

SWORDFISH SWIM TEAM

Jeep Rogers Family YMCA Handbook 2009

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MISSION STATEMENT

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

2009 COACHING STAFF

Head Coach: Holly Bunting

Asst Coaches: Alex Barin, Anna Lehman, Elizabeth Lyke

INTRODUCTION

Welcome to the Jeep Rogers Family YMCA Swim Team. The team handbook for the JRF YMCA Swordfish is designed to provide information that you will need throughout the summer. The Swordfish Swim team is a member of the Columbia Swim League. This handbook will offer you a source of information about the team and competitive swimming.

The YMCA promotes broad participation in sports, not just fine-tuning the athlete. Teaching the fundamental skills, encouraging lifetime involvement in physical activity and strengthening the values of fitness, health, self respect, and respect for others is a central theme in the YMCA sports philosophy. Sportsmanship is stressed, both in the CSL and by Y philosophy. Participation in competitive swim meets is encouraged, but not required.

If you have questions about the team and swimming in general, the coaching staff will be glad to assist you.

COMMUNICATION

1. **Telephone** – if you have any questions about the upcoming events or if anything is on your mind feel free to call Coach Bunting, to talk or set up a meeting etc. at 788-1883 or 237-0519.
2. **E-mail** – If you have any questions please email the coach at hbunting@sc.rr.com or hbunting@richland2.org.
3. **After Practice** – coaches are available (most of the time) to talk after the last practice ends at 10:30

ALL ABOUT PRACTICE

Most practices this year will be held at the Lake Carolina Amenity Association pool in Harborside. A few sessions will be held at the Y pool to utilize the starting blocks. (Home meets will be at the Y). An alternating schedule will be used so that all groups sometimes practice early and sometimes late. Every swimmer should bring one or more “practice suits”, swim cap (if desired), goggles, sunscreen, a towel, and a **water bottle**. If you use a practice suit rather than your “team suit” at workouts, the team suit will have a longer life and the tight fit that reduces drag in competition. **And be on time!**

GENERAL SWIM TEAM RULES

- Always stay quiet when the coaches are talking so everyone can hear.
- Be on the deck and ready to begin practice on time.
- Follow directions.
- Keep your hands and feet to yourself – no splashing, dunking, horseplay, etc.
- Use equipment properly – do not throw caps, goggles, kickboards, etc. or use them to hit anyone.
- Do not hang on lane lines. Repeatedly doing this causes damage to the lines and sometimes even the pool.
- **Please remember that we are guests of Lake Carolina, so it is important to take care of the facility and treat it the way you would want someone to treat your home, ensuring our continued access to this facility. Use the trash cans and keep the restrooms free of trash. Use showers, sinks, and toilets properly.**
- No running.
- No gum, or candy during practice. Water and Gatorade type drinks are encouraged.
- Be courteous: Use proper language and tone of voice. Negative comments about teammates, coaches, officials and opponents are not allowed during practices, meets and team functions.
- Swimmers violating these guidelines may be asked to leave practice or a meet, and continued violations may result in suspension from the team

PARENT GUIDELINES

- Parents are welcome to watch practice but are asked to refrain from coaching, timing, threatening, bribing, or otherwise participating at practices.
- Parents are asked to avoid disrupting practice by asking questions of the coach. Please call the Head Coach and leave a message or schedule an individual conference.
- If a swimmer will miss practice and meets for vacation, camps, etc., please notify the coach in writing, by note or e-mail.

AGE GROUPS

Age groups for competition are as follows, and are determined by age on June 1, 2008:

6 and under	In all cases, a child may swim "up" with an older age group, but never with a younger group.
8 and under	This is often done in both individual and relay events in order to create more opportunities
9 – 10	for all children to swim events, as well as to increase chances to score team points.
11-12	
13-14	
15-18	

PRACTICE GROUPS

Practice groups this year will be set up by skill level combined with age group. Swimmers should attend the practice most appropriate for their skill level, regardless of which group a friend or sibling is in. It is important for instructional integrity for swimmers to be with others at similar skill, speed, and endurance level, and there will be some range within the groups. Swimmers may move groups during the season, based on progress, and may be asked to change groups if they are not originally placed appropriately.

