



Fast Facts for New Parents

Welcome

Welcome to the Woodland Swim Team (WOOD). We are a non-profit, year round swim program for youth and adults. The Woodland Swim Team believes in building a more confident, competent and competitive swimmer. Our program offers each and every swimmer the ability to reach their own potential in and out of the pool. We are glad you have decided to join our team.

USA Swimming

Swimming has developed into a highly competitive and organized sport. Swimming in the United States is guided by United States Swimming, Inc. (USA Swimming). This national governing organization registers athletes, provides insurance, sanctions events and conducts local, regional and national competitions and development programs. The USA Swimming programs are divided into many local swimming committees, or LSC's. These LSC divisions have supervisory responsibilities within their geographic boundaries, as are designated by USA Swimming. The name of the LSC for our area is Sierra Nevada Swimming (SN). Within the area of Sierra Nevada Swimming, there are several swim teams, including Woodland Swim Team (WOOD). You can obtain more information about USA Swimming or Sierra Nevada Swimming by going to their websites: www.sn-swimming.org and www.usaswimming.org

Swimming Necessities-Equipment

1. **Swimsuit:** Black, Green or Black & Green Swimsuits preferred. Check out [Swim Outlet](#) for appropriate suits.
2. **Towels:** Needed at each practice. Two or more towels are needed at swim meets. They can get wet and cold during competition.
3. **Goggles:** Goggles are recommended to protect swimmer's eyes from the chlorine. Several different styles are available. Swimmers should have at least 2 pairs of goggles in their bag in the event one pair is lost or breaks.
4. **Swim Caps:** These should be worn by anyone with long hair. Team caps are worn at swim meets.

Optional:

5. **Parka:** For year round practice and winter meets. The order form is on the team web site.
6. **Swim Bag:** To hold suits, towels etc. These can be ordered from Nor Cal Swim shop.

Workouts

Workouts are assigned on the basis of age and/or ability. The coaches will determine what workout group your swimmer will be in after observing him/her in the water. Your swimmer may be moved up a group depending upon performance or attitude.

The workouts are held Monday through Friday for the Developmental through Senior Elite groups. The Water Frogs swim Monday through Thursday. The workout times can vary; go to www.woodlandswimteam.org for the current times. The only weather conditions that cancel workouts are thunderstorms. We do swim in rain, wind and cold!

There are no minimum attendance requirements. The coaches understand kids have school, other sports and activities. The more consistently they are able to attend workouts the faster they will improve.

Swim Meets

The “Seasons” of Competitive Swimming

There are two “seasons” of competitive swimming, short course and long course. The difference between the two is the length of the pool that the competition takes place in. Pools of 25 yards are called “short course pools.” 50 meter pools are “long course pools.” We are fortunate that our pool is 50 meters by 25 yards, so we are able to swim both short course and long course.

Short Course Season

The short course season runs from August into May. The pool changes to long course at the conclusion of the High School Season in May.

Long Course Season

The long course season runs from May to August. When school is out, we practice long course in the mornings and short course in the afternoons. The Water Frogs practice only short course in the afternoons. They will also go to short course meets during the long course season.

Time Standards: Meets are designated as B, BB+/-, AGO or Senior level contests. The letters and titles refer to the time standards that are used to place swimmers in terms of how fast they swim. You can find your swimmers time standards at www.swimconnection.com/sn after they have competed in their first meet.

B Time

The B time standard is usually the one you'll reach first. It is a measure of time and competence in the performance of that stroke. Achieving a 'B' time at a swim meet indicates a correct execution of complicated stroke technique. A 'B' time represents a level equal to 68% of the National Top 16 Reportable Time.

BB Time

It is a very big step when you achieve a "BB" time. In addition to the correct performance of a particular stroke, you have also achieved a speed only a limited percentage of swimmers can perform. Like "B" times, each age group has its own list of "BB" times. A 'BB' time represents a level equal to 75% of the National Top 16 Reportable Times.

A TIME

When you first make an 'A' time you can receive an 'A' Medal in recognition of your excellence. All SNS swim meets will award an 'A' medal in each event to first-time 'A' qualifiers. An 'A' time represents a level equal to 84% of the National Top 16 Reportable Times.

AA TIMES

There is a much smaller gap between "AA" and "A" as compared to the wide one between "B" and "A". You often need an "AA" time to compete in a Trials and Finals format meet. A 'AA' time represents a level equal to 89% of the National Top 16 Reportable Time.

AAA TIMES (SNRT TIMES)

An 'AAA' time represents a level equal to 93% of the National Top 16 Reportable Time.

AAAA TIMES

These are the highest levels in the National Age Group Times progressions. A 'AAAA' time represents a level equal to 97% of the National Top 16 Reportable Time.

Kinds of Meets

DYOT – Do Your Own Thing

DYOT meets are small meets with just our team. The parents are the timers, with only stop watches used.

B Meets

Meets that are limited to swimmers with B times or slower.

B-A+ Meets

Swimmers with times from B to above A are eligible to participate.

Age Group Open (AGO)

AGO meets are open to all swimmers. They have no entry requirements beyond USAS membership.

