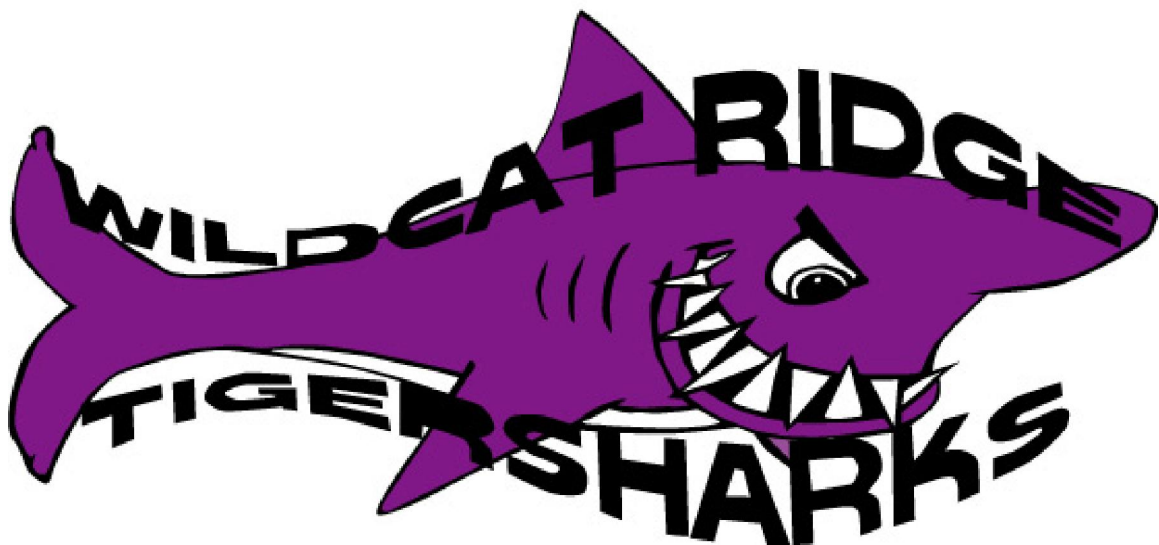


WILDCAT RIDGE SWIM TEAM

just keep swimming. . . .



PARENT SURVIVAL GUIDE

www.gotigersharks.org

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I. INTRODUCTION

Welcome to the Wildcat Ridge Tigersharks Swim Team. Our swimmers, parents and coaches are all proud of our accomplishments, and we are pleased that you have taken an interest in joining us.

MISSION STATEMENT

It is our mission, as a summer swim team, to encourage a love of swimming and team sports.

- Through skilled coaching, we hope to teach swimming technique, the importance of physical conditioning, and good sportsmanship.
- By asking our summer swimmers to make a personal commitment, we hope to teach the value of continued improvement through hard work and the thrill of both individual and team accomplishments.
- We will encourage the development of role models and friendships within our team. This will offer another setting in which to practice socially appropriate behaviors.
- Through parental and community support, we will show by example the rewards of being part of a team.

COMMUNICATION

- **Website:** www.gotigersharks.org
 - Pertinent information will be posted to the website on a regular basis.
- **Email:**
 - We will occasionally inform team families of upcoming events or weather problems via email. Please ensure you inform the team secretary if you do not receive team email communications.
 - Coaches and swim team Board members can be reached via email through links found on the website.

II. IMPORTANT TEAM INFORMATION

- **Mountain Hi Swim League (MHSL)**
 - MHSL consists of 24 teams from different neighborhoods and suburbs of the South Denver metropolitan area. These 24 teams are divided into four divisions of six teams each. The division line-up is determined annually by the MHSL Executive Board based upon the number of swimmers, the past year results, and the general competitive level of the team. The top 12 teams are determined, and a "lottery" is conducted to determine each division alignment.
 - The regular season consists of five dual meets scheduled weekly throughout June and into mid-July, with a bye-week on or around the July 4th weekend. Prelims are held mid-week following the completion of our regular season, and Championships are held at each Division level the following Saturday.
 - The final meet of the season is the All Star meet at the end of July. This meet provides an opportunity for swimmers from each of the teams within the four divisions to compete against each other. Swimmers are invited to participate in this meet based on qualifying times throughout the season or by placing first in their event(s) at a Division Championship meet.

