

WEST CARROLLTON

WAVES

2017 SWIM TEAM HANDBOOK

The West Carrollton Waves Swim Team would like to welcome you to our 38th Season of swimming excellence. To insure a successful start, we have compiled this handbook of information. The team believes that every swimmer, regardless of skill, is important to the team. Our program is designed to encourage healthy family activity and to provide an environment of socializing and competition for the swimmers and their families.

Practices are held in the evenings only while school is in session. Once school is out, practices are held mornings Monday through Friday and evenings on Monday and Wednesday. Swimmers are coached in their strokes at this time. Some practices are used as reward time for all the effort that the swimmers have devoted to the week's practices.

Meets are held as dual meets against another team in our SOSL League on either a Tuesday or Thursday evening. We have a very short season as you will see from the enclosed schedule. At the end of the season, we will be swimming in a championship meet for all the teams in our league. This meet is an all day Saturday event. Some meets will be held at our pool, while we will need to travel to other pools as well for the others.

For home meets we need a large group of volunteers to handle the various responsibilities (officials, timers, concessions, clerk of course, awards, scoring, announcer, runners, setup, or tear down). It is expected that each parent will help so that the workload is evenly distributed. We will teach you any job for which you volunteer. With more volunteers we will be able to provide a superior program for our children!

At the conclusion of this year there will be vacancies on the swim team Board. Please consider volunteering for a position so the swim team can continue with its great reputation. If you are interested in a position please contact any of the Board members and arrangements can be made for you to work with the current Board member so that you may learn the duties of that position.

Welcome and have a great season! But most of all have fun!

Swim Team Fees

The swim team fees help to cover the cost of coaches' salaries, team T-shirt, cap, ribbons, trophies, concessions, and the overall maintenance of swim team equipment. First year swimmers may receive a partial refund within the first 2 weeks of the season if they decide they would not like to continue with the swim team program.

Fees

1st child - \$80.00

2nd child - \$75.00

Each additional child - \$60.00

The deadline for regular registration is: June 1st. No additional registrations will be taken after June 1st.

Practice Schedule (*Practice Times are Subject to Change*)

Tuesday, May 30 through Friday, June 9:

10 and under: 6:30 PM to 7:30 PM

11 and older: 7:30 PM to 8:30 PM

Monday, June 5 through Friday, July 14:

Morning Practices: (Monday through Friday)

All Ages: 7:45 AM to 9:00 AM

Evening Practices: (Monday, Wednesday, & some Fridays)

10 and under: 6:30 PM to 7:30 PM

11 and older: 7:30 PM to 8:30 PM

Note: Minimum Temperature for practice is 60 degrees by 7:30 AM (Check Fox 45 for temperature) If it is too cold, most times, the coaches will send a text. Please use your discretion, you know your child best.

Minimum Requirements

Swimmers **must** be able to swim freestyle unassisted for 25 meters (across the pool 1 time). No flotation devices will be allowed. Practices will focus on teaching the other 3 strokes (backstroke, breaststroke and butterfly) as well as improving freestyle.

****Swim Team should not be used as a substitute for swim lessons.**

NOTICE: Please do not interrupt the coaches during practices and meets. If you have questions or concerns which you would like to discuss with a coach, please wait until the practice or meet has concluded. If your questions or concerns cannot wait, please contact a Board member or the Board President. Feel free to email concerns to swimmingwaves@gmail.com.

2017 MEET SCHEDULE

Date	Day	Team	Location	Arrival Time
June 13	Tuesday	Idle Hour	Home	5:00 PM
June 15	Thursday	Germantown	Away	5:30 PM
June 20	Tuesday	Cardinal Hill	Away	5:30 PM
June 22	Thursday	Preble County	Home	5:00 PM
June 27	Tuesday	Off-Rain Date?		
June 29	Thursday	Vandalia	Home	5:00 PM
July 6	Thursday	Miamisburg	Away	5:30 PM
July 11	Tuesday	Rain Date		
July 13	Thursday	Rain Date		
July 15	Saturday	SOSL Championships	Home	TBA

Meet Attendance

It is very important that the coaches know if your child will not be swimming at a particular meet. The coaches will hand out a "Commitment Sheet" that lists all the dates and meets. Please, as a courtesy to all, complete that and return it to the coaches. Of course, "things" come up but please try to let the coaches know at least two days in advance of a meet if your child will be unable to attend.

*****Please let the coaches know, in writing, the dates of the meet(s) being missed. You may place that in one of the coaches' mailboxes.***

*****Remember, a swimmer must swim at two meets in order to be eligible to swim at the Championship meet!***

Other Important Dates

TBD	Parent Meeting	6:00 Registration 6:30-Meeting	Wilson Park Pool (shelter)
TBD	Team Pictures	5:00 PM	Wilson Park Pool
TBD	Time Trial	after pictures	Wilson Park Pool
July 21(Fri) (tentative)	Awards Picnic/Pool Party	TBA	Wilson Park

Official's Clinic

Each team is required to provide officials at each meet. All individuals who wish to officiate in the SOS League, and are not USSA or YMCA certified, must set up a time to become certified. It is a fairly easy procedure and gives you a front row seat for swim meets.