Junior Plus (JR+)

These meets have tougher time standards than the B-A+ meets or the Age Group Open meets and are open to older swimmers. Usually the time standards are 13-14 A or AA times.

SIERRA NEVADA CHAMPIONSHIP MEETS

These are held twice each year, in early Spring and Summer. The Spring meet is short course yards (i.e., 25 yard pool) and the Summer meet is long course (i.e., 50 meter pool). These are the championship meets for our LSC. Swimmers need Sierra Nevada "BB" times or better to enter. Both meets have a trials and finals format. All efforts and energies are put into full team performances at the JO's.

The Short Course Champs are for 14-Unders in March. The Long Course Champs is a 4-day meet with all ages. This meet is held in July.

Meet Procedure

Entries

The meets the team will be going to will be listed on the team web site. If you are not sure if your child should go to a meet, or which events to swim in, talk to their coach. Swimmers do not have to attend every meet that WOOD competes at. The meet sheet will be available on <http://ome.swimconnection.com>. This is also where you will sign your child up for the meet. You will need to join swim connection; this is free and will provide you with a lot of information about your swimmer. You will need your child's USAS number to register. It is your swimmers date of birth, first 3 letters of the first name, middle initial and the first 4 letters of the last name.
MMDDYYFFFMLLLL

Deadline

Enter the meet as soon as possible. Sometimes meets "cap" early. There are only so many meets being offered in a season and LOTS of swimmers who want to participate. All meets have a limit to the amount of swimmers they can accept. If that limit is reached before the deadline, the meet will be closed to further entries.

Arrival

Arrive at the meet in plenty of time. The coach will inform you in advance what time you should arrive.

Check in for Meet

When you arrive at the meet, check in at the check-in table as soon after arrival as possible. If the swimmer does not check in, they will not be allowed to swim.

At check in, the swimmer's name and events that they entered will be confirmed. Your swimmer will need to initial by his or her name, and then circle the events entered for that day. If a

swimmer neglects to circle an event number that is listed, they will not be entered in that event. There are permanent markers available at the check in table for the swimmers to write their events on their hands. This is a useful tool, so that they do not forget their event numbers for that day.

Team Area

There will be a team area where team members sit together fostering team spirit and the exchange of valuable information. Swimmers play games, eat, and enjoy each other's company during swim meets. Come and join the fun in the team area at swim meets.

Coach

The swimmer must check in with the coach upon arrival at the meet, preferably after they have already signed in at the check in table. The coach will supervise the swimmers' warm up swim before the meet.

Deck Seeding

Heat and lane assignments are posted ½ hour or less before each event. Each heat places the slowest swimmer in the outside lanes and the fastest swimmers in the center lanes. Be sure to check the heat and lane assignments carefully.

Check-In Prior to Event

After finding your heat and lane assignment for the event your swimmer will swim, the swimmer should check in with the coach and provide this information to the coach. Then, proceed to the designated lane. Remember to make sure the swimmer's name is listed on the recording sheet for that lane. Just ask one of the timers working in that lane to check and see if the swimmers' name is on the sheet.

Disqualification

If the swimmer is disqualified (DQ'd) from an event, the official will try their best to make contact with the swimmer after their swim to discuss the DQ. Consider being DQ'd a valuable learning tool.

Coach

After swimming an event, the swimmer should ask for his or her time from the lane recorder and report the time to the coach. The coach will use this meeting to give encouragement and suggestions to the swimmer. It gives the coach time to focus on individual swimmers. The swimmer will improve more rapidly if he or she competes regularly and communicates with the coach.

Parents

At all away meets, we must help with the timing. Some meets will assign each team a lane. It is then our responsibility to make sure there are always timers at that lane. We rotate timers so no parent is timing longer than 2 hours unless they want to. We also need to provide stroke and turn officials. There is training involved with this, please talk to a coach if you are interested.

Parental Responsibilities

The success of WOOD depends upon the support of the parents. Our team won't exist unless every family gives something. Parents are needed in many areas in order for the club to function efficiently. Therefore, you are asked to take an active role in helping the team. Everyone has something to offer!

- Volunteer – your time at swim meets, for local activities and team fundraisers. WOOD is a 100% volunteer organization, with the exception of paid coaches. We need everyone's help to make this team work.
- Stroke and Turn Officials – Teams must provide USAS carded deck officials to assist in running LSC sanctioned meets. Stroke and Turn judges are to be provided by every team. Training is provided for this position. If you are interested ask a coach or a parent that is an official.
- Be Positive – Have a good attitude towards your child's swimming and his or her coach. If a problem arises, please discuss it with the coach. Please do so in a polite and respectful manner and not on deck when there are swimmers and other parents who may hear the discussion. Behind the scene complaining and gossip only hurt the swimmers and undermine team spirit.

Fundraising

A large portion of the WOOD budget comes from fundraising. Without fundraisers, dues would increase. Therefore, everyone MUST support fundraising efforts. The team needs your help to make it successful.

Please participate! Our fundraisers include, but are not limited to:

- WOOD hosted swim meets. These are our largest fundraisers and require the most man power. Please plan to help even if your child is not competing.
- Hosting the snack bar during Rec Meets, 1 – 3 per summer.
- Swim-a-Thon