- **Volunteer Information**
 - Meets are staffed completely by volunteers!
 - § 70 volunteers needed at Home meets
 - § 50 volunteers needed at Away meets
 - § Volunteers are required to work a portion of 3 of our 5 dual meets as necessary and volunteer on one committee.
 - § Volunteers are responsible for finding a replacement in the event that they cannot fulfill their assigned duties.
 - § Please notify the Volunteer Coordinator with any arrangements made with replacement volunteers.
 - Volunteer Positions:
 - § Clerk of Course (training required)
 - § Concessions
 - § Heating
 - § Runners
 - § Scoring
 - § Stroke & Turn Judge (training required)
 - § Timing
 - Non-Volunteer Fee
 - § The coaches, swimmers and parents rely heavily on volunteers to ensure that swim meets run as smoothly as possible. If you have extenuating circumstances which prohibit you from fulfilling your volunteer obligations, you must pay a non-volunteer fee.

III. ETIQUETTE

MOUNTAIN HI SWIM LEAGUE PARENT, COACH AND SWIMMER CODE OF CONDUCT

Mountain Hi Swim League believes in the development of swimmers both athletically and individually. Mountain Hi Swim League will strive to instill and practice the values of what it takes to be a good sportsman. In order for us to achieve these goals, it will take a combination of coaches and parents to set good examples for the swimmers. Mountain Hi Swim League has established and will enforce the following conduct guidelines:

All Swimmers:

- Must refrain from making remarks, except when made as expressions in the spirit of friendship and/or in good sportsmanship.
- Never use foul language or obscene gestures.
- Should always applaud the other teams' performance and should always shake hands at the end of the race.
- Follow all rules of the hosting pool.
- Cooperate with the decisions of the stroke judges, starter and meet referee.

All Coaches:

- Must require all swimmers to comply with above set conduct.
- Must refrain from making derogatory remarks to any coach, swimmer, stroke judge, parent, timer, starter, meet referee or any other volunteer.
- Use proper protest procedures, By-Law section VI I .
- Will never use foul language or obscene gestures.
- Should always applaud the other teams' performance.
- Follow rules of the hosting pool and stay in designated areas.
- Always keep things in prospective and remember "I t is for your swimmers."
- Adherence to By-Law section VII I I "C" as it pertains to protests.

All Parents:

- Must refrain from making derogatory remarks to any parent, coach, swimmer, stroke judge, timer, starter, meet referee or any other volunteer.
- Will never use foul language or obscene gestures.
- Should always applaud the other teams' performance.
- Follow all rules of the hosting team's pool.
- Respect the coaches' decisions and abilities, except in the case where it may cause injury to the team or swimmer.
- Adherence to By-Law section VII I I "C" as it pertains to protests.
- Any infraction or inappropriate behavior will need to be submitted to the MHSL Board, at which time the board will take the appropriate action.

WILDCAT RIDGE PARENT CONTRACT

(This was signed and submitted at registration and is included for your reference.)

The Wildcat Ridge Tigershark Swim Team is made up of swimmers, coaches and parents working together. The success of our program requires a huge commitment from **EVERYBODY!** We ask that you carefully consider the time and participation commitments before signing your child(ren) up for the team.

We, the proud parents of a Wildcat Ridge Swimmer, promise to:

*Volunteer to work a portion of 3 of our 5 dual meets as necessary and volunteer on one committee. We will indicate our job preferences at registration. We understand that the Volunteer Coordinators will put out the schedule prior to the season and that we are responsible for finding a replacement in the event that we cannot fulfill our assigned duties. This team is run by parent volunteers without whom there can be no team!

This item is VERY IMPORTANT!! To ensure that our family fulfills their volunteer obligation, we agree to pay a \$250 deposit by separate check upon registering our child(ren) to participate. We understand that this \$250 deposit will be returned at the end of the season provided that our obligation has been met. If we have extenuating circumstances that prohibit us from fulfilling our volunteer obligations, we must pay a non-volunteer fee.

We also understand that if our obligation is not met and we prevent the deposit from being cashed we FORFEIT the right to participate on the swim team in the future.

- Support and encourage my child(ren) and the team in a positive and constructive manner.
- Make sure that my swimmer(s) arrive on time to all practices and swim meets.
- Inform the coaching staff as soon as possible (no later than Tuesday) regarding any predictable absences from meets and practices.
- Leave the coaching to the coaches.
- Communicate any concerns to the board and/or coaching staff, in a positive fashion, and in an appropriate setting.
- Refrain from any profanity or abusive language. I agree to leave the pool, when asked, if this type of behavior is displayed.

