

**WINDWOOD WARRIORS
SWIM TEAM**



NEW PARENT SWIM PACKET

Helpful Hints for Swim Parents

Don't be afraid to get involved -- even if you've never been to a swim meet in your life.

Have plenty of water available for your swimmer.

Ask questions often.

Have an extra suit for practices, rather than their team suit, it will prolong the life of the team suit.

Rinse your team suit in cold water after each use and hang to dry (not in the sun).

Have spare change for the concession stand.

Always encourage your swimmer to do his or her best before every race.

Remember your food items for the concession stand at home meets.

Be aware of when your child swims, so that she or he doesn't miss her or his race.

If you have a schedule change or your swimmer is sick, be sure to call the Swim Team Voice Number or email Renee Bush at clrabush@fuse.net IMMEDIATELY. The coaches decide who will swim, and what events they will swim, PRIOR to the meet. If your swimmer is expected and does not show, last minute changes create a "domino" effect which must be addressed. This is very disruptive to the start of the meet.

Always check for relays! If your swimmer is scheduled to swim in a relay he/she must stay at the meet until the completion of the relay! There are 4 swimmers on a relay! The swimmers count on each other to be there and to try their best!

Know that your swimmer will not be perfect in every race. There are many requirements for each stroke to be completed without disqualification. Your swimmer will learn these in time. Expect your swimmer to be DQ'd the first few times she or he swims an event, and praise her/him when she/he completes a race without disqualification! Even the most experienced swimmers are DQ'd.

There are limited races and heats in a summer meet. Your swimmer will not swim in every event. Expect 1 or 2 races with the possibility of a relay.

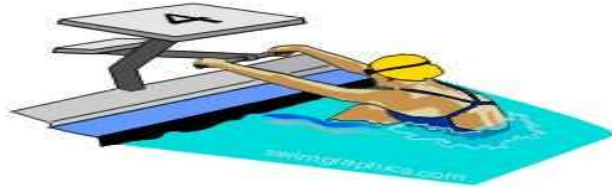
Never discuss issues with the coach during meets, practice, or around your swimmer. Please schedule a time to meet that works for both you and the coach!

Make the season FUN for you and your swimmer!

Smile! You're going to love it...



Meet Sign up Procedures



Scratch Sheet Procedure:

Most people aren't aware of how much work goes into making a line up for meets. Many factors are considered, such as relay teams, number of events per swimmer, and the need for a valid time in each event for swimmers to compete at Championships. You may wonder why we focus so much attention on line-ups, but hours of preparation go into each meet. Many times, that preparation is wasted when children show up to swim unannounced, or fail to show up for a meet. We always try our best to accommodate these kids. But it remains a significant problem. One lineup change causes a domino effect within the age group. We are addressing this with the following system for meet sign up and event assignment. In the back of the swim team family folder box, there is a black binder, labeled Scratch Binder. One roster will be available and clearly marked for each meet. You are asked to indicate whether or not your child will swim by the end of practice the Friday before the meet. If there are any special time concerns such as a need to have a swimmer swim in "late or early events only" please mark that clearly next to your swimmer's name. You must mark YES or NO by your name by the end of practice the Friday before the meet. ***Last minute illness should be reported to the Swim Team Voice Mail Number or email Renee Bush at clrabush@fuse.net.*** With your cooperation, we believe this issue can be resolved.

Lottery System:

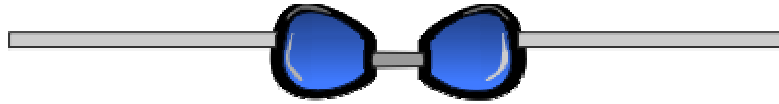
In addition, we are aware that in certain age groups, there are a large number of swimmers and a limited number of events. To address this, we have borrowed a "lottery" system which has worked well for the Beckett Ridge Team for years. We identify those age groups that have a large number of swimmers. Based on an "average" meet, we will identify the "average" number of swims per meet for that age group. When line ups are done, each swimmer is given the same number of events. Any events left unfilled would be assigned to swimmers based on a lottery, which will be done before the first meet. Every swimmer's name in that age group will be written on tickets, and those tickets placed in a container. We will then pull the names at random, writing them down until the last is pulled. We will do this two more times. We will keep that list with the Coaches, and when there are extra events, we will assign them according to the order of the lottery draw. If a swimmer is a notified absent from a meet, their name will remain at the top until they get an extra swim. ***If a swimmer "no-shows" a meet, they will forfeit their place in the lottery for the season.*** A no-show is counted when the swimmer does not come to a meet, and does not notify the coaches of their absence. We hope this system provides a fair and balanced way to fill out our meets, and encourage everyone to remember to communicate absences at meets with the coaches.

Practice

Practice is scheduled daily. It is important for your child to attend as many practices as possible. The more they attend, the more they will learn about each stroke and how to complete it without disqualification.