Team Suit

Buying a team suit is optional. We are now using SwimOutlet to order suits for the team. You can do this by using the following link: <http://www.swimoutlet.com/wcwaves> There are several suit choices. Our team colors are black and red. If you have any questions, ask one of the Parent Board members and they can help you.

Parents Meeting

The swim Board will meet with parents at the Pool Shelter in order to introduce the Board and coaches, outline the swimming schedule of activities, and answer any questions. Please try to attend this important meeting as it is a great opportunity to meet other parents and learn more about how the program works.

Team Pictures

Team pictures will be taken at Wilson Park pool. Swimmers are encouraged to wear team suits for pictures if they have purchased them. You are **not** required to purchase pictures; however, **ALL swimmers should try to come for the team picture.**

Time Trials

All swimmers will be timed in each individual stroke for their age group. The timing will be done with hand held stop watches by parent volunteers and coaches. We need timers at each meet and this is an excellent time to learn, as well as see how a meet is run. The swimmers get a chance to see how fast they can swim, and the coaches are able to determine the best events to place each swimmer in for the meets. We encourage all swimmers to attend. During the time trials, the new officials who have completed the clinic will be placed with experienced officials for on deck training.

SOSL Championship

This is the championship meet for all teams in our league and will be held at the Miamisburg Pool. The teams arrive early in the morning and it is important that all swimmers report in with their coaches. Bring suntan lotion, towels, ice, drinks, spending money and games for your swimmers. This is a long, excitement filled day, so help prepare your swimmer(s) by providing the right food and equipment. Each team will be required to provide parent volunteers to fill the various positions at this meet.

*****Swimmers must participate in at least 2 dual swim meets during the season in order to be eligible to swim at the League Championship Meet. No Exceptions.***

Swim Party/Awards Picnic

Come and join us as we wrap up the season with this fun event. SOSL Championship awards and season awards will be distributed at Wilson Park shelter near the pool. Bring one dish to share and your own meat, drinks and tableware. If you have an extra folding table that would also help. We will be having the picnic, presentation of awards, and a quick end of season up meeting. There will be swimming in the Wilson Park pool during their normal business hours for those who would like to swim afterwards..

Coaches

Our head coach is required to have lifeguard certification to ensure the safety of the swimmers. We look for coaches who have a good background as swimmers themselves, and who feel they can follow our general philosophy.

Lifeguards

Certified lifeguards are present at all practices and meets.

Ripples

The Ripples Swim Team is designed for those 4-6 year olds who aren't afraid of the water and have a basic understanding of swimming. The Ripples program is intended as an introduction to the Waves swim team, **not as a replacement for swimming lessons**. The goal for a Ripples team member is to eventually move up to the Waves swim team. The coach and their assistants (or "Buddies") will work with these swimmers on freestyle and then advance to backstroke as they are able. The swimmer's "Buddy" may not always be the same youth at each practice. The younger swimmer will be asked to jump from the side to their "Buddy" and eventually swim one length of the pool during a meet situation. They will swim in 6 and under events at swim meets when they are able to swim across the pool unassisted. Each meet will start with a special event for those swimmers that still need the help of their "Buddy". This enables their "Buddy" to be in the water walking along side them during this time period. No floatation devices are permitted at league events. The Ripples Coach will make the decision if a Ripple is ready to participate in a meet. Swimmers may also be moved up the Waves team after discussion with the parents once the coaches have determined they are ready for the full practice load.

Ripples Practice Schedule

Tuesday, May 30 through Wednesday, July 12 (**Mondays & Wednesdays Evenings only**)
This schedule can change at any time and you will be notified by the Coaches.

Swim Meet Agenda

1. Arrive at pool by **5:00 PM for all home meets** and 5:30 away meets.
2. After arriving at pool, go directly to bullpen (the area where Waves swimmers are to stay during the meet) and stay there for warm-up (stretching) and checking line-up to see what events you swim.
3. Team warm-ups in pool begin at approximately 5:35 PM.
4. After warm-ups return to bullpen where you will have your event, heat and lane written on your back. **Swimmers: Please remain in the bullpen throughout the meet.**
5. At start of meet (6:00 PM), each event will be announced; when your event is announced go to the clerk-of-course and remain there to be checked by the adult in charge.
6. At the clerk-of-course you will be put in your assigned lane and instructed when to go behind the diving block of your lane.
7. You will be instructed to go up and stand behind your diving block.
8. After several short whistles, the starter will announce the event and distance.
9. When you hear one long whistle you need to step up onto your block.
10. You will then hear the starter say "Take your mark" (as shown by your coaches at practice). The starter will depress a button and you will hear a horn or buzzer sound, which is your signal to dive into the pool and start the race.
11. After you have finished, one or more of three things will happen; first, you will be congratulated by your coaches, teammates and other adults for trying your best. You may be informed by an official that you were disqualified (DQ) and shown what you need to do correctly the next time. Your coaches will also show you and, if needed, ask them at your next practice to help you improve.
12. Return to the bullpen after each event you swim and wait for your next event.
13. Shortly after the meet is finished, the final score will be announced.
14. Ribbons which are won by the swimmers for a meet will be awarded the day after the meet. All ribbons will be placed in family folders.

