

A Parent's Guide to Swim Team



Huntington Dolphins Swim Team
www.HuntingtonDolphins.org

2011 Edition*

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*Thanks to the Thunder Hill Lightning for sharing their new parent guide with the Huntington Dolphins.

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Introduction

The purpose of this guide is to provide you and your swimmer with a basic overview of swim team. Although this guide includes specific information for the parents of new Huntington Dolphin swimmers, the fundamentals are true for any area swim team. We hope that it will provide information to help you understand what is happening throughout the swim season.

Please ask questions. We all remember what it was like to be new. Your Team Managers, Coaches and fellow swim parents all want you to understand and enjoy our summer swim program.

Welcome to the Dolphins Swim Team! We're glad to have you with us.

Chapter 1: About the Swim Team

Our Philosophy

The Philosophy of the Huntington Dolphins Swim Team and the Columbia Neighbor Swim League (CNSL) is that **having fun is the most important thing we can do**. Personal development is what is most important, and for a swimmer that means improving your times. We strive to establish a healthy environment that encourages the kids to do their best, recognizes their contributions and provides fun for the entire family.

We've all taken our kids to soccer, baseball or other sports and probably stood by as two or three parents ran the team. Swimming isn't like that. You can't run a swim program without parental help. 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 or non-swimming team activities. We expect all families to volunteer to ensure a successful season.

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 with their parents 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 Huntington Dolphins 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, ugly or 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 130 plus swimmers on the team, we must insist that all swimmers be able to swim.
2. Please notify the coaches as far in advance as possible if your swimmer will miss a swim meet. We understand that many of our swimmers have other commitments and vacations throughout the summer; however, last minute substitutions are very difficult at the meets. Please place the swimmer's name on the meet absentee list posted on the bulletin board by the Tuesday prior to the meet. **THIS IS VERY IMPORTANT** because the coach makes the line-up for the meet on Tuesday evenings. No-shows at swim meets impact the line-ups and can cause the team to lose points. Your swimmer must swim in 3 meets to receive a trophy.
3. Pay attention to the coaches. With over 130 swimmers, disruptions aren't fair to the other swimmers. Parents, please wait until practice ends to discuss your child with the coaches.
4. Do your best- it's a lot more important than being the best.
5. Have fun!!!

Huntington Dolphins Pool & Swim Team - www.huntingtondolphins.org

The Huntington Pool is one of the Columbia Association's (CA) outdoor pools. Registration forms and payment must be submitted to the CA Outdoor Pools office, by mail or in person, by 2:00 p.m. on June 11th, just after the Time Trials, to be able to swim in the June 18th meet.

Columbia Neighborhood Swim League (CNSL) - www.cnslswimming.org

The purpose of the Columbia Neighborhood Swim League is to develop stronger, safer swimmers; provide a neighborhood athletic activity; introduce children to competitive swimming; and provide this activity in a wholesome setting. The Columbia Neighborhood Swim League promotes the development of character, positive attitudes and a sense of responsibility. The league provides a competitive format in which each swimmer can test his or her performance as a part of a team in an atmosphere of fun and good sportsmanship.

There are two divisions with a total of 14 teams in the CNSL. The divisions are based on team size and past performance.

Division A

Clemens Crossing Cyclones (Clemens Pool)
Harper's Choice Challenge (Longfellow Pool)
K.C. Waves (MacGills Common Pool)
Long Reach Marlins (Kendall Ridge Pool)
Owen Brown Barracudas (Dasher Green Pool)
Pointers Run Piranhas (River Hill Pool)
Wilde Lake Watercats (Faulkner Ridge Pool)

Division B

CHS Sundevils (Swansfield Pool)
Dorsey Dolphins (Dorsey Hall Pool)
Huntington Dolphins (Huntington Pool)
Oakland Mills Tiger Sharks (Steven's Forest Pool)
Pheasant Ridge Rapids (River Hill Pool)
Phelps Luck Snappers (Phelps Luck Pool)
Thunder Hill Lightning (Thunder Hill Pool)

USA Swimming – www.usaswimming.org

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 CNSL swimming rules are USA Swimming rules with minor changes to accommodate the facilities and skill levels found in our league.