Swim Meet

Your athlete should wear his/her swimsuit to the meet: do not plan on time to change at the pool! Remember the sunscreen! Sunscreen needs time to penetrate, put it on at home before they ever suit-up and again after 1 ½ hours if they have been swimming. Plan on arriving at least 10 minutes BEFORE warm up starts: to check in, find the team, stake a claim on a piece of real estate for yourself & your cooler, find the swim lineup & check out the concessions.



Your Athlete's Swim Bag should contain: (label everything: bags, goggles, towels, and t-shirts look alike)

- ✓ Your Team suit; a spare suit
- ✓ Your Team swim cap (should have 2 - they tear easily!)
- ✓ 2 pair (minimum - straps break!) goggles; always alternate 2 pair during practice: NEVER wear untested, new goggles at a meet.
- ✓ Deck sandals (to avoid cuts and/or nasty foot fungus)
- ✓ 2 Towels
- ✓ Something warm: warm up suit, sweats, etc.
- ✓ SUNSCREEN: waterproof, rub proof, goof proof. Remember, sunscreen is oily, a swimmer could lose their goggles because of it. Remove sunscreen around the eyes and forehead before the race.
- ✓ Water bottle
- ✓ A black pen/sharpie marker (for marking E/H/L, info for each race on their hand or forearm: E= event #; H = Heat #; L = Lane #) see below
- ✓ A highlighter (for marking their race info on the heat sheet if available)
- ✓ A pen (for checking in and for Mom/Dad/friend to write down the new times they achieve at the meet)
- ✓ Cooler: Most meets allow coolers. Snacks: raisins, trail mix, Ritz bits w/peanut butter, goldfish, grapes, small chunks of fruit or veggies; favorite dry cereals in Ziploc bags; string cheese; beef jerky; Gatorade Bars or Power Bars; ask around for ideas!
- ✓ Baby powder (sample size will last a long time): to lightly dust inside of swim caps after drying them; keeps them from sticking together & easier to put on!
- ✓ Swim shampoo, conditioner, hairbrush, comb, contact solution, girls-only stuff, deodorant, and other toiletries
- ✓ A DRY Change of clothes for after the meet
- ✓ Things to pass the time! Bring cards, gameboys, homework, books.
- ✓ INHALERS: If your child is asthmatic, this is the most important thing they own. Different environments have different triggers that can set off an attack. Tell the coach(es) if your child has asthma & where his/her inhaler is!
- ✓ Ear drops: usually a vinegar/alcohol solution in a glycerin base - you don't want to deal with swimmer's ear. Use after practice & meets. Every practice. Every meet.

SWIM TERMS

LANE SLIP - Entry form for each race

DQ - Disqualification - Swim does not count because of an infraction of the rules

EVENT - any race or series of races in a given stroke or distance

HEATS - a division of an event in which there are too many swimmers to compete at one time

HEAT SHEET - a booklet of swimmers and what events they will swim (Invitational Meets)

SWIM LINEUP - a list of swimmers and what events they will swim

LANE - the specific area in which the swimmer is assigned to swim

LANE LINE - continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane

SCRATCH - Removing a swimmer's name from the roster for that meet's date before the final lineup is made

First Thing: Check it Out/Settle In

Find a seat with swimmers from your team. Find the swim lineup, usually posted on a fence around the pool.

Swim Lineups are posted to notify the swimmers of which events they will swim. Each race is divided into 3 parts, Event/Heat/Lane. The Events swum are Freestyle, Breaststroke, Butterfly, Backstroke, Individual Medley (IM) and Free and Medley relays. Scan the lineup for your swimmer's entries, record the Event, Heat & Lane on scrap paper. (To allow everyone time to see the lineup, return to your seat and mark the information on your swimmers hand or forearm as seen below). A black pen or sharpie marker works great for this Swimmer Graffiti, but ONLY on DRY skin. Wet skin will wipe out a sharpie every time. List the events in order & leave room above & below the first & last events for possible relay event numbers in case your athlete is chosen to participate in one of our relays! Write small & carefully so your swimmer can read it!

For example, if Ashley is in Event #5, 25 Freestyle, Heat #1, Lane # 6, 25 Breaststroke and Free Relay, then I would write that on her arm like so:

E	H	L	
5	1	6	25 Fr
22	2	3	25 Br
68	1	4	Rly - Fr

Find the Team!

Tell your athlete to head over to the rest of the team and to TELL THE COACH THAT HE/SHE IS THERE AND IS READY TO SWIM! The coaches will be looking to see who is there so they can determine who will swim in the relays. They have to know who has shown up!

Stay Alert and Cheer Them On!

Some events run faster than others. During a meet, the swimmer must line up in his/her appropriate lane one or two Events prior to his/her scheduled event. They will not hold the event to find the swimmer. If your swimmer misses it, he/she will NOT have the opportunity to make it up.