We, _____ and _____, being the PROUD parents of Wildcat Ridge Tigershark swimmers (s) _____ have read and agreed to the responsibilities defined in the "Parent Contract."

Signed _____ Date _____

Signed _____ Date _____

IV. PRACTICE

Please come to practice **on time** and ready to swim!
(Cap on, goggles on & STRETCH)

WHAT TO BRING - LABEL EVERYTHING!!!

- Swim suit - it's best to have a "practice" suit & keep the team suit for meets
- Sunscreen
- Swim Cap
- Goggles
- Towel

SIGNING UP FOR MEETS

- Let coaches know by Tuesday of each week (preferably in writing) if unable to swim in the meet or if you will need to leave the meet early.
- Coaches will ask swimmers which events they would like to swim in the meet.
- Coaches will use their judgment and guide each swimmer as to which events to enter.
- Swimmers can swim UP TO 3 individual events.
- **Coaches will put relays together - they have the best knowledge and data!**
- Events for each swimmer are posted at the pool bulletin board on Fridays.
 - Make a note of this information so that it will be handy for Saturday's meet.

FAMILY FILE BOXES

The file boxes will be out during each practice. Each family has a file in the box, and we will put newsletters, ribbons, speeding tickets, etc. in those files. Please check the file (or remind your swimmer) frequently.

BAD WEATHER

Please check the team website (www.gotigersharks.org) or your personal email if in doubt about the status of practice or a meet. The coaches will get the information out as early as possible if there is a change or cancellation.

V. SWIM MEETS

WHAT TO BRING - LABEL EVERYTHING!!!

- Swimmer in team suit
- Sweat shirts and pants - to keep swimmers warm
- Swim cap
- Goggles - bring a spare pair - they can get lost or broken
- 2 or 3 towels
- Sunscreen
- Volunteer assignment/time
- Optional:
 - Healthy snacks and lunch
 - Beach chairs
 - Permanent marker
 - Money for concession stand
 - Sun umbrella
 - Water bottles
 - Cards, book, Gameboy, etc. - entertainment between events
 - Water barrier - to keep everything dry if the grass is wet
- Usually available for Sale at the Meet:
 - Bagels and cream cheese
 - Muffins
 - Cup o' Noodles
 - Coffee
 - Energy bars
 - Bananas or other fruit
 - Hot dogs or pizza
 - Gatorade and water
 - Candy
 - Soda

ARRIVAL AND SET-UP

- In case of illness or emergency the morning of a meet, please notify one of the coaches.
- Make sure that you have a map or good directions - available on the website.
- Warm-ups begin at 7:00, with the meet beginning promptly at 8:00 am and lasting until about 1:30 pm. Please have swimmers at the pool NO LATER than 6:45 since parking and seating options are often at a premium. The Tigersharks will have a designated area, and we should all sit together as much as possible.
- Check in with the coaches upon arrival.
- Check in with volunteer coordinator upon arrival as well.
- Use a permanent marker to write event information (usually posted) on swimmer's hand - this serves as a constant reminder of which events to be listening for:
 - Event numbers
 - Heat numbers
 - Lane numbers

§ Example: If swimming Event #19 (9-10 Boys 50 Free), Heat 2, Lane 4

Write: | E | H | L
50 Free | 19 | 2 | 4

WARM-UPS

- Home teams warm-up first (7:00 – 7:30).
- Visitors have the second-warm up (7:30 – 8:00).
- The coaches often like to meet with the swimmers before or right after warm-ups to go over relays, advice, pep talk, etc.
- Warm-ups are a good time to check in with the volunteer coordinator.
- There will be lots of experienced parents and older swimmers who will be available to help you as necessary – please ask if you're not sure what to do!