Maryland Swimming - www.mdswim.org

Maryland Swimming is the local "branch" of USA Swimming. It consists of year round swim clubs in the Central Maryland area. Maryland Swimming conducts "Short Course" competitions (25 yard pools) from October to March and "Long Course" competitions (Olympic sized 50 meter pools) from May thru July. See the swim team website for links to all the local "year-round" swim teams.

Columbia Aquatics Association – The Clippers - www.clippersswim.org

The Columbia Aquatics Association (CAA) is a competitive and instruction Swim Team sponsored by the Columbia Association in Columbia Maryland. The Clippers offer a complete program for swimmers of all skill and interest levels; ages 5 to college level. This is a year-round swim team. If your swimmer enjoys summer swim team, you might want to check out The Clippers.

Chapter 2: Important Basic Stuff

Practices

Practice times are listed below and are on the Team's Website. Swimmers do not need to be at every practice. Due to parent schedules, some swimmers are only able to participate in either evening or morning practices. For those with flexible schedules, swimmers are welcome to attend as many practices as possible. Practice is important, and swimmers should be prepared to listen to the coaches and do their best.

PRE-SEASON: June 1 - June 22

	Monday	Tuesday	Wednesday	Thursday	Friday
6 & under 7 - 10 11 & older	5:00-5:30 pm 5:30-6:15 pm 6:15-7:00 pm	5:00-5:30 pm 5:30-6:15 pm 6:15-7:00 pm	5:00-5:30 pm 5:30-6:15 pm 6:15-7:00 pm	5:00-5:30 pm 5:30-6:15 pm 6:15-7:00 pm	5:00-5:30 pm 5:30-6:15 pm 6:15-7:00 pm
Pool	Huntington	Huntington	Huntington	Huntington	Huntington

REGULAR SEASON: June 23– July 30

A.M. Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6 & under 7 - 10 11 & older		8:00-8:30 am 8:30-9:15 am 9:15-10:00 am	8:00-8:30 am 8:30-9:15 am 9:15-10:00 am	8:00-8:30 am 8:30-9:15 am 9:15-10:00 am	8:00-8:30 am 8:30-9:15 am 9:15-10:00 am
Pool		Huntington	Huntington	Huntington	Huntington

P.M. Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6 & under 7 - 10 11 & older	5:00-5:30 pm 5:30-6:00 pm 6:00-6:30 pm			5:00-5:30 pm 5:30-6:00 pm 6:00-6:30 pm	
Pool	Huntington			Dickinson	

Inclement Weather Policy for Swim Practice

The safety of the pool and its surroundings is the responsibility of the CA Pool Manager on duty at each pool. Swim practice may be held in the rain but not in thunder/lightning situations. If thunder/lightning occurs, the pool will close for a minimum of 30 minutes. If possible, the pool will reopen for later practice times. However, if it appears that the storms will not pass quickly, the pool may close for all practices. Practice times will not be rescheduled or made-up

Communication

Communication is very important on the swim team as there are over 130 swimmers and 100+ families. The Coaches and Team Managers provide communication via e-mail, our team website, and the Swim Team Board at the pool. The address for the website is <http://www.HuntingtonDolphins.org>. If you have additional questions or concerns, please contact one of the Team Managers.

E-mail List

The e-mail list is used to provide timely updates of information to the whole swim team. Please make sure the Managers have your current email address.

Team Managers and Coaches

The people you'll run into the most during your swim team dealings are the Team Managers and the Coaches. The Team Managers are volunteer parents who were new to swimming at one time just like you are today. The Team Managers are **responsible for coordinating the parent volunteers** and providing a single point of contact for any questions or problems that arise. It's a job that is impossible to do successfully without help from a great many parents. The Coaches are hired by the Columbia Association, but they work closely with the Team Managers, and are **responsible for the swimming portion** of the swim team program.

