

MY KID WANTS TO JOIN THE SWIM TEAM ...NOW WHAT?



A Guide for the Parents
of Prospective New Members
of the
Great Falls Rapids Swim Team

Version 2.0

INTRODUCTION

Every swimmer's parent has experienced that first day of swim practice or that first swim meet where they wonder, "Why are we here, and what's going on?" We've all been there before and will be glad to help you in your quest to navigate the world of "Summer Swimming".

Please remember that the only bad question is the one which is unasked. The Team Reps, Coaches and fellow swim parents all want you to understand and enjoy our summer swim program. We will try our best to communicate clearly the schedule and expectations for the season, so this can be a good experience.

Welcome to the Rapids. We're glad to have you with us!

Chapter 1: About The Swim Team

Our Philosophy

The Philosophy of the Great Falls Rapids swim team is that **having fun is the most important thing we can do**. Most of the kids don't care if we're in a top division or if we win all of our meets. We'd all like to be division champions, which usually means going undefeated, and only one team out of six can usually claim this honor. Having fun will be what the kids remember and will determine if they want to do this again next year.

Personal growth and development is very important, and for a swimmer that means improving your times and being a good sport. We believe that by establishing a healthy environment that encourages the kids to do their best, recognizes their contributions, emphasizes sportsmanship and is fun for the entire family; we will have met our goals.

Parental involvement is important, since we can't run a swim team or a meet without it. We've all taken our kids to soccer or other sports and probably stood by as two or three parents ran the team. Swimming isn't like that. In fact, it takes over 40 parents to time, officiate and score a typical swim meet, and that doesn't include pool set up and tear down or running the snack bar. Also, being a volunteer will help you to understand what swim team is all about, and it will make it more of an enjoyable family experience.

Swimming is unique in that there's a place on the team for anyone eighteen or younger who can swim across the pool without assistance. How many other sports have kids five years old to eighteen years old on the same team participating in the same competition?

Expectations

Although swimming is considered an individual sport, our summer league is structured with an emphasis on the team. Any team is only as good as the people on it. In keeping with our philosophy articulated above, our expectations are simple:

1. The Great Falls Swim Team is not a swim lesson program. A swimmer should be able to swim a length of the pool to join the team. We don't care how fast or how ugly or how legal the stroke is or how long it takes to swim that length. We'll help your swimmer become a better swimmer, but in fairness to the other 100 plus swimmers on the team, we must insist that all swimmers be able to swim. Your child will feel better about his/her being on the team if he/she is competitive with most of the other kids of the same age.

2. Keep your commitments. We're planning on your family being available for all swim meets unless you tell us differently, preferably at least five days in advance. Everyone has vacation plans, camps or other activities which may impact swim team, and we just work around these. At registration, we ask for vacation information for each child. Unless you notify us otherwise, we will be using those dates in determining availability for meets.

3. Encourage your swimmer to pay attention to the coaches. Our coaches are making a commitment to our children, and their time with them is limited. Your child should be ready to listen and follow directions, so they will get more out of the practices. With over 100 swimmers, disruptions aren't fair to the coaches or the other swimmers. In addition, every child must be able to stay in the water or with the group and be able to use the restroom, if needed, by themselves. Coaches can not be responsible for a child who gets out of the water or goes into the restroom.

4. Praise your child's efforts to do their best- it's a lot more important than being the best. Support and encouragement is what they will need the most from you. The first races are difficult and they may be very nervous. Their coaches will give them positive feedback after their races and give them suggestions on their strokes.

5. Communicate with the Team Reps. We are here to answer questions, address concerns and to ensure the smooth functioning of the swim team. Let us know your availability, your travel plans and camps, so we can fill the lanes with swimmers who are in town. Please let us know how it is going and if you have suggestions or concerns. You can send us an email or talk with one of us during practice. We are always looking to make the swim team better. We do ask that you refrain from talking with the coaches during practice times. They must concentrate on the swimmers, for safety reasons.

6. Have fun with this new activity. Swimming well is something that your children can do their whole life. Volunteer, enjoy getting out and spending time at the Club. The more swimmers that you recognize and watch, the more fun the swim meets will be for everyone.

Chapter 2: Important Basic Stuff

Practices

Practice times are posted on the Swim Team Bulletin Board and on the website. Swimmers should come to practice regularly, be on time and be prepared to do their best.