Starters: This group is for beginning swimmers, who are comfortable in the water, can put their faces in the water, and can swim at least a few feet independently, any style. Most swimmers in this group will be ages 6 and younger, and skills taught will include streamlining, freestyle stroke with side breathing, backstroke, starts and finishes, with the goal of swimming 25 yards independently.

Novice: Swimmers who can swim the length of the pool, but have never swum competitively before, will be in this group. Age range is 7 to 10, and skills taught will include the basics of the four competitive strokes, starts, turns, and finishes. As the season progresses, these swimmers will increase distance during practice to approximately 1000 yards.

Intermediate: Primarily for ages 9 – 12, this group is for those who can comfortably swim at least 100 yards without stopping, and know the basics of the four competitive strokes with breathing. We will work on stroke technique and endurance, starts, finishes, and turns. Distance each day will be 1200 – 2000 yards.

Work-out Group: Our older (ages 11 and up), experienced swimmers will concentrate on improving stroke technique, race technique, endurance, starts, finishes, and turns, and will be swimming 2000 – 4000 yards daily.

PRACTICE SCHEDULES

Practice May 11 – June 5

Starters and Intermediate: Tuesday and Thursday at LC pool 4:30 – 5:30; Friday at the YMCA 4:30 – 5:30

Novice and Work-out Groups: Tuesday and Thursday at LC pool 5:15 – 6:30; Friday at the YMCA 5:15 – 6:30

Morning Practice June 8 – July 10

	Mon	Tues	Wed	Thurs	Fri
Starters	9:30 - 10:00	9:00-9:30	9:30 - 10:00	9:00-9:30	8:00-8:30
Novice	9:30 - 10:30	8:30 - 9:30	9:35 - 10:30	8:30 - 9:30	7:30 - 8:30
Intermediate	7:30 - 8:40	9:20- 10:30	7:30 - 8:40	9:20- 10:30	8:20 - 9:30
Workout	8:15 - 9:45	7:30 - 8:55	8:15 - 9:45	7:30 - 8:55	9:15 - 10:30

SWIM MEETS

DUAL MEETS

In dual meets, 3 swimmers represent our team in each individual event by age group and stroke. Up to 3 relays can be entered in each relay event. A roster of assigned swims is developed before the meet by the coaching staff, and swimmers are informed of their event and lane assignments. Swimmers 6 and under swim only freestyle, and the event is an exhibition format. In a dual meet a swimmer must swim the stroke "legally" and may be disqualified if he does not.

DEVELOPMENTAL MEETS

We will also swim 4 developmental meets this year. These are unscored meets that run on a slightly different format. Multiple heats in each age group allow every swimmer to swim every stroke, allowing for records of each swimmers times prior to setting dual meet rosters. Ribbons are awarded to all. No relays are swum at developmental meets. These meets are great for

the beginning swimmers, who can enjoy the competition without the pressure.

CITY MEET

The CSL City Meet is both an individual championship and a team meet. Swimmers will score points for places earned, and the team score will be a total of those points, as well as relay points. All swimmers are encouraged to participate - this is a team activity. You must register for the meet in June, and there is a nominal entry fee. All parents are expected to help fulfill the JRF-Y volunteer obligation during this meet.

DUAL (A) MEET SCHEDULE

6/11	Home	Camden/Edenwood
6/18	Away	Summit /Greenview
6/25	Home	Greenview
7/1	Away	Woodlands
7/6	Home	Jewish Comm Center

DEVELOPMENTAL (B) MEET SCHEDULE

6/6	Home	Northwest YMCA
6/15	Away	Murraywood
6/22	Home	Wildewood
6/29	Home	Spring Valley

CITY MEET

7/11	USC	Sol Blatt Natatorium
7/12	USC	Sol Blatt Natatorium

WHAT TO BRING TO A MEET

- Towel, team suit, team cap, t – shirt, goggles (bring a back up pair), water bottle.
- Parents may like to have folding chairs
- Sunscreen
- Swimmers should bring nutritional snacks and sports drinks. Candy and sodas are not advised. Sugar is more likely to hurt performance than enhance it.