***Note:** Please do not talk to the coaches while a practice is in session. After practice is over, they will be available for questions. In addition, if you don't know who to ask, then please talk to one of the Managers.*

The Coaches for this season are:

Laurie Adler, Head Coach:
soccerstar0417@verizon.net

Eric Surkovich, Assistant Coach:
esurk1@umbc.edu

Cristina Klement, Assistant Coach:
klement1@umbc.edu

The Managers for this season are:

Caren Mitchell: 301-520-1199
carenbobby@verizon.net

Christine Smith: 240-565-4689
playsmith@verizon.net

Swimmer Apparel

Swimmers should wear a swimsuit that will be comfortable for racing. The Dolphins, like every other swim team, has a team suit. Swimmers are not required to wear the team suit, but it is highly recommended. The vast majority of our swimmers wear the team suit during meets. There is a culture shock for some boys going from the jockey shorts coverage to the coverage of "jammers." Usually, when they realize that this type of suit is good for racing and everyone else is wearing one, their opposition breaks down.

When buying a swimsuit, do not buy it "big" for growth. Remember your child is trying to swim fast, and additional loose material dragging through the water just slows down your child. Our swim team suit supplier is Cy's Swimwear (410-747-8760) at 719 Frederick Rd, Catonsville, MD 21228. Their staff will be able to help fit your child correctly. **Cy's will be coming to the Huntington pool with team suits and other swim gear on Thursday June 2nd, 2011.**

A swim cap (especially for girls with long hair) and goggles (for everyone) are highly recommended.

Additional Items helpful at Swim Meets

Every swimmer needs a towel - the bigger and thicker towels are better. Other items you should consider are sunscreen, a hat or other sun protection, a sweat suit (for cool mornings), money to purchase items at the concession stand (during meets), games – playing cards and electronic games are popular choices (for the long wait between events), folding chairs for tired parents or kids, a blanket to lay on the ground for younger swimmers to rest (particularly helpful if all of the chairs are taken), and a bag to carry everything.

Inclement Weather Policy for Swim Meets

The safety of the pool and its surroundings is the responsibility of the CA Pool Manager on duty at each pool. Typically, swim meets will be held in the rain but not in thunder/lightning situations. CNSL would prefer to hold a meet, rather than cancel it. On **Saturday morning by 6:30 a.m.**, the CNSL Aquatics Director and CNSL Supervisor will determine whether to postpone/cancel the area meets. Team Managers and coaches will be notified of any postponements or cancellations via e-mail, and CNSL will update the inclement weather line, **410-715-3154**. Team Managers will send out an e-mail as quickly as possible with the appropriate information.

If it appears that the storms will pass through the area quickly, the decision may be made to delay the start of the meet. Since the pools open to the members at noon, we must be finished with our meets by that time. Therefore, if by 9 a.m., it does not appear that the meet can be held safely, the meet will be cancelled. It is

possible that the weather will differ in the different parts of the county, so the pool manager, Team Managers and Referee will make the decision for each pool regarding delays and/or cancellations.

If the meet begins and the weather becomes unsafe (thunder/lightning/other dangerous conditions), then the meet will be stopped for the required 30 minute waiting period. After that wait, the referee in conjunction with the pool manager and team managers from both teams will decide if further waiting is possible or if the meet should be cancelled. Any meet cancelled in progress will not be made up. The meet may be modified at the discretion of the referee in order to complete as much of the meet as possible in the time allocated.

If the meet is cancelled prior to starting, then it will be made up at 8 a.m. on Sunday morning (as long as the home pool is available). Meets held at pools that open at 10:30 a.m. on Sundays (Kendall Ridge Pool, Dorsey Search Pool, River Hill Pool) would follow a significantly modified schedule agreed upon by the referee and team managers from both teams in order to be completed prior to the public opening time. Others pools open at 11 a.m., so meets at those pools may also need to be modified.

There will be no late starts on Sunday. If the meet cannot be held on Sunday at 8 a.m., it will not be made up.

Meet and Social Event Schedule

Below is the schedule for the 2011 swim season:

- Pre-Season Practices Start – June 1
- Time Trials – June 11 (@ Huntington - HU)
- Regular Season Practices Start - June 23
- Pep Rally – Every Friday prior to a Meet – 6 p.m. @ HU
- **1st Meet – June 18 (CHS Sundevils @ Huntington Pool)**
- **2nd Meet – June 25 (Huntinton@ Steven’s Forest Pool(Oakland Mills))**
- **3rd Meet – July 09 (Owen Brown @ Huntington Pool)**
- Swim-a-thon – July 09-11 (8 p.m. – 8 a.m.) @ Huntington Pool
- **4th Meet – July 16 (KC Waves @ Huntington Pool)**
- **5th Meet – July 23 (Huntinton @ Kendall Ridge Pool(Long Reach))**
- Swim Team Award Banquet – July 25 (6-10 p.m.) @ HU
- All-City – July 29 (8&Under) & July 30 (9&Over) @ Phelps Luck Pool

All meets begin at 8:00 am. Warm Ups 7:00 am for home meets and 7:30 am for away meets.



