet, you will find any ribbons your swimmer has earned! You are also welcome to leave messages for other families or the directors in their folders. Buddy communication is encouraged!

Swim Meet Basics:

What do I bring to the swim meets?

Team Suit	(optional items for extra ease/comfort)
2 Pairs of Goggles	Printed copy of the Meet Sheets – with your swimmer highlighted
2 Swim Caps	Something to sit on - like a camp chair/picnic blanket
More than one towel	Shade - the team provides some shade popups but space goes fast
Drinks (bring water!)	Snacks or money for snack bar
Sharpie Pen – black	Blankets, sleeping bag, warm clothes, or swim parka
Sun Screen	Sunglasses/hat for shade on deck
Spirit!	Team gear & cheering paraphernalia for your teammates!

What is Time Trials?

Time Trials is the first timed event of the season and is a Sun Valley only event. It is a nice introduction for new swim families to get the feel of how a swim meet is run. It is also an opportunity for swimmers to swim all the strokes and establish each swimmer's base time (aka seed time) for each stroke. This base time is used to calculate personal improvements (aka POPs) throughout the season. If a swimmer is unable to attend Time Trials, his/her base time will be recorded the first time he or she swims that stroke at any sanctioned timed event (swim meet).

How to “declare” for a swim meet.

It is VERY important to let coaches know if your swimmer will compete at each meet. This is called declaring. We use our team website – Team Unify for communication regarding whether your swimmer is attending a meet or not. At least a week in advance of each meet please declare via the Team Unify website whether or not your swimmer will attend a meet. Yes, you can declare earlier, but check back to confirm your swimmer can still attend (or not) and update any fields you can.

1. Go the Sun Valley Swim Team website (www.swimsunvalley.com)
2. Sign onto your account
3. On the home page (or the events tab) you will see a list of swim meets
4. Click on the swim meet you are declaring for and click ‘edit commitment’
5. Click to select your swimmer and use the declaration drop down for yes or no. Optional: you may use the notes to write preferences for strokes or if a swimmer needs to leave a meet early, etc.
6. Click to ‘Save Changes’

How many events can my child swim in a meet?

Each swimmer can swim a maximum of three individual events and two relays. Typically most swimmers swim 2 individual events. When you 'declare' online that your child will attend a meet in the team unify website you may add a note to the coaches indicating a preference for which event(s) your child swims. Please note that the coaches determine which swimmers will participate in the relays and this composition may change from meet to meet.

How do I know what events my child is swimming at the meet?

The day before or morning of a meet, you will receive an email with the meet details; including the Check-In Report and Meet Sheets. You will need to open the Check-In Report and find your swimmer(s) age and gender page. To the right of your swimmer's name you will see a fraction or several. These are the heat/lane numbers for the events your swimmer is entered to swim. Events are identified by the number at the top of each column. The Event Number at the top of each column corresponds to the list at the top of the report which gives the full name and details of the event. You can use this information to mark your swimmer. For details about approximately the event will happen in the meet and who else is swimming in the event, see 'How to Read a Meet Sheet' below. If you have any questions about the events your swimmer is registered to swim or you know s/he cannot attend, please let the head coach know ASAP.

When do I arrive at meets?

For home meets, arrive about an hour prior to the start of the meet. For away meets arrive 30-45 minutes prior to the start of the meet. Saturday meets typically start at 8:30am, while Wednesday night meets typically start at 5:30pm. Check the schedule and email updates for exact times. You will receive an email the day before (or sometimes the day of the meet) with specific instructions and the Meet Sheets.

Where do I park at Sun Valley?

Parking is very limited at Sun Valley. Carpooling or walking is encouraged! Please do not park in front of the pool as those spaces are reserved for food trucks. Parking is available along Leland Drive. There is no street parking along Meek Drive or Carolyn Court. For Wednesday evening meets there is no parking in the Meher School parking lot until after 6:30pm as the school aftercare program is open.

Where do I sit?