EXPECTATIONS FOR SWIMMERS AT MEETS

- Whenever and wherever the YMCA Swordfish swimmers wear any item of the team uniform, they should remember that their actions and words are a reflection of our team. Behave accordingly. Let your actions reflect the pride you feel as a Swordfish member. Be proud of your team colors, name and logo.
- Swimmers should be in uniform at the meets. Wear your team T-shirt, and do not wear a suit or cap representing any other swim team.
- All swimmers are expected to follow the oral directions of the coaching staff at all times. At no time will disrespectful attitudes be tolerated from any swimmer. Coaches may dismiss any swimmer from the meet if these rules are violated.
- **All swimmers are to be sitting in the team area at all times during the meet.**
- Swimmers are encouraged to support their teammates at practice as well as in competition. Working together as a unit for the benefit of all individuals is what truly makes a team.
- Each swimmer is responsible for listening for the Clerk of Course to call names for each event, and reporting to the correct area. Before swimmers report to the blocks, they should confer with a member of the coaching staff to review race strategy and goals.
- At the conclusion of each race, swimmers may ask the timer for their unofficial time. Upon receiving this time, swimmers are asked to come immediately to the coaches. This gives coaches an opportunity to discuss the race with the swimmers and add positive comments concerning stroke technique, race strategy, etc.
- It is very important that **parents check with the coaching staff** prior to leaving the meet. **Swimmers may be needed for the final relays.** If for some reason a swimmer must leave early, please notify the coaches as soon as possible so that a replacement swimmer may be identified. **It is very disappointing to the swimmers to have to scratch a relay at the last minute because someone left.**
- Relays - If you know before the start of the meet that you cannot stay for relays, please let the coaching staff know as soon as you arrive.
- Out of respect to the host team, please leave the rest room area and the pool in a neat and clean condition at the conclusion of each meet. Before you leave the meet, make sure you have cleaned up your sitting area.

PARENT'S ROLE AT A SWIM MEET

Swim meets are completely run by volunteers (parents). At both home and away meets you may be asked to time. Timing is

essential! Without timers we cannot have a meet. The timer's spots are the best seats in the house – enjoy the meet from there! People to score, do ribbons, officiate, and work as Clerks organizing the swimmers, are also needed at every meet. At home meets you may be asked to be a runner, or take care of hospitality. All duties will be described to you. We cannot have a successful meet without the help of our parents.

We are fortunate to have a fairly large team with lots of small children. As you know, swim meets can be very hectic. Our volunteers at **Clerk of Course** work very hard at both home and away meets to make sure all the children swim the right race in the right lane. However, if the children are not in the team area, it is not possible to do this. So: It is the **parent's responsibility** to see that their children **are** in the team seating area during the meet. Races are not held up for missing swimmers. Parents are welcome to come to the team area to visit with and congratulate children before and after races. **Please** help by seeing that they stay with the team.

Please remember that the meet referee is in charge of the meet and may not engage in conversation with spectators. If you have a question about an official's call, please see the coach. Only the coach may request clarification from the referee.

ADDITIONAL MEET INFORMATION

- The home team swims in odd-numbered lanes, visiting team in the even-numbered lanes.
- Smoking and alcoholic beverages are prohibited on the immediate pool deck during swim meets.
- Transportation to away meets is each swimmer's responsibility.
- The roster for each Thursday meet will be posted at practice Thursday morning.
- The meet line-up is based primarily on official times. The coaches must use their discretion to determine the best roster arrangement for any given meet.
- The area behind and around the starting blocks is strictly off limits to everyone except the next event's swimmers and authorized officials.
- The winner is not just the swimmer who comes in first place in an event. Each time a swimmer achieves a "personal best time," he/she is a winner. Swim not only against the other competitors in your heat, but against the clock and your own best time. Personal achievement is the best measure of success.

WEATHER CONDITIONS FOR PRATCICE

If there is any change or cancellation of workouts during the season due to conditions we are aware of in advance, an e-mail will be sent out to the whole mailing list. In most cases weather conditions can change rapidly, and there will not be advance notice of cancellations. We will not have practice during thunderstorms, however practice may be held in light rain conditions. If school is CANCELLED due to weather, there will be no swim practice for any groups.

