

Rookie's Guide or "Things for Everyone to Know about Swim Meets":

Welcome to the Shady Hollow Stingrays Swim Team. This guide is meant for new team members or it can be used as a checklist to remind veteran team members what to do to prepare for a swim meet.

Our team runs on volunteers contributing their time, talents and efforts. The time investment for each volunteer is very rewarding - seeing your child work toward his personal best while coming to understand that the team's success may outweigh personal preferences. One of the most important ways volunteers provide support to the team is by working at swim meets. Our team is also responsible for providing volunteers to work at the away meets. It takes over 40 volunteers for each away meet and about 80 volunteers for home meets.

Each swimmer must sign up for the events they wish to swim at Saturday's swim meet. Event sign up closes at the end of practice each Thursday. Sign up notebooks are available each day at practice -- from Tuesday until Thursday. Even if you are not attending, please mark your page in the sign-up book to prevent extra work for our volunteers. **THERE WILL BE NO DECK ENTRIES AT THE SWIM MEETS.** If you are unable to mark the notebooks during the week, please email the Head Coach before Thursday's morning practice.

Items Bring to Meets:

- A printed copy of the Heat Sheet (if available on our website)
- Swimsuit
- Swim Cap & Goggles
- Sunscreen and Hat
- Several towels (per child)
- Lawn/ folding chairs (for spectators) or blankets to put on the grass
- Warm clothing (to put on when they have finished swimming or while waiting)
- Drinks (not soda or caffeinated beverages)
- Energy snacks (not candy or cookies)
- Marker pen (for writing events on arm, hand, or shoulder)
- Playing cards, GameBoy, books (something to do while in the ZOO waiting)
- Money for the Snacks at the Concession Stand

Order of Events:

Each event is swum youngest to oldest, alternating girls and boys. Individual events for 10 & unders are 25 yards/meters except for the individual medley which is 100 yards/meters. Individual events for 11 & up swimmers are 50 yards/meters except for the individual medley which is 100 yards/meters.

In the **Individual Medley** the swimmer swims one length of each stroke in the following order: **Butterfly, Backstroke, Breaststroke, Freestyle.**

Relays:

Relay teams are made up of four swimmers of the same sex, but possibly from different age groups. In the **Medley Relay** each of the four swimmers swims a different stroke in the following order: **Backstroke, Breaststroke, Butterfly, Freestyle.** (alphabetical order!)

If there are enough swimmers in an age group, multiple relay teams may be chosen. Members of each relay team are determined by the coaches.

Placement in Events:

The heat sheet, which indicates the events each child will swim, will be posted at the meet. A swimmer can be in no more than 3 individual events and 2 relays at Meets including Champs. If there are more swimmers in an event than there are lanes in the pool, swimmers will be placed in separate "heats" according to their seed time. After the race, the swimmers' times from all heats are then compared to determine 1st, 2nd, 3rd, etc. place. Therefore, if a swimmer comes in first in his or her heat, this does not necessarily mean he or she will win 1st place in that event.

Reporting for events:

An announcer will call each event ahead of time. It is helpful to become familiar with the order of events listed in the heat sheet so you will know when your child's event is coming up, in case you miss the announcement. The Zoo Keepers and the Ready Bench volunteers will attempt to assist younger swimmers in getting to their correct lane at the correct time.

Disqualification (DQ):

During events stroke and turn judges will monitor each swimmer. The stroke judges abide by USA Swimming Rules. If a swimmer false starts, or an illegal stroke or turn, they will be disqualified by the starter or stroke & turn judge. DQ (disqualification) sheets will be given to the computer people and entered into the scoring software. The sheets will then be placed in the coaches box; the coach will be able to offer advice and practice for future events at practice the following week. This can be upsetting for swimmers, but it is necessary to maintain the fairness and quality of the competition and is part of the learning process of competitive swimming.

Swimmer's Rules and Etiquette:

- Be on time.
- Always do your best.
- Treat others the way you would like to be treated – cheer for your teammates, and respect other swimmers' personal property.
- Always listen to your coach – be quiet when your coach is talking to you.
- Ask questions if you do not understand.
- Eat a good, balanced diet and get at least 9 hours of sleep per night.
- If you have a problem, talk to the coach first.
- If something is wrong (e.g., your leg hurts, you have an earache) tell the coach before the meet.
- Swimmers are to remain in the designated "Zoo Area" during swim meets. If swimmers are out of place and cannot be found, they might miss swimming an event. Swimmers are allowed to leave this area only with the permission of the Age Group Parent (ZooKeeper).
- NEVER leave a meet early without informing the Coaches or Zookeepers. There may be a last minute change and your swimmer may be needed to swim or participate in a relay race.

Meet Day Diet:

Worst Foods: Fatty foods like potato chips, doughnuts, French Fries, Danishes, and proteins like peanut butter, any meat or fish. All these foods are slow to digest, will be in the stomach for many hours, and will rob muscles of blood in order to digest the food.

Best Foods: Pasta, cereals, bagels, breads, fruits, and vegetables. These are out of the stomach in 2 hours. If these foods are eaten more than 3 hours before swimming they can provide energy in time for the race.

During the Meet: Bananas, crackers, plain toast (no butter), all in modest amounts. Fruit juices, water or Gatorade equivalent are necessary throughout the meet. Lack of liquids will affect your performance even before you feel thirsty.

Glossary of Swim Meet Terms:

Championships, Champs

Meet at the end of the season, including all of the teams in the CAPITAL CITY SUMMER LEAGUE (CCSL)

DQ

Initials meaning "disqualified." When a swimmer false starts, uses an illegal stroke, start, turn or behaves in an "unsportsmanlike" manner, an official will disqualify him or her. The official will then fill out a slip giving the reasons for the DQ. All swimmers, regardless of age or experience are subject to these rules.

Meet Director

The Home Meet Director is responsible for the safe execution of the swim meet. The Home Meet Director works with the meet directors from the visiting teams regarding cancellation due to weather and also assists in rule clarifications, and any conflicts.

Ribbons

Ribbons are awarded to the first six places in an event. Heat winner ribbons are also awarded. Heat ribbons may be given when the swimmers leave the pool. The place ribbons are written at the computer table by volunteers and are usually given to swimmers at the first practice after a meet.

Runners

Volunteers who take the time cards and DQ slips to the scoring table.

Scoring Table

Tables where volunteers sort time cards, write ribbons, keep score and compile records.

Seed Times

The time a swimmer uses to enter an event. This time determines the swimmer's position in a heat and lane in a particular event.

Starter

The certified (volunteer) official at the meet responsible for starting each heat and calling the next heat to the blocks.

Stroke and Turn Judges

Certified (volunteer) officials, who determine the legality of swimmers' start, strokes, and turns and disqualify those who do not conform to the rules. They can also determine "unsportsmanlike" conduct on the part of the swimmers, coaches or parents.

Time Cards

Official cards with swimmers' names, event, heat and official time shown. These cards are prepared before a meet by coaches and volunteers. Timers record the swimmer's time on the cards which are then taken to the table by the runners.

Timers

Parent volunteers with stop-watches who record the time for a particular lane. Each lane needs three timers.