THE MEET

- After warm-ups, your swimmer should know whether they are in a relay. Medley Relays are at the start of the meet, so those swimmers will need to be in the Heating Area **before** the start of the meet. The coaches and heating volunteers will get them where they need to be from there.
- There are 90 numbered events in each meet including all individual and relay events. Many events have multiple heats since the pool can usually accommodate only 6 swimmers at a time. (See Page 12.)
- Keep a close eye on the “First Call/Last Call” board near the Heating Area to get your swimmer to the Heating Area on time. The meet director or starter will also be calling First and Last Call. Upon First Call, swimmers proceed to the Heating Area. Swimmers need to come to this area ready to swim their race – with caps, goggles and all necessary bathroom trips out of the way.
- If you have a young or new swimmer, you will need to escort them the first few times. Otherwise, parents should not be in the Heating Area or behind the blocks.
- Once at the Heating Area, swimmers will check in with the Clerk of Course. They will receive a card (blue for boys; pink for girls; green for relays) with their name, event, heat and lane information on it. Swimmers should take their card and sit in the BACK row of the benches. Volunteers will move the swimmers forward through the benches and confirm that they are in the right spot.
- Swimmers will be directed to their lane at the appropriate time. When it is time for the swimmer's event/heat, the timer will take their card, and the swimmer will move up to the starting blocks.
- During and after the race, please have plenty of positive words for all of the participants!
- You are not required to stay for the entire meet, but we hope that you will so that you can cheer for your friends and neighbors. It is VERY important to have swimmers check with their coach before leaving the meet to make sure they have completed all of their events and are not needed for a Freestyle Relay.

RESULTS

- Event results are posted as soon as they become available from the scoring table. Look for them to be taped up on a wall near the pool. Please wait for the posting and do not approach the timers or the scorer's table to find out how swimmers finished.
- Remember, some of the pools are 25 **METER** pools, and some are 25 **YARD** pools. To convert times:

Yards Time (in seconds) x 1.11 = Meters Time (in seconds)

Meters Time (in seconds) ÷ 1.11 = Yards Time (in seconds)

SCORING

- Individual Events:
 - § 1st Place: 6 points
 - § 2nd Place: 3 points
 - § 3rd Place: 2 points
 - § 4th Place: 1 point
- Relay Events:
 - § 1st Place: 8 points
 - § 2nd Place: 4 points
- Points are awarded for the first four finishers who complete the race legally.
- 6 & Under swimmers do not score points for the team, and they are not eligible to be disqualified in their races.
- You will see Stroke & Turn Judges around the sides of the pool during the meets watching for rule compliance. If a swimmer is disqualified (DQ'd) a Judge will approach the swimmer after the race to let them know that they were disqualified in the race and the reason.
- If there is a tie, the points for both places are added together and split between the swimmers.
- Points are totaled for each team at the end of the meet to determine final scores. The team scores are periodically announced throughout the meet as well.
- Final meet results, with individual times will be posted on the swim team bulletin board and will be available at www.gotigersharks.org, as soon as possible.

VI. MISCELLANEOUS

GLOSSARY OF SWIMMING TERMS

ALL STARS: Time qualification meet. Swimmers qualify throughout the season for this meet.

BACKSTROKE (BACK): The back crawl.

BLOCK: The starting platform.

BREASTSTROKE (BREAST): A frog-like stroke with a whip kick.

BUTTERFLY (FLY): A racing stroke in which both arms rotate together while the legs perform a dolphin kick.

CHAMPIONSHIPS: Top 16 finishers in each event at Prelims participate in Championships.

CIRCLE SWIMMING: Used in practice by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane without running into each other.

CLERK OF COURSE: Meet official who places swimmers in correct order of events and lane assignments.

CODE OF CONDUCT: Conduct guidelines which the Mountain Hi Swim league has established and will enforce for swimmers, coaches and parents.

CONSOLATION HEAT: 9th through 16th place finishers in each event at Preliminary Meet will swim in this heat at the Championship Meet.

DQ: Disqualification for reason of a rule violation.

DUAL MEET: A meet where there are only two teams competing against each other.

EVENT: Any race or series of races in a given stroke or distance.

FALSE START: This occurs when a swimmer leaves the blocks before the gun or beeper sounds.

FINALS HEAT: 1st through 8th place finishers in Preliminary Meet will swim in the Finals Heat at the Championship Meet.

FINISH: End of a race. Exact time when swimmer touches the wall.

FIRST CALL/LAST CALL BOARD: Located near the Heating Area. Signals First Call and Last Call for upcoming events.

FLIP TURN: In the freestyle only, when a swimmer turns by completing a partial somersault and twisting underwater before pushing off the wall to resume swimming.

FREESTYLE (FREE): In this event, a swimmer can swim any stroke that he/she wishes, but the front crawl is usually chosen.