WEATHER CONDITIONS FOR MEETS – CSL POLICY

(1) An individual shall be designated by the host team at each meet to monitor the weather. This person will be explicitly responsible for listening for thunder and watching for lightning, and for bringing thunder and lightning to the attention of the team reps or referee.

(2) At the first sound of thunder or sighting of lightning, the pool and pool deck must be cleared. Swimmers are not allowed back in the water or onto the pool deck until at least 20 minutes have passed without hearing thunder or sighting lightning. A wait period longer than 20 minutes can be used if agreed to by the team reps before the start of the meet.

The use of "the first sound of thunder" to determine an impending storm may be replaced by reliance on an in-house weather channel or weather-band radio, if agreed upon by the reps prior to the meet.

(3) Swimming will be disallowed when conditions are such that the bottom of the pool is not visible at the starting end of any in which starts are occurring, or when the rain is so heavy that the noise interferes with the starter's calls.

(4) When thunder has been heard or lightning has been seen, or when visibility and/or auditory conditions are in question, both reps meet with the referee, who has the final call on enforcement of (2) and (3).

(5) When a meet has been delayed due to inclement weather and the meet is resumed at 7:30 p.m. or later, then the 6-and-unders swim their remaining events next.

(6) At 8 pm, if the meet has already been delayed an hour and a delay due to inclement weather is still in effect, the meet can be ended or rescheduled depending on how many points have been achieved (i.e., the "231" rule). Note that a B meet need not be rescheduled at all.

FOR SWIMMERS

Things to help avoid disqualification at a meet(DQ)

Freestyle

1. Touch the wall with your hands or feet before you turn around and swim the next length.
2. Use only the water, and not the lane lines or the bottom or sides of the pool to propel yourself.

Backstroke

1. Stay on your back.

2. Use only the water, and not the lane lines or the bottom or sides of the pool to propel yourself.

Breaststroke

1. Both feet must be turned outward on the kick.
2. The body shall stay on the breast.
3. The hands and feet must move simultaneously.
4. The head must break the surface of the water at some time during each stroke.
5. The hands must touch the wall simultaneously on the turns and finish.

Butterfly

1. Both arms must clear the water and must move forward simultaneously.
2. Legs must be kicked in an up and down motion simultaneously.
3. Walls must be touched with both hands simultaneously

Individual Medley (IM)

1. IM must be swum in the following order: butterfly, backstroke, breaststroke, and freestyle.
2. All individual stroke rules must be followed.

Relays

1. Swimmers must wait until the previous swimmer completes his/her race before they start theirs.
2. Medley relays must be swum in the following order: backstroke, breaststroke, butterfly, and freestyle.

Starts

1. A swimmer will be disqualified from the race if he/she initiates two false starts.

DICTIONARY OF SWIMMING TERMS

Block – The starting platform swimmers begin their races from.

Bulkhead – A wall constructed to divide a pool into different courses, such as a 50-meter pool 25 yard or 25 meter pools.

Circle Swimming – used by swimmers so they do not run into each other during practice or meet warm ups. They stay to the right of the black line on the bottom of the pool just like driving a car.

Clerk of Course – arranges the swimmers in proper heats and lanes. Takes care of late entries and scratches.

D.Q. (Disqualified) – This occurs when a swimmer has committed a rule infraction of some kind, i.e. two strokes underwater in breaststroke. A disqualified swimmer is not eligible to receive any awards, nor can the time be used as an official time.

Drill – A practice exercise involving a portion or part of a stroke, used to improve technique.

Dry Land Training – Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics, medicine balls and / or weights.

Electronic Timing – A timing system designed to provide a fair and accurate time to .01 of a seconds for each swimmer. Includes a timing machine, touch pads, back up buttons and starting device.

Event – Any race or series of races (heats) in a given stroke and distance.

Finish – Final phase of the race; the touch at the end of a race.

Flags – Backstroke flags placed 5 yards from the end of the pool. They warn swimmer in backstroke to begin counting their strokes for a turn or finish.

Heat – A single round of an event. A division of an event in which there are too many swimmers to compete simultaneously.