Swim Team Terms and Descriptions

Awards: Swimmers will receive ribbons for 1st through 6th place. Participation ribbons are awarded to all 12 & under non placing swimmers. Our team will also award improvement ribbons to each swimmer that improves their time in any event. Championship ribbons are awarded for 1st through 16th place for individual events and 1st through 8th place for relay events. At the awards picnic, each swimmer is given an award for participation on the team.

Bullpen: This is the hang out area for each team's swimmers until they are called to the clerk of course. Volunteers are needed in the bullpen at each meet to help organize relay teams, (particularly the younger kids) and get them to report to the clerk of course when announced. All swimmers must stay in the bullpen if they are not competing or at the clerk of course. All swimmers should clean this area at the end of the meet.

Clerk of Course: This is the area to which swimmers report before they swim their events. They will be told their lane at this area that tells them which heat and lane they are to swim. Swimmers must stay in the clerk of course. Relay teams should report together.

Entries: A swimmer may swim as many as three individual and two relay events each meet. No swimmer may swim more than five events, but they may swim fewer, if desired. The coaches decide which events each swimmer will swim at dual meets and prepare a chart for the swimmers to check.

Heat Sheet: A packet that is available for purchase, at most meets, to show the events of the swim meet. The coaches decide which events each swimmer will swim at dual meets and post this usually online as well as in paper form before the meet.

Events: There are two types of events; individual and relay.

- Individual events include each of four strokes (freestyle, breaststroke, butterfly & backstroke) -
 - 25 meters-one length of the pool (12 and under)
 - 50 meters-two lengths of the pool (13 and over)
 - 50 meter freestyle (9-10 and 11-12)
 - 100 meter freestyle (13-14 and 15-up)
 - 100 individual medley-IM- (9 and up) where the swimmer swims 25 meters of each stroke.
- The relay events include freestyle and medley. Four swimmers are on each relay team.
 - 25 meters per swimmer (12 and under)
 - 50 meters per swimmer (13 and over)

False Start: Starting before the starter's signal. A second false start charged to the same swimmer results in disqualification of that swimmer in that event only.

DQ: Disqualification is the elimination of a swimmer from the one event by an official, because of a rules violation. Do not be alarmed if your child is DQ'd because all swimmers have experienced a DQ at some time. DQ's are necessary to keep all events fair. You can still swim all of your events after a DQ.

Final Results: Points are awarded respectively as follows: 4-2-1 for first, second and third place in individual events. However no point sweeps are allowed, so a team can only score a max of six points for every individual event. Four points are awarded to the winning relay team, with no other points being awarded in relay events. Final places are determined by the official times of all the designated swimmers in the event. Three timers are assigned to each lane with stopwatches. The three times are recorded on the lane slip for that lane with the middle time of the three measured times being the "official" time.

Officials: This person has attended a school or clinic to learn the rules of each stroke and will be judging the swimmers during their races. Officials wear white shirts with white or navy blue shorts and are located around the edge of the pool. Officials will try to tell each swimmer the reason for their disqualification. Please do not interrupt any official during meets concerning DQ's. Wait till after the meet to talk with officials or see a board member if your concern cannot wait.

Strokes: The four competitive strokes include freestyle, backstroke, butterfly and breaststroke.

Swimming Up: This means a swimmer is swimming in an older age group than their actual age. The swimmer may swim up in any event. Once they swim up in an individual event, they must swim up in all their events for that meet only. A swimmer may swim their own age group in the individual events and up for the relays, if needed. A swimmer is never allowed to swim in a younger age group. Age group is decided by the swimmer's age on June 1st.

WEST CARROLLTON WAVES PARENT BOARD MEMBERS 2017	
PRESIDENT	Karen Locke
VICE PRESIDENT	Cindy Siler
SECRETARY	Jenny Crawford
TREASURER	Tobie Cook
PUBLIC RELATIONS	Diana Grooms
MEMBER-AT-LARGE (Scoring)	Eddie Fox
MEMBER-AT-LARGE (Ribbons)	Tobie Cook
PAST PRESIDENT	Nicole Weber
CONCESSIONS	Rachelle Yakumithis & Jackie Zimmer

A Final Word

The West Carrollton Waves believe in a competitive spirit and above all good sportsmanship. We encourage all swimmers to do their very best, and congratulate them for a job well done whether they finish first or last. Our coaches will teach your child to improve their swimming skills and above all, to have fun. Please be a positive role model for all our children by showing the same good sportsmanship towards the other teams that we expect from our swimmers.

Please check our website often: <http://wcwaves.swim-team.us/>

and

Feel free to email any questions or concerns to the Parent Board Email

swimmingwaves@gmail.com