Chapter 3: Swim Meets

There are three basic meets you will encounter as a parent: time trial, dual meet and invitational/championship meet.

Time Trials

The Time Trials are held early in the season and are a warm-up meet for the swimmers, coaches and parents. All swimmers are allowed to swim each event offered for their age group, so that the coaches have their current times. Place ribbons are not given, and no score is kept for this meet. The meet is run similar to a regular dual meet with Officials and Timers (all done by parent volunteers).

Dual Meets

Dual Meets are held on a Saturday morning between 2 teams in the same division. The meet is held at the Huntington Pool if it is a Home meet and at the visitor's pool if it is an away meet. These meets are scored, and at the end of the meet, a winner is announced. Swimmers receive ribbons for winning their "heat" immediately following their swim. At the end of the meet, individual ribbons are awarded for 1st-8th place in each event, and personal best ribbons are awarded to swimmers who swim their fastest time for a particular event. If your swimmer is unable to stay until the end of the meet, then the ribbons will be available at the lifeguard table during practice.

The meets begin at 8:00 a.m. and usually end between 11:00 - 11:30 a.m., though the ending time will vary depending on the sizes of the teams and the number of heats that are held for each event. For home meets, swimmers should arrive at the Huntington Pool at 7:00 a.m. for warm-up. For away meets, swimmers should be at the host pool no later than 7:30 for warm-up. The Dolphins usually meet at the Huntington Pool at around 7:10 a.m. and caravan to the away meets. We like to enter the host's pool chanting our spirit chants as a team.

Each meet consists of 52 Individual events and 15 Relays. The events for each stroke and age group are shown below. (Each pool length is 25 meters or yards, depending on the pool.)

Dual Meet Events and Distances

Age group	Freestyle	Backstroke	Breaststroke	Butterfly	Individual Medley	Freestyle Relay	Medley Relay
6 & Under Boys	25 M	25 M				100M	
6 & Under Girls	25 M	25 M					
7-8 Boys	25 M	25 M	25 M	25 M		100M	
7-8 Girls	25 M	25 M	25 M	25 M		100M	
9-10 Boys	25 M	25 M	25 M	25 M	100M	100M	100 M
9-10 Girls	25 M	25 M	25 M	25 M	100M	100M	
11-12 Boys	50 M	50 M	50 M	50 M	100M	200M	100 M
11-12 Girls	50 M	50 M	50 M	50 M	100M	200M	
13-14 Boys	50 M	50 M	50 M	50 M	100M	200 M	200 M
13-14 Girls	50 M	50 M	50 M	50 M	100M		
15-18 Boys	50 M	50 M	50 M	50 M	100M	200 M	200 M
15-18 Girls	50 M	50 M	50 M	50 M	100M		

NOTES:

1. In Saturday dual meets, the youngest age category for the Butterfly and Breaststroke is the 8 & Under.
2. The order of events is listed on the Website.

Who Swims What?

The purpose of a Dual Meet is for each team to score the most points. The Coaches and Managers, with input from the swimmers, choose up to 2 individual events (plus one relay) per swimmer. There can be multiple “heats” per event (and will be for the younger age groups), so that everyone can swim each meet. Each team is assigned even or odd lanes for the meet. Who swims an event may seem to be a mystery. However, after time trials and the first meet both teams know the other’s swimmers times and the coaches try to position our swimmers to optimize our points and win the meet.

At each meet, the event schedules will be posted by age on a fence near our team’s seating area. Swimmers must check the event schedule to see in which events they will be competing in during the meet. Each swimmer will swim up to 2 individual events and 1 relay event. If your swimmer is assigned less than 2 individual events, you may request that the Coach add your swimmer to another event.