Swimmer Apparel

Swimmers should wear a swimsuit that will be comfortable for racing. The Rapids, like every other swim team, have a team suit. The wearing of the team suit is optional. There is a culture shock with the fit of the "jammers" for some boys. Usually, when they realize that this type of suit is good for racing and everyone else is wearing one, their opposition breaks down.

You may also want to consider buying at least one practice suit for your swimmer. Sport Fair in Arlington and other area swimsuit retailers frequently sell suits discontinued by manufacturers at a reduced price as practice suits. The sun, the pool chemicals and the rough pool deck are tough on swimsuits.

Accessories for the well dressed swimmer

Every swimmer needs a towel, the bigger and thicker the better. Other accessories you should consider are goggles, a sweat suit (for cool days), a swim cap (especially for girls with long hair), a hat or other sun protection, and a bag to carry everything. You should also have liquid refreshment (Gatorade, PowerAde, or a water bottle) and a light snack for during the meet such as fruit, granola bars or other healthy foods. Save the sweets at the concession stand as a reward for finishing swimming.

Newsletters

Every week you will receive, via email, the Rapids newsletter. It will list upcoming events and contain team news. Make sure you check your email and let us know if your email address changes.

Ribbons

Your swimmer will receive at least one ribbon for each race. One way that we like to motivate children to do their best is to give ribbons, not only for achievement, but for a best time, for heat winners in B meets and for competing, in case of a DQ.

Chapter 3: Organizational Information

Great Falls Swim & Tennis Club

The Great Falls Swim and Tennis Club, of which we are all members, owns the facility that we use. Although each member of the swim team pays a fee in order to belong on the team, the Club membership funds about half of the cost of these teams. The Club is governed by a twelve member Board of Directors, of which two Directors are designated to oversee the swim program. To be a member of the swim team your family must be members and meet other generally met NVSL criteria.

Team Reps and Coaches

The people you'll run into the most in your swim team dealings are the Team Reps and the Coaches. The Team Reps are volunteer parents who are responsible to the Club Board for running every aspect of the swim team and are the representatives of the Rapids team to other swim teams and NVSL. It's a huge job that is impossible to do successfully without help from a great many parents. The Team Reps hire the Coaches (with the approval of the Club Board), who are responsible for the swimming portion of the swim team program.

Northern Virginia Swimming League (NVSL)

In 1956, 8 Northern Virginia Pools founded the NVSL. Today, the NVSL has over 10,000 swimmers on 104 teams and is the largest summer swim league in the United States. Obviously, with this many teams, there has to be some division of teams. During the off-season, the NVSL ranks each team from 1 to 104 based primarily on swimmers times, and then divides the teams, based on these rankings, into 18 Divisions of five or six teams. This means that the fastest teams are in the lower numbered Divisions and the less competitive teams are in the higher numbered Divisions. The other teams in our division, meet locations and directions are on the website and the bulletin board near the pool.

McLean B Meet League

Ten local NVSL clubs in the McLean & Great Falls area have joined together for the conduct of un-scored swim meets on Monday nights. Swimmers who have taken a first, second or third place in the preceding Saturday meet cannot swim the stroke that they ribboned in. The idea is to get ribbons to as many kids as possible, even if only a participation ribbon.

USA Swimming

USA Swimming is the governing body for swimming in the United States. USA Swimming establishes rules for the strokes and for the conduct of competition. The NVSL swimming rules are USA Swimming rules with minor changes to accommodate the facilities and skill levels found in our league.

Potomac Valley Swimming

Potomac Valley Swimming (PVS) is the local “branch” of USA Swimming. It consists of year round swim clubs in the Washington area. PVS conducts “Short Course” competitions (25 yard pools) from October to March and “Long Course” competitions (Olympic sized 50 meter pools) from May thru July.

Chapter 4: My Kid Says He's Supposed to Swim Like a Butterfly

If you're not a former swimmer, the strokes and their rules can be bewildering. While the stroke rules are simple enough for a six year old to understand, most people do not have a copy of the USA Swimming Rules, so we'll briefly describe the strokes below. The rules below are the USA Swimming rules as modified for use in the NVSL. Teams in other leagues may have slightly different rules.