At home meets, our team gathers around the permanent shade structures on the south side of the pool. The grassy area and the area east of the pool deck is reserved for our visiting team. For away meets please review the team email as it will provide instructions to where the team has seating. Please note many meets are crowded so plan to enjoy the company of those around you!

Why is it important to warm-up?

Before each meet there is a warm-up session scheduled for each team. Make sure your swimmer is there in time for warm-ups. Warming up decreases injuries and increases speed. Coaches also do attendance checks at this time.

How long do swim meets last?

Wednesday night meet: ~ 3.5 hours. *Wednesday evening home meets must end by 9pm

Saturday meets: ~ 4 hours

However, every meet varies depending on the size of teams participating, please plan accordingly.

What are the events at most meets?

The hosting team determines the order of events, but most meets are organized similarly with relays at either or both ends of the individual strokes. Check your pre-meet email Check-In Report and Meet Sheets for exact details.

The events scheduled at most meets are any or all of these listed:

Medley Relay (MR) – Four swimmers. Each swimmer swims a different stroke: Back, Breast, Fly & Free; For 8 & under swimmers, back & fly start at the blocks; breast and freestyle begin opposite the blocks at the shallow end of the pool. Relays for 6 & Under swimmers may be mixed boys and girls.

Individual Medley (IM) – One swimmer swims all 4 strokes: Fly, Back, Breast, Free (ages 7-18 only)

Freestyle (Free)

Breaststroke (Breast)

Backstroke (Back)

Butterfly (Fly)

Free Relay (FRR) – Four swimmers. Each swimmer swims one leg of the freestyle relay (25–100 yds. depending on age group). 6 and under may be mixed girls/boys. There are no free relays on Wednesday evening home meets due to time constraints and may be scratched at other meets if the meet is running late.

What is the order of ages for each event?

Within each stroke, the order of events is by age and gender. Youngest to oldest, girls to boys in each age group. In some cases girls and boys events will be combined but only within an age group.

How many laps does my child swim for each event?

8 & unders swim one lap (25 yards) *NOTE: 8U start races from the shallow end of the pool deck opposite the Timers. We do not use starting blocks for 8 & under swimmers at our home meets. Some away pools use starting blocks at both ends of the pool.

9 - 14 swim 2 laps (50 yards)

15 – 18 swim 4 laps (100 yards)

How do I read a Meet Sheet?

You will receive a Meet Sheet and Check-In Report via email the day of or the day before a meet. The Check-In Report is a breakdown of each swimmers' registered events by gender & age group. It is essentially a table of contents for the Meet Sheet. Find your swimmer's age & gender group and note the event number(s) listed next to your swimmer's name. Next, consult the Meet Sheet for the details. A Meet Sheet is the schedule of events and a listing of all swimmers competing. It also defines the swimmer's heat and lane assignment and seed time per event. Lanes are typically assigned based on seed times, with the fastest swimmers in the center of the pool. Seed Time is the fastest time a swimmer or team of swimmers has swum an event prior to the submission of entries for the meet. "NT" means no seed time has yet been recorded for that swimmer, i.e. that swimmer has not yet competed, or was disqualified during, that event. You will use this Meet Sheet info for marking your swimmer.

Individual Event Meet Sheet

Event number	Event 21 Girls 6 & Under 25 SC Meter Freestyle				
Heat number	Lane	Name	Age	Team	Seed Time
	Heat 1 Finals				
	1	Nolasco, Katy	6	LAKY-OH	XNT
	2	Reed, Abbie	5	LAN-OH	XNT
	3	Glossner, Gabrielle	5	LAKY-OH	X39.43
	4	Carlin, Emilee	5	LAN-OH	XNT
	5	Yanzsa, Sarah	6	LAKY-OH	X36.28
	6	Charles,, Cecilia	6	LAN-OH	XNT
	Heat 2 Finals				
	1	Maushart, Jaclyn	6	LAKY-OH	31.59
	2	James, Audrey	5	LAN-OH	NT
	3	Downs, Abigail	6	LAKY-OH	26.75
	4	Miller, Anna	5	LAN-OH	NT
	5	Decker, Isabelle	5	LAKY-OH	26.37
	6	Schueler, Delaney	6	LAN-OH	NT