Relays consist of 4 swimmers. Relays for ages 6 and under are required to be co-ed with 2 boys and 2 girls. Relays for ages 8 and older are not allowed to be co-ed. If your swimmer is assigned a relay, please note the lane number and the relay position. Positions 1 and 3 start at the starting end of the pool, and positions 2 and 4 start at the opposite end of the pool.

Seeding

In Saturday meets, the home team has odd lanes 1, 3, and 5 while the visiting team has even 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.

Heats

As previously mentioned, several of the events in the younger age groups will have multiple “heats.” “Heats” are required when there are more swimmers entered in a particular event than there are lanes in the pool. When you check the event schedule posted for a particular meet, you will be able to determine if an event includes multiple “heats,” and if “heats” are required, each child will be assigned a lane and a “heat.” The fastest swimmers are included in Heat 1, the next fastest swimmers in Heat 2, etc. The winner of each “heat” will receive a “heat winner” ribbon immediately following his/her swim; however, the individual ribbons for the event are determined by the fastest times in all of the heats. It is difficult for new swimmers to understand that being a “heat winner” does not guarantee a 1st place event ribbon.

Scoring

In the individual events, a first place finish earns 5 points for the team, a second place finish earns 3 points, a third place finish earns 2 point and a fourth place finish earns 1 point. However, a team can only count two places per event. For example, if Dolphin swimmers placed 1st, 2nd and 3rd in 6&U freestyle, then we'd earn 8 points (5 points for 1st and 3 points for 2nd place), and the opposing team would earn 1 point for 4th place.

Relays are scored as 5 points for a first place finish and 2 points for a second place finish, but a team may only count one place per relay event. For example, if Dolphins placed 1st and 2nd in a 6&U freestyle relay, then we'd earn 5 points, and the opposing team would earn zero points.

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 2nd 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.

Disqualifications (DQs) and False Starts

A swimmer will be disqualified (or DQ'd) if he/she does not follow the rules of the stroke or false starts. The first False Start is charged to the "heat" and the second results in disqualification of the individual. Disqualifications (DQs) are covered in more detail in Chapters 4, 5 and 6.

What does my swimmer need to do during the meet?

After securing your "base camp" for the meet, your swimmer should check the event lists to see which strokes he/she should practice during warm up. Next, your swimmer should warm up during the team warm ups. Then, your swimmer will want to participate in the team cheers at the beginning of the meet. During the meet, your swimmer will need to listen to the Starter for the following important announcements:

1. Pick up the entry cards for his/her event from the Clerk of Course. The Clerk of Course will be set up at a table and display the event sign for which he/she is distributing entry cards. Each swimmer scheduled to compete in the event will receive an entry card (an index card) which will display important information, such as the swimmer's name, time, lane and heat.
2. Line up in the staging area. With this announcement, swimmers must line up in the staging area by lane and heat so they are ready to walk up to the start when their event is called. This keeps the meet progressing smoothly, so we can all go home on time. The staging area is usually near the starting end of the pool and has chairs with lane numbers on them to assist with the line up process. Your swimmer's entry card will be collected by a "runner" at some point just before he/she approaches the start of their race.
3. Swimmers take your mark, "beep." Swimmers start swimming on the "beep." (A strobe light accompanies the beep.)

If your swimmer misses his/her event, there are no do-overs. Therefore, it is extremely important that your swimmer pay attention to the events and be ready when his/her event is called. It is often helpful for new swimmers to keep a copy of the Order of Events for easy reference. The Order of Events is attached at the end of this document. Swimmers will quickly realize that the events for the younger swimmers take much longer than the events for the older swimmers.

Before leaving a meet that is still in progress, the swimmer should ensure that he/she is not assigned to compete in a relay. If your swimmer is not assigned a relay, it is a good practice to check in with the coach to see if any of the assigned swimmers are unavailable to compete in their relay. Relays occur at the end of the meet, and sometimes it is difficult to find the assigned swimmers when the event is called. Besides, if your swimmer leaves early, he/she won't be able to take home the ribbons he/she won during the meet. (However, the ribbons will be available at subsequent practices.)