Freestyle

The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. There are, however, a few don'ts associated with this stroke, specifically: (1) You cannot walk on the bottom or pull yourself along using the lane lines and (2) In a 50 Meter race (two pool lengths) you must touch the wall at the 25 meter end before touching the wall at the 50 meter end (This may seem obvious, but sometimes swimmers miss the wall at the turning end of the pool)

Backstroke

Like the freestyle, almost anything goes on the backstroke as long as you stay on your back. Watching swimmers learn the backstroke is a perverse sense of fun as they bounce off lane lines and wonder where they are. Eventually, they will learn to guide off the lane lines, use the overhead backstroke flags and the lane line markings to know where they're at in the pool, and count strokes from the flags to the wall.

Backstroke starts are different from all others because the swimmer is in the water feet planted against the wall, and hanging on to either another swimmer's legs or the lip on the pool awaiting the starter's signal. "Legs" must be grabbed below the knee. Persons serving in an official capacity (such as timers or coaches) may not serve as “legs”.

If your swimmer is a backstroker, he or she will eventually learn the backstroke flip turn. This is the one exception to staying on your back and can be used only as part of a turn (not a finish) at the pool wall.

Breaststroke

The Breaststroke has two components, the kick and the arm pull. The pull and its recovery must both be under the breast and cannot extend further back than the waist area. The kick is a "frog" kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence and the elbows must stay below the water except for tagging the wall at the finish. Breaststroke turns and finishes require a simultaneous two hand touch.

Butterfly

A well executed butterfly (or Fly) is the most beautiful exhibition of power you'll ever see in a swimming pool. Quite frankly, the fly is the hardest stroke for most swimmers to perfect and while they are learning it many look like they are drowning. There are two components of the fly; the arm pull and the kick. The arm pull must be an over the water recovery (elbows breaking the surface of the water) with the arms moving simultaneously. The kick is a dolphin style kick with both legs moving simultaneously. Unlike the Breaststroke, there is no requirement to alternate the kick and pull. Turns and finishes require a simultaneous two hand touch at the wall.

Individual Medley

The individual medley (or IM) is when an individual swims each of the four strokes in the sequence Butterfly, Backstroke, Breaststroke, Freestyle. We swim a 100 Meter IM, which means that 25 Meters, or one pool length, of each stroke is swum. In a 100 Meter IM, every turn is a stroke change and stroke finish rules apply. This means no Backstroke Flip Turns.

Relays

There are two kinds of Relays, the freestyle relay and the medley relay. Both involve a team of four swimmers, each swimming one quarter of the total distance. In the freestyle relay, each swimmer swims the freestyle. In the medley relay, the sequence is Backstroke, Breaststroke, Butterfly and Freestyle. At the NVSL Relay Carnival, swimmers eight and under swim a modified medley relay where the fly leg of the relay is replaced with a freestyle leg.

In all relays, each swimmer must wait until the previous swimmer touches the wall prior to leaving the deck. Running starts or pushes from teammates are not allowed.

At the End of Every Race

After every race, the swimmers must stay in the water until the last person finishes. In the case of a relay, the first place team must stay in the water until the other team finishes. This is a way of showing respect for every swimmer's efforts and is one way that we demonstrate good sportsmanship.

Chapter 5: Swim Meets

There are a few different kinds of swim meets during the summer that you will hear mentioned by the coaches, other parents and the swimmers:

Saturday Dual Meets (“A Meets”)

The six teams in each division swim the other five teams, one at a time on five consecutive Saturdays, in a series of Dual Meets or A Meets, so called because there are two teams competing. Based upon the results of these five meets, a division champion will be named. Saturday Dual Meets consist of 38 Individual events and 12 Relays.

McLean B Meet Group (Monday) Meets

Monday meets are basically the same as Saturday Dual Meets, except they are not scored and there are no relays. A 6 & Under age group is added and the 13-14 and 15-18 age groups are combined into one. There is an 8 and under competition in the Butterfly IM events are added for 10 & Unders, 11-12s, 13 and overs. There are usually multiple heats of each event for younger swimmers. Your child must sign up to swim in the Monday meets by the preceding Sunday afternoon. They may pick 3 strokes.

Relay Carnival

Another NVSL event is the Division Relay Carnival, which takes place on the Wednesday between the third and fourth weeks of the season. All six teams in each division converge on one pool for an evening of relay races. These include both Freestyle relays (each swimmer swims the Freestyle) and Medley relays (each swimmer swims a different stroke). The next night, all the Division Coordinators meet and relay teams are selected to swim at the All-Star Relay Carnival the following week. The sole criteria for selection to the All-Star Relay Carnival is to have one of the eighteen fastest times in events swum in the Division Relay Carnivals.