Relay Event Meet Sheet

Event Number	Event Name			
	#2 Girls 7-8 100 Yard Medley Relay			
	1:22.07 GOLD			
Heat Number	Lane	Team	Relay	Seed Time
	Heat 1 of 1 Finals			
	1	LTST-DS	B	1:37.36
		#1 BACKSTROKE	#2 BREASTSTROKE	
		#3 BUTTERFLY	#4 FREESTYLE	
	2	SPW	A	1:26.08
		#1 BACKSTROKE	#2 BREASTSTROKE	
		#3 BUTTERFLY	#4 FREESTYLE	
	3	LTST-DS	A	1:23.58
		#1 BACKSTROKE	#2 BREASTSTROKE	
		#3 BUTTERFLY	#4 FREESTYLE	

For IM Relay these 6-U & 7-8 swimmers start at the end with the timers

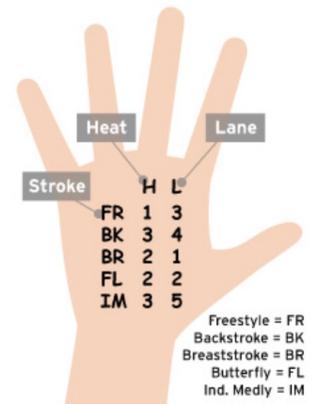
For IM Relay these 6-U & 7-8 swimmers start at the end without the timers

How do I mark my swimmer?

Marking (writing on the swimmer's hand) which events a child is swimming is mandatory for swimmers 8 and younger; it is optional for older swimmers. Mark the swimmer using black sharpie on the back of the left hand. From the Check-In Report, write the event abbreviation, heat #, and lane# to help the team shepherds line up swimmers in correct order.

Tip: Use sunscreen carefully on the back of the hand. Oil based sunscreens remove Sharpie.

Use the Check-In Report or Meet Sheet to determine your swimmer's information. See 'How do I know what events my child is swimming at the meet' or 'How do I read a Meet Sheet' above for an example.



How do I get my swimmer to the blocks to swim the events?

For swimmers 8 and under, it is a group effort to the swimmers ready to swim their events. The team shepherds will ring a bell announcing that it is time to line up for a certain event. Team shepherds will ensure swimmers ages 8 and under are lined up timely in the assigned lanes and heat order for their assigned events. The shepherds, coaches, and junior coaches will be with swimmers on deck as they wait to race. Swimmers ages 9 and up are responsible for getting to the blocks on time.

What is Clerk of the Course?

At larger swim meets (ex- Conference, Devil Mountain) swimmers check in with the Clerk of the Course and line up away from the pool deck area according to heat and lane for the upcoming event. The Clerk of the Course then is responsible for getting the group of swimmers to the starting blocks in the correct order and on time. This system is used for all swimmers and events.

Do I need to show up on time if my child is swimming in the middle of the meet?

YES! Remember you need to check in for every meet and warm-up. Occasionally there are last minute changes to medley relays and the coaches need all swimmers present.

If my child misses practice can they still swim in the meet?

Yes, BUT to get the most out of your swimming experience, you need to make as many practices as possible balancing your other summer fun with swimming.

How many meets is my child required to attend throughout the season?

There is no minimum number of meets a swimmer must attend. Swim meets and activities should be balanced with other summer fun activities. Please indicate via team unify website as soon as possible (preferably at least one week in advance) if your child is not attending a meet. Last minute notifications of absences create challenges for the coaches planning the relays and how many swimmers are swimming each event. However, if your swimmer wants to compete in our end of season league conference meet (LSC Championship Meet) they must swim in at least 3 meets with Sun Valley during the season.

