Monett WaterThrasher Handbook

**QUALIFICATIONS**

The Waterthrashers love to welcome new swimmers ages 5-18 even if they have never swam competitively. All swimmers will be in groups much larger than swimming lessons (15+ kids) and the coaches are not in the water during the majority of the practice. These are the general guidelines for new swimmers;

* Swimmers should not be afraid to jump into the deep end unassisted and confidently swim 25 yds.
* Swimmers should be comfortable putting their face in the water while swimming even if they lift it often to breathe
* This is the same as the Red Zone test at the Monett Area Y
* All swimmers will be tested on the first day of practice
* Please know that for all first time swimmers the first week is a trial for you and us. If, during that week, you do not wish to continue or your swimmer is not ready you will be refunded your summer dues.

**REGISTRATION**

Registrations will be held April through May. Please check the website for details. After the First 2 weeks of practice we will not be able to add new 1st year swimmers.

* All registrations will be completed electronically at [www.waterthrashers.com](http://www.waterthrashers.com)

**FEES**

The summer team fees for practice is currently $50 for the first swimmer, $40 for your second child, $30 for the third and then free for subsequent children. There also is a registration fee of $8.00 per family, which goes to Team Unify. The swim team treasurer will collect and keep track of all fees.

Please know that, due to insurance reasons, no one will be allowed to practice until they have registered and season practice fees are taken care of.

**EQUIPMENT**

MEET SUIT AND CAP

For meets we ask that your swimmer wear a mostly black suit (can have purple or gold trim) that is in good condition. Latex meet caps will be provided. **We ask that your child please only use the meet cap for swim meets as they do tear very easily**. Silicone meet caps can be purchased for $10.00.

PRACTICE NEEDS:

All swimmers will need a practice suit (probably plan on 2 as they are in the water every day). 2 pairs of goggles, a water bottle and socks for fins (normal athletic socks are fine). In the Senior group, most advanced group of swimmers, they will need a pair of shorts for drag practices. All swimmers should keep these items in the swim bags and have them each day.

Swimoutlet.com is a wonderful place to get a good price on suits and goggles!

\*note to boys who like to wear swim trunks to practice: Most of them are WAY too long for competitive swimming. It is strongly advised that you get a pair of jammers as those long shorts are impeding you getting the correct kick motion. It is up to you, but if you are wearing them for drag they are doing more harm than good.\*

**PRACTICES**

Practices will run from late May to early August. Times of regular practice will usually fall between 7am and 11am. Practice times and groups will be published on the Website.

If a swimmer does not qualify for the Tri-State A meet; their last day of practice will be the Friday before the Tri-State B meet.

DECK RULES

No parents are allowed on deck until 10:45am to clean up from practice. You may gladly watch your swimmer make it to their group from the fence. Swimmers that arrive early may sit in the table/concessions area. They are expected to be sitting in this area. To keep all of our swimmers safe, no running or horseplay in the locker rooms or on deck will be allowed. Swimmers who are waiting on parents will be allowed to sit by the office or back fence to see when their parents arrive.

ABSENCES

Please let your coaches know when you will be gone from practice. We love having you each day but know there are vacations and appointments etc… If we have not seen a kid for a week and were not aware they were going to be gone, it makes us worried to enter them in a relay for the coming weekend. However, if they tell their coach, “I have to be gone this week but will be there for the meet”, then we know they plan to be there and it makes things go much more smoothly.

MAKE UP/ALTERNATE PRACTICES

We will not have any make-up or alternate practice times this summer. We enjoy having many well rounded and very active kids on our swim team. Thank you for helping them be there as much as possible and on time as often as possible so they can continue to improve throughout the summer

FRIDAY SNACKS

There will be a sign up sheet on the team website for snacks for each group. Please do not bring sugary snacks such as Doughnuts, Cookies, Cakes, Brownies and Candies! Some snack ideas are: Trail Mix, Granola Bars, Fruit, Yogurt, Cereal Bars, Muffins. Please see the note on Nutrition and Swimming for further ideas.

SEVERE WEATHER

We will follow the same guidelines as the pool would during open swim for canceling or delaying practice during severe weather. Our first goal is to keep your swimmers safe! If practice is delayed we understand that you may have previous plans or work. Please just come if you are able.