FREESTYLE RELAY: Four swimmers on a team, who each swim 1/4 of the race freestyle.

HEAT: Events with many swimmers may consist of multiple heats, which are the races that make up an event. Swimmers are matched with others of similar seed times.

GLOSSARY OF SWIMMING TERMS (CONT.)

HEATING AREA: Area behind the blocks where swimmers are organized into the correct heats for each event.

INDIVIDUAL MEDLEY (I.M.): A swimmer swims the prescribed distance in quarter increments in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.

MARK: Swimmer's starting position, assumed when commanded by Starter.

MEDLEY RELAY: Four swimmers on a team, who each swim 1/4 of the race in the following order: Backstroke, Breaststroke, Butterfly, Freestyle.

MEET: Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests him/herself against the clock to see improvement.

PRELIMS: Preliminaries to league championship meet that are attended by all swimmers of each divisional team.

REFEREE: Top official at a meet. Has full authority over all officials. Enforces all rules and decides all questions relating to conduct of meet. Can overrule any meet official on a point of rule interpretation or judgment decision on any action he has observed. May also disqualify swimmers.

RELAY: An event in which four swimmers compete together as a team to achieve one time.

RUNNER: Deck volunteer who gathers event cards from timers and takes them to the scorer's table.

SCORER: Deck volunteer who keeps score for the teams during meets.

SCRATCH: To withdraw from an event in a competition.

SEED TIME: The time used to enter a swimmer into a meet; usually the swimmer's personal best.

SPEEDING TICKET: Given to a swimmer who has improved a best time at a meet.

SPLIT: A swimmer's intermediate time in a race.

STARTER: Deck official who starts swimmers in each race, usually using a starter gun or beeper.

STREAMLINE: The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight as it can be.

STROKE & TURN JUDGE: Deck official who observes swimmers to ensure that rules relating to stroke techniques are followed. They signal violations to referee and also talk with the swimmer about the infraction.

TIMER: Deck volunteer who operates a stop watch and records the time for the swimmer in their lane.

WAIVER: League insurance waiver form which must be turned in before swimmer can participate in a meet or a practice.

SCHEDULE OF EVENTS

<u>BOYS</u>	<u>EVENT</u>	<u>GIRLS</u>
	<u>FREESTYLE</u>	
1	13-14 200 Free	2
3	15-18 200 Free	4
	<u>MEDLEY RELAY</u>	
5	8 & Under 100 Medley Relay	6
7	9-10 200 Medley Relay	8
9	11-12 200 Medley Relay	10
11	13-14 200 Medley Relay	12
13	15-18 200 Medley Relay	14
	<u>FREESTYLE</u>	
15	6 & Under 25 Free	16
17	8 & Under 25 Free	18
19	9-10 50 Free	20
21	11-12 50 Free	22
23	13-14 50 Free	24
25	15-18 50 Free	26
	<u>BUTTERFLY</u>	
27	8 & Under 25 Fly	28
29	9-10 50 Fly	30
31	11-12 50 Fly	32
33	13-14 100 Fly	34
35	15-18 100 Fly	36
	<u>BACKSTROKE</u>	
37	6 & Under 25 Back	38
39	8 & Under 25 Back	40
41	9-10 50 Back	42
43	11-12 50 Back	44
45	13-14 100 Back	46
47	15-18 100 Back	48
	<u>BREASTSTROKE</u>	
49	6 & Under 25 Breast	50
51	8 & Under 25 Breast	52
53	9-10 50 Breast	54
55	11-12 50 Breast	56
57	13-14 100 Breast	58
59	15-18 100 Breast	60
	<u>FREESTYLE</u>	
61	8 & Under 50 Free	62
63	9-10 100 Free	64
65	11-12 100 Free	66
67	13-14 100 Free	68
69	15-18 100 Free	70
	<u>INDIVIDUAL MEDLEY</u>	
71	8 & Under 100 IM	72
73	9-10 100 IM	74
75	11-12 100 IM	76
77	13-14 200 IM	78
79	15-18 200 IM	80
	<u>FREESTYLE RELAY</u>	
81	8 & Under 100 Free Relay	82
83	9-10 100 Free Relay	84
85	11-12 200 Free Relay	86
87	13-14 200 Free Relay	88
89	15-18 200 Free Relay	90