Will my child improve at every swim meet?

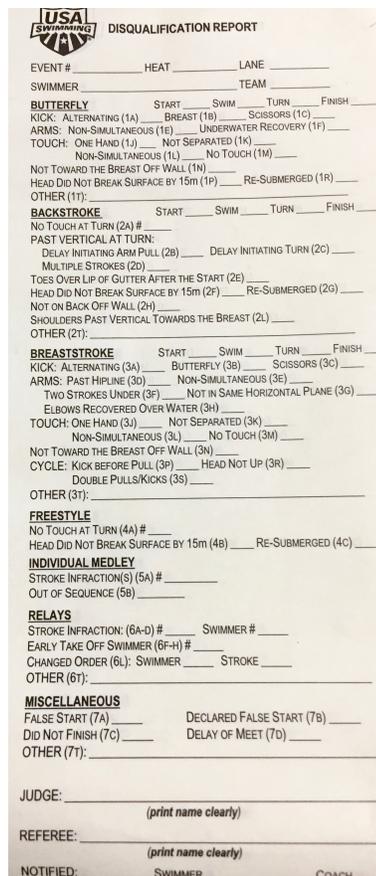
NO! Swimmers are working hard and swimming tired all season. In some meets, swimmers might go their best times while in the next meet they might go slower. This is NORMAL! They SHOULD NOT be expected to improve their times at every meet but should improve their strokes.

Does every swimmer get ribbons?

At home meets, swimmers age 12 and younger who place 1st through 6th will receive ribbons in their Family Folder the day following the meet. These ribbons will have a detailed label with your swimmer's event and time data. Also, heat winner ribbons are handed to the fastest swimmer in each heat as s/he exits the pool! You may want to keep a pen handy to write down the date and stroke on these since heat winner ribbons do not have a prewritten label. At away meets the criteria for ribbons will vary and may include participation ribbons.

What is a DQ? (Disqualification)

A disqualification, known as a DQ, is when a swimmer does a portion of the stroke he/she is swimming incorrectly. There are correct and incorrect ways to swim each stroke. At a meet, the Stroke & Turn Judges will evaluate swimmers' strokes in an assigned area. An incorrect technique may result in a disqualification. The DQ provides valuable information that can make a swimmer a better competitor. The goal is to provide the coaching staff prompt feedback for the swimmers, so they will have an opportunity to make necessary modifications for their next race.



The image shows a USA Swimming Disqualification Report form. It is a detailed document with sections for different swimming strokes: BUTTERFLY, BACKSTROKE, BREASTSTROKE, and FREESTYLE. Each section contains a list of specific disqualification criteria, such as 'KICK: ALTERNATING (1A)', 'TOUCH: ONE HAND (1J)', and 'NO TOUCH AT TURN (2A)'. The form includes fields for 'EVENT #', 'HEAT', 'LANE', 'SWIMMER', and 'TEAM'. At the bottom, there are fields for 'JUDGE', 'REFEREE', and 'NOTIFIED' (SWIMMER and COACH).

What about younger swimmers? For the first several meets, Stroke & Turn Officials may not DQ younger swimmers but will provide them with warnings. This information is a valuable feedback for coaches in order to work on correctly stroke technique during practices. After the first 1-2 meets, all swimmers receive DQs for incorrect stroke technique. For 6 & under swimmers, Stroke & Turn judges are looking for the stroke to be done 100% correctly for 70% of the race. The expectation is that swimmers will improve over the season, thus the evaluation criteria increases to 100% correct stroke technique by the end of the season. Repeated DQ's on a specific stroke may result in a swimmer not swimming in that event or stroke in a relay until the swimmer can correctly swim the stroke.

The most common types of DQs include:

- Failure to two hand touch finish for breaststroke and butterfly
- Not finishing on the back for backstroke
- Incorrect turns
- Incorrect arm or kicking movement for breaststroke or butterfly

What is MeetMobile?