**SWIM MEETS**

MEET SIGN-UPS- To sign up for swim meets you simply log into your account on our website and select that you can attend. The sign-up deadline will posted on each event.

When registering your swimmer for meets they should swim all events they are capable of for the day they attend. We do not drop any events for the Senior group until Championships and younger swimmers are eligible for all events even at championships. To make registration smoother please check all appropriate events for your swimmer. If they are 6 and U please select those events when available. While we do check all entries it is expected that you select the appropriate and expected events, not leaving them out due to preference. If they are a newer swimmer please feel free to ask about which events they should be entered in.

DECK ENTRIES

If you miss the sign-ups but still wish to come to a meet or suddenly are able to attend a meet, we will be very glad you can come! Please talk to the coach right away, he/she will note you are coming but will have to “deck entry” you and usually you will pay double the entry fee. You will also have to pay the deck entry fee yourself the morning of the meet. We will not credit these onto your account to be paid later. Please know that swimmers who deck enter are hurting their chances for getting on relays. If you did not sign up for the meet and show up Saturday morning we will gladly enter you but we will not bump someone off a relay to add a deck entered swimmer.

QUALIFYING FOR TRI-STATE

In order to compete at the Tri-State Championships each swimmer must swim in 3 invitational meets. These are the weekend meets listed on our website homepage. We may have other dual meets. While your times during dual meets will count towards getting an “A” time, it will not count as one of your 3 required meets. Please note that even just attending one day of a meet counts as one of your meets. If you are having a hard time getting that 3rd meet in, you could plan to attend one day of a meet. Please talk this over with Coach Charles so he knows you are only coming to one day and can plan accordingly.

Tri-State “B” meet is always held the last Saturday of July and its corresponding Sunday. The “A” meet is always held the first Saturday of August and its corresponding Sunday.

TEAM MEETS

This summer our team is not hosting an invitational but the A Championships. All swimmers eligible for the A Championships will be expected to attend.

WARM-UPS

Warm up times will hopefully be announced the Thursday before the meet but we can only pass this information on when the host team shares it with us. Sometimes we do not know until Friday. Please keep checking the website if it has not been posted on the board on the fence yet. All swimmers are expected to attend warm-ups; they are very valuable to the swimmer and they allow us to ensure all of our relay swimmers are present. If a swimmer is not at warm-ups they risk being moved off of a relay. Once relay changes are announced at the team meeting they will not be changed back unless it allows more relays to be swum. We do understand that kids get sick, car trouble occurs etc… Please contact the coach if there is a delay in making warm-ups so he/she knows if you will make it in time for relays. Thank you for your help with this so we can help the bull-pen run smoothly for our host teams.

RELAYS

Relays will be determined as follows. Medley relays (one swimmer for each of the 4 strokes) will be determined by the fastest legal combination possible.

Freestyle relays will be determined as follows: Swimmers with the fastest 4 times will make up the A, the next 4 the B etc…

Times from the current season in session will be used. If times are not available from the current session the coach will make a judgement call based on times from the season before and performance in practice.

Some relays may come down to a judgment call as times between kids get close. If a judgment call is necessary due to close times, it will be discussed between the coaches before a decision is made.

TRI-STATE RELAYS

Medley Relays will be determined by the fastest combination for each relay with times achieved during the current season. Freestyle relays will be determined also by the fastest combination of times posted for the present season. If there are two kids very close in time and we are determining who will be on the relay we will look at practice attendance, and how we think they will swim at Tri-state based on their work and performance. If a substitute is ever needed they must have been listed on the relay and we will choose the substitute we feel will do the best.

TEAM MEETING

Our Team meetings will be held 10 min after the end of warm-ups unless it is noted otherwise. This gives the swimmers time after warm-ups to get dry, get a healthy snack before the meeting.

SWIMMERS ON DECK

While swimmers are in the bull pen their coach will come to “prep” them for their race. After their race they should find their specific coach for feedback before leaving the deck. No swimmers will be allowed to sit or “camp-out” on deck. We have so many coaches we already take over the deck and other teams need to be able to talk with their coaches as well.