Divisionals

The sixth week, each Division has an Individual Championship meet, commonly referred to as "Divisionals". Each team is allowed to enter two swimmers in each event and a swimmer can enter no more than two events. If a team does not have two swimmers for an event, the other teams can bid in other swimmers to fill the empty lanes. This is an individual meet and is not scored.

All Stars

After the Divisionals, all the Division coordinators meet to select swimmers for the All-Stars meet the following week. The sole criteria for selection to All-Stars is to have one of the eighteen fastest times swum that day in an event in the Divisional meets.

Chapter 6: Dual Meet Procedures

Saturday Meet Events and Distances

Age group	Freestyle	Backstroke	Breaststroke	Butterfly	Freestyle Relay	Medley Relay
8 & Under Boys	25 M	25 M	25 M		100M	
8 & Under Girls	25 M	25 M	25 M		100M	
9-10 Boys	50 M	50 M	50 M	25 M		100 M
9-10 Girls	50 M	50 M	50 M	25 M		100 M
11-12 Boys	50 M	50 M	50 M	50 M		100 M
11-12 Girls	50 M	50 M	50 M	50 M		100 M
13-14 Boys	50 M	50 M	50 M	50 M		200 M
13-14 Girls	50 M	50 M	50 M	50 M		200 M
15-18 Boys	50 M	50 M	50 M	50 M		200 M
15-18 Girls	50 M	50 M	50 M	50 M		200 M
Mixed Age Boys					200 M	
Mixed Age Girls					200 M	

NOTES:

1. In Saturday dual meets, the youngest age category for the Butterfly is 10 and Under. There is a 25 Meter Butterfly for 8 & Unders at Divisionals and All Stars.
2. The order of events is to go down each column starting on the left side except that the mixed age relays are the last two events. The easiest way to follow along is to buy a meet sheet.
3. The Mixed Age Relays are swum by, in order, an 11-12 year old, a 9-10 year old, a 13-14 year old, and a 15-18 year old.

Who Swims?

Dual A Meets are to see who can score the most points, so the fastest swimmers get to swim. Three swimmers can be entered in each individual event and no swimmer can swim more than two individual events. Since swimmers take vacations and go places such as scout camp, and a swimmer can swim in only two events (plus relays) in any meet, you don't have to be one of the three fastest swimmers to swim in a Saturday meet. Who swims an event may seem to be a mystery. However, after the first meet both teams know the other's swimmers times and we try to position our swimmers to optimize our points and win.

We try to let everyone know as soon as possible who will be swimming on Saturday. If your son or daughter is slated to swim, please confirm that they will be available for the strokes they are listed to swim. This helps us in planning the meet and ensuring that we have all of the lanes filled. The meet sheet will be posted on the bulletin board late in the week, and it will list the swimmers and the strokes in which they are entered on the upcoming Saturday.

Seeding

In Saturday meets, the home team has lanes 1, 3, and 5 while the visiting team has lanes 2, 4, and 6. The fastest swimmers swim in lanes 3 and 4, the next fastest in lanes 1 and 2, and the next fastest in lanes 5 and 6. Swimmers are seeded based upon their fastest times attained in prior competition. Lane 1 is always on the right side as you stand facing the pool at the starting end.

Meet Sheets

While all NVSL meets have an announcer, the best way to follow the meet is with a meet sheet, which lists all the events, swimmers, and seed times. Meet Sheets are usually found in the concession area and typically sell for \$1.00 to \$2.00.

Scoring

In the individual events, a first place finish earns 5 points for the team, a second place 3 points and a third place finish 1 point. Relays are scored as 5 points for the winner and 0 points for the second team to finish. There are 402 points up for grabs in a Saturday meet. Unless there is one or more places not awarded in an event due to DQs or lack of swimmers, you need 202 points to win.

In the event of a tie, the points for the places involved are equally split among the swimmers. For example, a two way tie for second place, each swimmer earns 2 points (3 points for second plus 1 point for third equals 4 points, half for each swimmer). No third place would be awarded because the next swimmer is fourth. For a third place tie, each swimmer is awarded 1/2 point.

Chapter 6: Who Are All These People Dressed in White?

Your first swim meet can be an overwhelming experience as you encounter a vast horde of adults dressed in white. NVSL rules require white as the color to be worn by all officials. This is also practical as white is a good color to wear on a hot humid summer morning. Every year we ask that swim team parents go to NVSL training to be a meet official. This is a way that many parents volunteer and contribute to the team.