It is a mobile app that shows the meet information detailing the events and swimmers. It updates with results during the meet. It costs \$5.99/year and is a completely optional but fun tool to follow your swimmers and their friends. Not all swim meets will show on MeetMobile.

What is the Lafayette Swim Conference (LSC)?

The Lafayette Swim Conference is the name of our league and is made up of 5 local teams; LMYA, Oakwood, Rancho Colorados, Springbrook and Sun Valley. The last meet of our regular season is the two-day LSC Championship Meet (often referred to as 'Conference' or the Conference Meet) held at the Acalanes High School Pool. All LSC team swimmers are invited to participate as long as they have swum in at least 3 meets with their team during the season. At Conference, Swimmers can enter up to 3 individual events and are encouraged to sign up for events which they will not DQ. There are no qualifying times required. Coaches also form relay teams which swim in the afternoons. Relay teams are finalized following the morning preliminaries using swimmers' fastest times. The meet events are run with preliminary heats in

the morning and finals heats of the top 20 swimmers in the afternoon. The weekend wraps up with parents' and coaches' fun relay swims followed by an awards presentation.

What is the County Meet? How do swimmers qualify?

2018 QUALIFYING TIMES

STROKE	DISTANCE	AGE	GIRLS	BOYS
INDIVIDUAL MEDLEY	100 Yards	7-8	1:39.74	1:39.90
	100 Yards	9-10	1:23.80	1:24.57
	100 Yards	11-12	1:15.34	1:14.83
	100 Yards	13-14	1:11.87	1:07.73
	100 Yards	15-18	1:09.41	1:01.73
FREESTYLE	25 Yards	6 & Under	20.88	20.89
	25 Yards	7-8	16.44	16.42
	50 Yards	9-10	31.88	31.60
	50 Yards	11-12	28.97	28.48
	50 Yards	13-14	27.78	25.88
	100 Yards	15-18	59.43	53.07
BREASTSTROKE	25 Yards	6 & Under	29.91	29.74
	25 Yards	7-8	22.61	22.82
	50 Yards	9-10	41.88	42.30
	50 Yards	11-12	37.91	37.45
	50 Yards	13-14	36.23	33.49
	100 Yards	15-18	1:17.97	1:09.47
BACKSTROKE	25 Yards	6 & Under	25.95	26.24
	25 Yards	7-8	20.69	20.65
	50 Yards	9-10	38.33	38.53
	50 Yards	11-12	34.13	34.82
	50 Yards	13-14	32.57	31.69
	100 Yards	15-18	1:10.13	1:04.15
BUTTERFLY	25 yards	6 & Under	25.37	26.45
	25 yards	7-8	18.18	18.58
	50 yards	9-10	36.60	37.08
	50 yards	11-12	32.03	32.56
	50 yards	13-14	30.62	28.99
	100 yards	15-18	1:08.39	1:01.14
MEDLEY RELAY **	100 Yards	6 & Under	1:52.74	1:53.46*
	100 Yards	7-8	1:24.07	1:24.79*
	200 Yards	9-10	2:34.90	2:36.28*
	200 Yards	11-12	2:17.41	2:17.42*
	200 Yards	13-14	2:08.92	2:03.03
	200 Yards	15-18	2:06.33	1:55.35
FREE RELAY **	100 Yards	6 & Under	1:36.15	1:36.64*
	100 Yards	7-8	1:12.74	1:11.50
	200 Yards	9-10	2:13.13	2:13.83*
	200 Yards	11-12	2:00.94	2:00.87*
	200 Yards	13-14	1:59.43	1:48.36
	200 Yards	15-18	1:56.13	
	400 Yards	15-18		3:44.00

Swimmers earn the opportunity to compete in the County Meet by achieving a qualifying (or gold star) time. The meet takes place after our LSC Championship and a much smaller number of Sun Valley swimmers participate since swimmers must qualify for an event. Each swimmer can swim up to 2 qualified events and in 2 relays. Sun Valley swimmers who achieve a gold (qualifying) time will receive a gold swim cap to recognize this achievement. This meet takes place over three days (Friday evening – Sunday evening), one week before the Lafayette Schools start their academic year.

