

A Guide to Walden Creek Wahoos Swim Meets

Purpose of the Booklet

The purpose is to assist families new to swim team.

Requirements

Children must be able to swim the length of the pool unassisted. It will ultimately be up to the coach.

Cost

The cost to be on the swim team per family is \$60 per swimmer for up to 2 swimmers, \$55 for the 3rd swimmer, and \$50 per additional swimmer.

Swim Distances by Age Group

The swim team is divided into gender and age based on their ages as of June 1st of that year. Swimmers do not change groups during the TSA swim season. The age groups and race distance are as follows:

6 & Unders	15 yards (25 yds at championship)
7 & 8s, 9 & 10s	1 pool length (25 yards)
11 & 12s, 13 & 14s, 15-18s	2 pool lengths (50 yards)

Strokes

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly.

In **freestyle** events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

Breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. Both hands must touch the wall simultaneously on the turns and the finish.

Butterfly features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

Swim Meet Language

Main Event: The first race of each stroke for each gender age group. Main Events score points for the team.

Heats: All other races in each gender age group following the first race. Heats are done until all entrants in that gender age group have raced or until the teams and TSA Representatives discontinue running them due to darkness or inclement weather.

Medley Relay: Consists of four different swimmers in one relay race, each swimming one stroke. The order of the strokes is: backstroke, breaststroke, butterfly, freestyle.

Free Relay: Consists of four different swimmers in one relay race swimming freestyle.

Flip Turn: A quick flip and a twist at the wall when swimming freestyle and backstroke to avoid wasting any time changing directions.

Mock Meet: A practice swim meet so swimmers will get a feel for what a real swim meet will be like. Only our home team is involved. It is also used to record each swimmer's time in each event so the coach can place the swimmers appropriately.

What to Take to a Meet

It is important to pack carefully for a swim meet since it may last anywhere from 3-4 hours depending on the number of swimmers on each team and meet format.

- swimsuit, swim cap (required for all with hair shoulder length or longer), goggles
- towel(s)
- sunscreen
- folding chair – Sometimes chairs are available at the pool
- jacket, sweatshirt or warm-ups – depending upon the temperature swimmers may get cold on chilly nights
- black Sharpie marker
- food & drinks – host teams provide concessions during the meet, but you want to bring snacks and drinks
- money to buy food and drinks
- entertainment – i-pods, portable games, cards, coloring books, books
- change of clothes and money for McDonalds after the meet

Before the Meet Starts

- Write the swimmer's age group and name on his/her right arm using a black Sharpie.
- Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. (Allow plenty of time for parking.)

Home team warms up	5:00-5:30 pm
Away team warms up	5:30-6:00 pm

- Upon arrival find a place to put your belongings. The team usually sits together in one place, so look for some familiar faces.
- Check-in by circling the swimmer's name on the check-in list so the coach knows the swimmers are at the meet.
- After warm-up, swimmers should go back to the area where the team is sitting and wait there until his/her first event is called. This is a good time to go to the bathroom if necessary, get a drink, or just get settled in.
- A heat sheet will be posted showing all swimmers. It will list the actual heat and lane a swimmer will be competing in.

During the Meet

The meet begins at 6:00 pm.

Most meets begin with the medley relay and then alternate girls' and boys' events from the youngest age group to the oldest age group. Each event will have multiple heats. If both teams agree, 6 & Unders may swim all their events consecutively so that they will not have to remain at the meet until late in the evening.

Swimmers and parents of young swimmers should watch for what events are in the water. Usually the announcer will call the age groups telling them to report to the "Clerk of Course." (Swimmers should report with his/her swim cap and goggles.) The Kid Pushers will make sure the swimmers are present and will take them to the Clerk of Course in correct order.

Things parents can do after each swim:

- Tell your swimmer how great he/she did!
- Take your swimmer back to the team area and relax.
- This is a good time to go to the bathroom or get a drink or something light to eat.

The swimmer then waits until his/her next event is called and starts the procedure again. When a swimmer has completed all of his/her events, he/she may go home, BUT check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expected to be a member and he/she isn't there.

If during any of the meet you feel lost or confused, be sure to ask other parents for help! We have all had our "first meets" and know it can be overwhelming. Once you have attended one or two meets, it will all become very routine and enjoyable.

Order of Events

Medley Relay (6 & Unders do not swim in this event)

Freestyle

Backstroke

Breaststroke

Butterfly (6 & Unders do not swim in this event)
Freestyle Relay (6 & Unders do not swim in this event)

Scoring

Points are earned for main events only (the first group for each gender and age group swimming) as follows: 1st place – 5 points; 2nd place – 3 points; 3rd place – 1 point. For relays, 1st place receives 5 points. No other points are awarded. These points accumulate during the meet and decide the winning team at the end of the meet.