Clerk of the Course

The Clerk of the Course is the "gatekeeper" for all swimmers in our meets. The people who perform this function get the swimmers to the right lanes for the correct race. You can't run a race without swimmers and the clerk of the course makes sure the right swimmer gets to the right place at the right time.

Referee

The Referee is the chief official for each swim meet. He is responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules. Prior to the start of each race, the referee sounds two or three short blasts to advise the participants to get ready. After the event is announced by the announcer or starter, the Referee sounds one long blast as a signal for swimmers to get into position for the start or to jump feet first into the water for a backstroke event. For Backstroke events, a second long blast is given to bring the swimmers to the wall for the start. When the referee sees that all the swimmers are ready, he extends his arm pointing towards the starter. At this point, the starter takes control.

Starter

The Starter is responsible for insuring that all swimmers are given a fair and equitable start. The starter will instruct the swimmers to "Take your mark". After all swimmers are ready and still, the starter will start the race, using a "Colorado System" (so called because it is built by Colorado Timing Systems). This system consists of a public address system, a horn, and a strobe light.

Stroke and Turn Judges

Once the race has started, the Stroke & Turn Judges are responsible for insuring that all swimmers obey all the rules for the stroke that they are swimming. These people are always at the ends of the pool for starts and finishes and walk the sides of the pool as best they can within the physical constraints of the pool. If a Stroke and Turn Judge sees a violation of the rules, he raises his hand to signify that an infraction has occurred. A Disqualification is recorded on a DQ slip, which the referee reviews and approves and forwards copies to the Table workers and the Team Rep.

Relay Take-off Judges

During relays, you'll see four Relay Take-off Judges at each end of the pool (two per lane). Their job is to insure that each swimmer touches the wall prior to the next swimmer in the relay leaving the deck. Each Judge notes on a slip of paper whether each swimmer in his lane left before or after the swimmer in the water touched the wall. Relay Take-off Judges do not raise their hands when they observe an early take-off because a disqualification occurs only if both Relay Take-off Judges observed an early takeoff.

Timers

The timers are the most important people to every swimmer. They are the people who determine each swimmer's official time for each race. Being a timer is a good entry level position for new parents to help out in. Some parents have been timers for years and wouldn't want to see a swim meet from any other viewpoint. If you can start and stop a stopwatch, you can be a timer. We'll even provide the stopwatch. Timers start their watches on the strobe light from the Colorado system and stop their watches when the swimmer touches the wall. There are three

timers per lane and all three times are recorded. The middle time is the official time. The Chief Timer collects the time cards from the timers, reviews them for accuracy and completeness, and forwards them on to the table workers.

Table Workers

The time cards from the timers and any DQ slips go to the Table Workers who determine the order of finish for each event, score the meet, and prepare ribbons for the participants. Several people from each team perform these functions to insure that errors are caught before the results are announced.

Team Rep

The Team Rep is the designated recipient of all DQ slips for his team and is the only person with any official standing to challenge any decisions made by the referee. It sounds like an easy job, but remember, most of the Team Rep's job is done before the meet starts.

Coaches

During the meet, the Coaches primary responsibility is to encourage and praise the swimmers and to make sure that they get to the Clerk of the Course in time to swim.

Other Very Important People

It would be impossible to host a swim meet without a number of people in Other Very Important Positions. These people set up the pool and sell concessions. They also announce the results, run social activities, act as Marshals in the parking lot and do other jobs that need to be done. We need the help of every family in order to have a successful swim season.

Chapter 7: What Do You Mean, My Kid DQ'd

In swimming, the rules must be followed in total or a disqualification, or DQ, is committed. This can be traumatic the first time a swimmer is DQ'd for just one mistake, but it isn't fair to other swimmers who swim the entire race per the rules to do otherwise.

What is a DQ?

A DQ (short for disqualification) is any violation of the rules observed by any appropriate official. Some of the more common reason's for DQing are as follows.