Relay teams may qualify for County based on combining swimmer's individual best times (even if these times are not 'gold times'). The composition of the relay is determined by the coaches and alternate swimmers are needed as this time of year is a popular time for families to take vacation. Please declare via team unify if you are able to attend the County Meet as it will assist the coaches in determining the makeup of the County qualified relay teams.

Parent Volunteer Basics:

How many times do I need to volunteer:

Volunteer requirements will vary slightly from season to season depending on how many families join the team. It takes over 50 volunteers to run a swim meet. In the past, families have needed to volunteer for 8-10 events (this number does NOT include non-swim meet events such as lap-a-thon and social events).

How do I sign up?

In early May, the available jobs are posted to the team unify site under the events tab. There will be an email detailing the date and time of when you can sign up for the jobs as well as how many jobs are required of each family. Please review the events and any conflicts you may have (vacations, etc.) and plan accordingly. Log on to the site as soon as the jobs go live to ensure your top choices. Note: There are more volunteer opportunities at home meets compared to away meets; typically the available jobs for away meets include ribbon helper, timer, and relief timer/floater. Families who register for swim team prior to March 1st will have the first opportunity to sign up for jobs.

Job Descriptions:

Ribbon Helper: This volunteer applies printed award labels to appropriate ribbons and files them alphabetically. This volunteer will work with a member of the ribbons committee. This job typically begins about an hour after the meet starts and will end approximately 30 minutes after the meet ends.

Timer: This volunteer is responsible for timing swimmers during the meet. There are 3 Timer volunteers assigned to each lane. Using a team-supplied stop-watch or plunger, the Timer measures each swimmer's time. Timers must be on deck and in a lane position before the start of the meet (listen for the Meet Director to call timers to the lanes). One Timer for each lane also records all times from the stopwatches in their lane on lane-time sheets and gives them to the Desk Runner. During home meets one Timer will also distribute heat winner ribbons. Timers stay for the duration of the meet and have a great view of the meet with shade!

Head Timer: This volunteer operates two hand held stop-watches and ensures the Timers are ready. This position stays for the duration of the meet. *Home meets only

Timer Relief/Floater: This volunteer is a backup Timer responsible for stepping in to give Timers breaks and generally helping (coffee/water, desk runner, bathroom breaks, etc.). This position stays for the duration of the meet.

Desk Verifier: This volunteer prepares the clipboards for the Timers before the swim meet begins. During the meet the Desk Verifier reviews plunger times with stop-watch times noting any significant differences or inconsistencies. At the end of the meet this person helps put away equipment. This position begins when the meet starts and may be required to stay up to ~30 minutes past the end of the meet. *Home meets only

Desk Runner: "Runs" (walks fast – No running on the pool deck!) between the scoring table (aka the Desk), Timers, and on-deck Stroke & Turn Officials. The Runner takes completed lane sheets from the Timers and gives completed lane sheets to the desk. He/she also collects DQ slips from Stroke & Turn Officials and turns them in to the desk. (You WILL hit your step requirements for the day!) This position stays for the duration of the meet. *Home meets only

Desk-Lane Caller: This volunteer identifies empty lanes before the start of each heat and communicates the readiness of the swimmers to the head timer. (Great view of the meet!) This position stays for the duration of the meet. *Home meets only

Bathroom & Trash Duty: This volunteer monitors the trash cans around the pool and the bathrooms every 30 minutes to empty trash, refill paper towels and toilet paper as needed. At the conclusion of the meet this volunteer will empty the trashcans, sweep the bathrooms and perform any final refills. *Home meets only

Parking Duty: For Wednesday evening home meets, this person directs traffic for drop offs and parking. This volunteer ensures that no one parks in the Meher School parking lot before 6:30pm. This job begins before warmups and runs until ~6:30pm. *Home meets only