Ribbons

Swimmers are awarded ribbons for each event they swim in. The home team is responsible for all ribbons for both teams. Swimmers in the Main Event will receive their ribbons the following day. Those swimming in Heats will receive their ribbons immediately following their race.

Weather Delays

In the event of thunder and lightning, the pool must be vacated and the pool deck cleared for a specified amount of time (as determined by the home team) each time thunder or lightning occurs. If conditions do not improve after a period of time, the meet will be rescheduled if breaststroke has not been completed. If the delay occurs after breaststroke, the meet is called complete. (TSA Representatives reserve the right to discontinue Heats in order to complete the meet.

Medical Conditions

Please let the coaches know if your child has any type of medical condition such as ADD/ADHD, diabetes, asthma, epilepsy or seizures or any major allergies (peanuts, bees, etc.). This will help the coaches in case of any emergency.

Website: (www.wahoos.webstarts.com)

Includes information on swim meets, practice times, vacation notebook, volunteer descriptions, contact information, coach information, pictures from swim meets, online forms, link to TSA website.

Vacation Notebook

If you are unable to attend one or more of the swim meets, go to the website and complete a form to register your child's absence..

Attendance at Meets

If a swimmer plans to arrive late or leave early from a meet, the coach must be notified ahead of time so that races can be assigned accordingly.

Other Information

To protect the health and safety of swimmers, participants, and attendees, smoking and alcoholic beverages are strictly forbidden within the confines of the pool while the meet is taking place.

Volunteer Positions

Parent volunteers are an integral part of our swim meets. When the Walden Creek Wahoos is the host team, all parents of participating swimmers are expected to help. Parents can be involved in different areas depending on your interests and skills:

Announcer: Communicates to the swimmers, officials, and observers over the public address system. Welcomes the visiting team to our pool, announces the officials for the evening, calls each event so the meet flows smoothly and announces team scores throughout the evening. A script is provided.

Clean-up: Sets up pool back to regular set-up. (All families are asked to clean up their areas before leaving the pool to help those on Clean-up.)

Clerk of Course: Informs and directs swimmers to proper lane and heat for each event. The Clerk organizes the swimmers according to the event sheets prepared in advance by the Coach. This position is mobile, primarily at the end of the pool with the blocks.

Concessions: Sells food and beverages during the home swim meets. Concession sales are a fundraiser for the team.

Data Entry: Enters the swimmers' times into the team computer using the data collected from the timers.

Heat Ribbon Distributor: Passes out ribbons those swimming in heat events and commends them as they come out of the water. Heat winners are given Heat Winner ribbons; others receive Heat Participant ribbons. Heat Judges should stay at the end of the pool that the swimmers will exit.

Hospitality: Works with Concessions to provide ice water and snacks to volunteers from both teams during the swim meet.

Ice Person: Fills coolers from pool with ice and delivers coolers to pool for Concessions.

Kid Pusher: Lines up the swimmers in order of their events and leads swimmers to Clerk of Course.

Place Judge: Observes the finish order of the Main Event. Each team supplies three judges for each meet and is responsible for obtaining the 1st place time. Home meet judges are 1st, 3rd, and 5th. Away meet judges are 2nd, 4th, and 6th. The 1st Place Judge gives clocked time to the Recorder, clears stopwatch, and wait for the next event. This position moves about the deck.

Recorder: Records the order swimmers finish and 1st place times on the Event Sheets according to the Place Judges.

Ribbon Writer: Records the swimmer's name and event on the back of each place ribbon. Results will be received on the Main Event sheets after the Scorer has recorded the necessary information. Ribbons and roster will be supplied for each team at the ribbon table. Ribbons will be passed out to the swimmers by the coach the next day.

Runner: Takes Heat Sheets from the Clerk of Course to Recorder and from the Recorder to the Scorer. Will also take Disqualifying (DQ) Slips from the Stroke & Turn Judges to the Scorers' Table. Periodically collects Time Sheets from Timers and takes them to the Data Entry Table.

Scorer: Keeps a running total of points earned by each team while working with the other teams' scorer. The scorer receives results for each Main Event. A preprinted scoring sheet and opposing team scorer will be provided to you at the scoring table.

Set-up: Arrives at pool by 4:00 p.m. to move chairs and tables, set up things for swim meet including lane lines, flags, starting blocks, tables, shade structures, and lights.

Starter: Commands the swimmers to take their mark and signal the start of each Main Event and Heat. This position remains stationary at the starting end of the pool. **(Position requires training time.)**

Stroke and Turn Judge: Observes the Main Event swimmers to make sure they are swimming the stroke correctly. These judges must learn what to look for and disqualify swimmers who commit violations. The Stroke and Turn Judge stands on the side of the pool and checks all lanes. **(Position requires training time.)**

Timer: Times and records the swimmers' times in their assigned lane (or gives the time to the opposing team if swimmer is from the opposing team). Number of timers needed varies according to the number of lanes. Our home pool has 6 lanes, but other pools vary from 4-8 lanes.