**MEET FORMAT**

All regular meets are called Invitationals. Invitationals are organized meets, lasting either one or two days, for swimmers to compete against other swimmers in the Tri-State Conference. Swimmers compete against other swimmers based on gender, age, time and stroke. Swimmers compete both individually and with other teammates in relay events. The Tri-State Conference allows the swimmer four individual events and one relay each day of a two day meet. In a one day meet, only three individual events and two relay events are allowed. The formats of the Invitationals are all consistent.

EVENTS:

There are eighty-two events in the following sequence:

Event Number: Stroke

• 1-2: 200 Free (age 15-18 only)

• 3-12: Medley Relay

• 13-22: Short Free

• 23-32: Backstroke (Back)

• 33-42: Individual Medley (IM)

• 43-52: Butterfly (Fly)

• 53-62: Long Free

• 63-72: Breaststroke (Breast)

• 73-82: Freestyle Relay

The second digit indicates the age group of the swimmers and whether it is a boys or girls event. For example, all 11 & 12 yr olds will swim events ending in either a 7 or an 8. All odd numbers indicate boys’ events and all even numbers indicate girls’ events.

AGE DIVISIONS:

There are age divisions in each relay or stroke series in this order:

• 6 & under (Invitationals only)

• 8 & Under

• 10 & Under

• 11-12

• 13-14

• 15-18

Swimmers will swim according to their age as of June 1st.

BULL PEN

Event numbers will be announced over a loud speaker. Swimmers should gather their cap and goggles and eat a quick snack and get hydrated when the event before theirs is announced. When their event is announced they should go IMMEDIATELY to the pool deck to the bull pen and wait to be seated. Parents are not allowed on deck to help the swimmers. If they are old enough to swim, they are old enough to enter the deck themselves. Please do not let your swimmers come up until their event number is called; this creates too much congestion in this area and is frustrating to the team running the meet.

HEATS:

A heat is a group of swimmers that swim against each other. In each event, the number of heats depends upon the number of swimmers entered into the age bracket of that meet. The winner of the heat is often given a small award, which differs at each meet. The “heat winner” does not necessarily mean the winner of the entire event.

EVENTS, STROKES AND DISTANCES:

(INDIVIDUAL STROKES) FREESTYLE, BACKSTROKE, BUTTERFLY and BREASTROKE: Swimmers 8 years old and under swim 25 yards plus a 50 Free and 100 Individual Medley. All other ages swim 50 yards with two exceptions: the Individual Medley, whereas it is only a 100 yard race until the swimmer is 13 years old or older; and the 200 yd Freestyle for the 15-18 age division.

TIME DIVISIONS, TIMES AND SEED TIMES:

There are two time divisions (“A” and “B”) for swimmers. “A” times are the faster of the two. The “A” and “B” standards are goal times for swimmers to achieve. Official times are posted each week along with meet results from the previous weekend. Seed times are the swimmers’ fastest recorded times for each event; these are the times used for placing a swimmer in a specific heat and lane.

DISQUALIFICATIONS:

At each invitational there are official Stroke and Turn Judges who may disqualify a swimmer in an event if USA Swimming rules for strokes and turns are not followed. The most common reasons for "DQ's" are:

• flutter kick in the butterfly

• false start

• not making a two-hand touch on the turn or finish in the breast stroke and butterfly

 or at the end of the breast stroke or butterfly lap in the IM

• flip turn fails to touch the wall

• backstroke turns and finishes that rotate past vertical onto stomach

• early take-off by a relay member

• executing a scissors kick in the breast stroke

**Tri-State Championships B**

Swimmers can swim each event they have a B time in and all relays at the meet as long as they have one B time. If an A time is achieved in any individual event at the B meet the swimmer can then move on and swim it the next weekend at the A meet. The B meet is very fun, exciting and so encouraging to our swimmers as they get to experience swimming in prelims, finals if they qualify, and even getting on the stand for medals. If your swimmer is not swimming in the A meet we expect and look forward to coaching them to their best at the B meet.

**Tri-State Championships A**

Any swimmer who has at least one A time can swim that race at the A meet and all relays. If a swimmer achieves an A time and is on a relay that can potentially score points, we will ask them to attend the A meet. It will then be their choice if they would like to also attend the B meet, we would love them to attend both if they like. Please keep talking with your swimmers coach if your swimmer has both A and B times and we will help you make the decision best for your family and the team.