Committee Jobs and Board Positions:

Many of the volunteer positions are run by committees. Each one of these committees has a lead volunteer responsible for recruiting volunteers to perform the duties of the job throughout the swim season and sometimes into or through the off-season. Committee volunteers do not sign up for individual meet jobs. Filling vacancies in these committees usually occurs prior to the start of the swim season. Current committees are Ribbons & Awards, Shepherding/Clerk of the Course, Stroke & Turn Officials, Set-up/clean-up Crew, and the Desk. If you are interested in a Committee job, reach out the Team Director or the Lead Volunteer for the committee you are interested in joining.

Can I have a substitute for my volunteer positions?

Yes! You are responsible for arranging your own substitute AND let the job director know the name and contact information of your substitute. There is a list of potential substitutes on the team unify website; the cost is \$50 per job.

Fun, Spirit, and Sportsmanship:

Our Coaches wear WHAT at swim meets?

Our coaches have spirit! One of the ways they show it is dressing up at each swim meet. They may transform into superheroes, disco dancers, or wear their finest formal attire for the 100 degree heat. Coaches in costume is one of the fun traditions at Sun Valley.

What are POPs?

A pop time is a new personal best time in an event. Each swimmer's baseline (a.k.a. 'seed time') is established at Time Trials. When a swimmer improves a personal best time in any stroke at a meet, they've POP'd! All Pop times are recorded and swimmers can track the number of pops they've accomplished by their stars on the Team Pop Chart (posted on the bulletin board near the family folders). During Spirit Week, POPs are tallied and swimmers can spend their pops for various Sun Valley gear and treats. *It is not expected that swimmers will improve their times at every meet especially as swimmers focus on improving technique. Towards the end of the season as practices taper down swimmers tend to experience a lot of popped times!

What are Swim buddies?

At the beginning of the swim season the coaches pair younger swimmers with older swimmers as official swim buddies. Having a buddy throughout the season is something special at Sun Valley. The coaches expect that buddies cheer each other on during their races, as well as spend time together on the pool deck. It is a tradition that helps connect younger and older swimmers building the Sun Valley community. Other possible buddy activities include older buddies giving their younger buddies swim lessons. During Spirit Week it is a Sun Valley tradition that buddies give each other a note or small gift as a way to say good luck and have fun at Conference!

What is Ray of the Week?

The coaching team recognizes swimmers in all age groups throughout the summer who exemplify the SVST spirit. Coaches select a swimmer from each age group who shows a positive work ethic at practice, listens closely to instruction, exhibits amazing sportsmanship, and cheers on fellow swimmers during meets.

What is Spirit Week?

Spirit Week is the week that leads up to Conference. Typically 2-3 weeks before Conference swimmers are working very hard at practice. During Spirit Week practices begin to taper. Fun events occur daily to get the entire Sun Valley family pumped for Conference - there's a pasta feed, talent show (not to be missed!), and families decorate their cars with Sun Valley spirit. There are also plenty of fun activities for swimmers before and after practices during Spirit Week.

What is a Thursday Fun Day?

Often but not always the Thursdays following a Wednesday night swim meet are lighter practices and include additional elements of fun- watch out for doggie paddle relays and bellyflop contests! For the younger swimmers, junior coaches often lead practices which leads to a whole new level of fun.

What are some of the fun activities for parents?

Our swim season kicks off with a party at the pool for the whole family. And while events can vary from year to year, SVST parents have a few traditional adults only activities (parents' night, moms' night, and a dads' night). Parents can also swim in the entertaining Parent Relay swim at the LSC Championship Meet and join in the family events of Spirit Week.

What are some of the fun activities for the swimmers?

Fun activities for the swimmers include post practice parties, dunk tanks, cake decorating contest, dance night, talent show, lap-a-thon, and a whole week of events just before our league championship meet; LSC Spirit Week - just to name a few elements of fun at Sun Valley!