Heat Sheet – Program that lists the swimmers' heat, and lane assignments for each event.

Heat Ribbon – A ribbon awarded to the fastest swimmer in each individual heat of an event. (This does not necessarily mean your child has placed in the final positions of an event.)

Kick Board – Piece of Styrofoam or plastic held in the hands to isolate exercise on the legs at practice.

Meet – A series of events held in one program.

Officials – Present at all competitions to implement the technical rules of swimming and ensure that the competition is fair and equitable.

Pace Clock – Larger clock with a large second hand and a smaller minute hand, used to check pace or maintain intervals in practice; may also be digital.

Pull Buoy – Piece of Styrofoam or plastic placed between the legs to eliminate kicking and isolate exercising effort on the arms during practice.

Recall Rope – A rope dropped in the water to stop swimmer in the event of a false start.

Referee – Has the overall authority and control of competition, ensures that all procedures and rules are followed, assigns and instructs all officials, decides all questions relating to the conduct of the meet.

Scratch – Withdraw an entry from competition in an event (only coaches are allowed to scratch swimmers)

Seed – Distribute the swimmers among the required number of heats and or lanes, according to submitted or preliminary times.

Seeding Positions – To schedule the swimmers according to their times – progressing from slower swimmer to faster swimmer.

Sets – A swimming activity that is a goal – oriented exercise. This is used in practice to develop strength, stroke endurance, technique, and speed.

Starter – Assumes control of the swimmers from the referee, directs them to “Step up” onto the block, “take your mark”, and sees that no swimmer is in motion prior to giving the starting signal (beep or gun).

Streamline – The position used by a swimmer when starting of pushing off the walls designed to reduce water resistance.

Stroke and Turn Judge – Positions can be combined or separated. Observes strokes and/or turns from the side or end of the pool to ensure fair and legal competition.

Taper – The final preparation phase for a major competition. Swimmers love this time, coaches & parents hate it.

Timer – Person who stands behind the lane at the starting end of the pool and operates a stopwatch or a back – up button. No special certification is necessary, only a good set of eyes and reflexes.

Touch Pad - A large sensitive board at the end of each lane during a meet where the swimmer’s touch is recorded and sent electronically to the timing machine.

USS – Abbreviation used for United States Swimming, Inc., which is the governing body for all amateur swimming in the United States. The National Headquarter is located in Colorado Springs, Colorado.

Warm Down – Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

Warm up – Low to moderate intensity swimming used before a meet to get their muscles loose, gradually increase heart rate and respiration, and familiarize themselves with the pool. Also used to begin a practice or prepare for a hard set.

DIRECTIONS

Woodlands Club

1. Take Clemson Rd. to Sparkleberry Lane, turn right
2. Go approx. 1½ mile & turn RIGHT at entrance to Woodlands Club (which is Norse Dr.)
3. Go to stop sign.
4. Pool is to the LEFT & clubhouse is straight ahead.

Summit Club

1. From Hardscrabble Rd. turn onto Summit parkway at the stoplight.
2. Turn left onto Ridge Trail Rd. (Summer Chase neighborhood)
3. Follow road around, Myrtle Pool is easy to see.

Murraywood Club

From Columbia - Take 26 (West) to Harbison Blvd. Bear right off Harbison exit and continue on Harbison Blvd. Make right to St. Andrews Road (traffic light at railroad tracks at top of the hill across from Irmo High School). Continue on St. Andrews Road until first traffic light past High School at which point make a left onto Wescott Road. Take Wescott Road about 1 mile to Nursery Hill Road. Continue on Nursery Hill Road, past entrance to Murraywood subdivision at bottom of hill, and make a left onto Shadowood Drive. Continue on Shadowood Drive through subdivision until it ends at Cedarbrook Drive. Make right on Cedarbrook Drive and Murraywood Swim and Tennis Club is at the end of Cedarbrook Drive.

Soi Blatt PE Center AT USC

Take 277 towards Columbia. From Bull St. take any left after Elmwood, go one block, then right on Pickens. Go down the hill, and cross Blossom Street. Then take a right on to Wheat Street. The PE Center will be on your left.