CHEER! them on, congratulate, console if necessary but never, NEVER coach. Our coaches ask that each athlete come directly to them after his/her race so that they can tell them how to do better, congratulate them, whatever is necessary. The main thing is that your athlete realizes that he/she is there to beat his/her own times and if in doing that he/she also beats other athletes, well then! What an achievement! But pouting, getting angry, scowling, crying and worst of all bragging is unsportsmanlike conduct and parents must avoid it at all costs! Try to teach your swimmer to be a good sport & to congratulate the swimmer who wins. Someday it will be your child's turn to be the one congratulated and boy, does it feel good!

Captain of the Cooler!

Yes, that's you! Hopefully you can think of something healthy and wonderful to put in it! Small bits of fruit, cheese, lunchmeat, crackers, bagels, bananas, Gatorade/Sports drinks, trail mix, grapes, cherries, and don't forget water! Most pools have concessions & some families don't bring coolers. Don't forget drinks for yourself, your kids & your spouse! Remember, alcoholic beverages are not allowed on deck at any Tri-County League event.

Are there bleachers or do I need my lawn chairs?

ASK someone before you go! Bleachers are much softer with towels or blankets on them!

Bring an UMBRELLA, rain or shine. SUNSCREEN & some kind of BUGS-GET-OFF-ME spray. Shade is your friend: get there early or bring your own. Some people bring portable shade pavilions.

Knit, Read, Write, Snooze, Etc.

Expect 3 ½ hours or more! Swim meets are not known for their brevity. Bring something to occupy the time while you wait for your swimmer to swim again. Play cards, read the paper, complain about the Reds, write your Mother, address Christmas cards, file your nails, torture your other children. Bring extra towels or blankets to sit upon to prevent bleacher buns. Sit with other Warrior parents & get to know each other: we're a happy bunch and will include you and your Aunt Harriett in our conversations! I've met some friends I will have forever at swim meets. You will too.

Frequently Asked Questions

Q. - How long does a swim meet last?

– Typically the swimmers will have to be at the pool by 5:15PM and the meet will be completed at about 9:30PM.

Q. - What about inclement weather?

– If it is thundering or lightning out practice is cancelled. This is not automatic for swim meets however. We do not swim if it is not safe! If it is cold weather, practice will be held at the coach's discretion. If a practice or meet is canceled it will be updated on the voicemail. Be sure to check often.

Q. – Are we required to volunteer at a swim meet?

- Yes, there are many opportunities to get involved and we need you! Each family is required to work 5 times during the season. Timers, concessions, ribbon writers and more are needed at each home and away meet. Be sure to check with our volunteer chairperson to schedule. The sooner you volunteer the more choices you have to fit your schedule!

Q. - What kind of fund raising is expected?

– The Warriors have a fund raising chairperson who solicits donations from local businesses on a yearly basis. Other funds are raised through participation in various optional fund raising programs. These programs are voluntary but extra fund raising is needed by the team to purchase equipment to run a quality program.

Q. - How do we order a swimsuit?

– This season our team suits will be available at Kast-A-Way Swimwear on Route 42. You should take your child in person to ensure the right fit, or have them fitted at the Open House. Order Early to ensure the suit is available by the 1st meet! If your swimmer's suit does not come in before the 1st meet, they can still swim in the meet! A team suit is nice to have, but not necessary!

Q. -What should be worn to practices?

– A comfortable suit (preferably not your team suit), goggles and a swim cap. It is a good idea to bring a sweatshirt or pants in case it is chilly out of the water.



Volunteer Job Descriptions

Timer: Responsible person who stands at the end of a race and records the time of the swim in a particular lane. This is a great job, as it allows you to be front and center for all races. Might not be great if you have small children who cannot get to their race independently.

Concessions: Your job is to man the concession booth at home meets. This is a great job if you have younger children. You will be allowed to leave the area when your child is swimming. We would never want you to miss her/his swim

Runner: Your job is to collect the lane slips after each swim to give to the scoring table. This job requires a love of walking!

Scoring: We have an automated scoring system, but we need people to learn the system and make sure our meets are scored correctly.

Awards: These fine individuals use the labels our automated scoring system prints out, and affixes them to the ribbons. The ribbons are then put into our swimmers folders, or our opposing team's bag. This job has varying degrees of busyness during the meet. As always, you will be encouraged to see your child swim!

Official: This is a trained individual who judges the strokes, turns, and starts during a race. We need to provide as many officials as possible. You will need to attend a day of training, and then take a test. For more info about becoming an official, contact Vicki Weisbrod at 759-1814.

Board Member: These volunteers meet throughout the year setting the course and standards for the swim team. Jobs include Secretary, Treasurer, Social, Membership, Ways and Means and more.