Freestyle: Failure to touch the wall at the turning end of the pool
 Walking on the bottom or pulling on the lane lines
 Exiting the pool before swimming the specified distance

Backstroke: Past vertical towards the breast at any time except during a flip turn

Leaving the wall after a turn past vertical towards the breast
Improper flip turn (older swimmers)

Breaststroke: Incorrect kick, such as a Scissors kick or Flutter kick
Non-Simultaneous two hand touch or one hand touch at turn or finish
Toes not pointed outward during the propulsive part of the kick
More than one stroke underwater with arms fully extended at start or turn
Arm recovery past waist except on first stroke after start or turn
Head didn't break surface by conclusion of second arm pull underwater after a
start or turn

Butterfly: Non-Simultaneous or one handed wall touch at the turn or finish
Non Simultaneous leg movement during kicks
Arms don't break water surface during recovery (judged at the elbows)
Non Simultaneous arm movement during recovery

Relay Races: A swimmer leaves the deck before the previous swimmer touches the wall or deck

False Start: A swimmer starts the race early (more details below)

How will I know a DQ occurred?

Unlike football, we don't blow a whistle and announce to the world that a rules violation occurred. When a Stroke and Turn Judge observes a violation, he raises his hand to signify that he has observed a violation then writes it up on a DQ slip. The judge then takes the slip to the referee, who verifies that rule has been broken and can question the stroke and turn judge to insure that he was able to see the violation that was cited. The referee then gives one copy of the DQ slip to the Team Rep and another copy to the Table Workers. Another clue that a DQ has occurred is a Stroke and Turn Judge writing and a longer than normal pause between events.

Disqualifications for early relay takeoffs are done slightly differently. The referee receives all the take-off slips from all the judges. If both judges on a lane agree that an early takeoff occurred, the Referee will stand over the lane that the team being DQ'd swam in and raise his hand.

False Starts

A false start occurs whenever a swimmer moves towards the pool after having assumed a still position (taking his/her mark) and before the Starter has started the race. When this occurs, a swimmer is usually trying to anticipate the starting signal and beat the other swimmers into the water.

If the false start is detected before the starting signal is sounded, the offending swimmer can be removed from the race prior to it starting. If a false start occurs but the starting signal has sounded, the race will not be stopped. Instead the false starting swimmer(s) will be notified of their false start at the conclusion of the race. The use of a recall signal is now limited to a bad

start (i.e. not all swimmers were ready) or for a safety reason. If the starter sounds the recall signal, no swimmer can be removed for a false start.

How do I know if My Kid DQ'd

For a Saturday Dual Meet, your kid will probably know before you do, since the Team Rep tells the coach, who tells the swimmer. You'll probably find out if you saw your swimmer finish with one of the top three times but he isn't announced later in the top three places. Similarly, someone else DQ'd if your swimmer finished in 4th, 5th or 6th, yet is announced as one of the top three finishers. Another way to find out is by reading the official Meet Results, which are posted at the pool by 4 PM the day of the meet. You also can get results by visiting the NVSL website.

A Word About Officials and DQs

Every Official on the deck will always give the benefit of the doubt to the swimmer. Although the difference between legal but ugly vs. illegal is sometimes close to call, any violation called by an official is an "I saw" not an "I think I saw".

Protesting Disqualifications

The Team Rep is the only person who can officially question a disqualification or any other call by an official. If something happens involving your swimmer which you do not think is right, talk to the coach or the Team Rep. The Team Rep will initiate action in accordance with NVSL rules if thought to be appropriate.

Chapter 8: Fun Activities

At Great Falls, we like to win, but it isn't our main focus. An important component to swim team is having fun together, so kids will have good memories of the swim team. After all, it is summer VACATION! Some of the things we do to have fun are:

Friday Nights

A Dinner and Pep Rally is held every Friday night at the pool. The time and theme of the dinners are listed on the website and in the newsletters

Friday Afternoons

The worst thing for your swimmer to do before a Saturday meet is to spend Friday afternoon at the pool in the sun, swimming or sunning. That's why we go to the movies or sponsor an indoor activity every Friday afternoon. The activity, location, time and price are posted on the swim team bulletin board and in the newsletters in advance.

Team Pictures

We take a team picture every year and we'd like your swimmer to be in it. You are not obligated to purchase a picture.

Other social events

Over the course of the season we'll have Friday breakfasts, a trip to a nearby amusement park, lunch after Dual Meets, and other fun events as outlined in the newsletter and on the bulletin board.

Swim Banquet

We cap off the season with a Swim Banquet, which is a dinner held at the pool the evening of Divisionals. Every swimmer gets a nice participation trophy. Typically, the coaches also give out a few special trophies, such as most improved swimmers. Families can swim after the awards are given out.

What's Mandatory?

While we hope you will participate in all the social activities, they are optional. Similarly, the purchase of team suits and other team clothing items is entirely optional. What is mandatory is that you honor your commitments, ask questions and **have fun!**