Invitational/Championship Meet

At an Invitational or Championship meet there is usually a “qualifying” or “cut” time that the swimmer has to have been faster than to compete in a particular event. Sometimes there are divisions that the swimmers compete in so that everyone has a chance to get a ribbon and compete against similar background athletes. The main meet that falls into this category for the Huntington Dolphins Swim Team is the “All-City” Swim Meet in which all the CNSL teams come together to compete. However, there is no “qualifying” time for All-City events. All swimmers are eligible to swim in this meet if they have competed in the time trials and 2 dual meets or if they have competed in 3 dual meets. Participation in All-City is encouraged because it’s fun!

All-City Swim Meet

The All-City Swim Meet is held at **Phelps Luck Pool** on the Friday and Saturday following the last Dual Meet. This meet allows swimmers from all CNSL teams to swim against each other. All swimmers are eligible to swim in this meet if they have competed in the time trials and 2 dual meets or if they have competed in 3 dual meets. The swimmers are broken into divisions (A, B or C) based on their fastest time that year, and they compete against others in the same division. Team scores are kept and awards are given, based on division, to the top 10 swimmers in each event. All swimmers are encouraged to attend All-City.

The meet begins Friday night at 5 p.m. with ages 8 and under competing Friday night. Saturday’s meet begins at 7 a.m. for ages 13-18 to compete in the morning and ages 9-12 competing Saturday afternoon.

The best part of All-City is that swimmers compete by age group – age 6, age 7, age 8, and so forth – and by time – “A division” swimmers are the fastest times, “B division” swimmers are a bit slower, etc. For a swimmer who is young in his/her age group for the dual meets or a bit slower than some of his/her competitors, it is a chance to compete with other swimmers who are more similar in age and speed. Winners at All-City receive medals for 1st -3rd place and big ribbons for 4th -10th place.

Chapter 4: Important People at the Meet (in addition to the swimmers)

Your first swim meet can be a bewildering experience as you encounter a vast horde of adults doing different jobs. CNSL requires that certain meet personnel wear shirts marking their position. These persons are the Officials (Stroke and Turn Judges, Starter, Referee), Coaches and Team Managers. These shirts are white with the CNSL logo on the front and the position on the back. Coach's shirts are blue with the CNSL logo on the front and Coach on the back.

Clerk of the Course

The Clerk of the Course is the "gatekeeper" for all swimmers in our meets. When you arrive at a swim meet, each swimmer (not Mom or Dad) **must** check in with the Clerk of the Course. Later they will go back to the Clerk of the Course to pick up their swim meet event card for each race (an announcement will be made).

Seeders

These people line the swimmers up in order of heats and event for a specific lane. Their job is to arrange the swimmers in the correct order for the race, so that the swimmers are ready to swim when called by the Starter.

Referee

The Referee is the chief official for each swim meet. He/She is responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules.

Starter

The Starter is responsible for ensuring that all swimmers are given a fair and equitable start. After the event is announced, the Starter 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.

The starter will instruct the swimmers to "Take your mark." After all swimmers are ready and still, the starter will start the race, using an electronic starting system. This system consists of a public address system, a horn, and a strobe light.

A race can be recalled for a false start or if it was a bad start by the starter (i.e. not all the swimmers were ready) or for a safety reason. This is done using a recall signal on the starting system. (You'll know it when you hear it).

Stroke and Turn Judges

Once the race has started, the Stroke & Turn Judges are responsible for ensuring that all swimmers obey all the rules for the stroke that they are swimming. These people are typically at the ends 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 swimmers entry card as "DQ" and the infraction type. The meet Referee is the only person that can overturn a "DQ" based on rule interpretation or procedure deviation.

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. 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 starting system and stop their watches when the swimmer touches the wall. There are two timers per lane, and all times are recorded. The average time is the official time. A runner collects the time cards from the timers and forwards them on to the table workers. A Chief Timer from each team is available with a spare watch in case a Timer misses a start or their watch malfunctions.

Sweep Judges

At the end/finish of each race, the Sweep Judges determine the order of finish per heat and record this order. This is then combined with the time cards to verify that the correct person is awarded the points for the finish place.

Table Workers

The time cards from the timers and the sweep sheets 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 ensure that errors are caught before the results are announced.

Team Manager

The Team Manager is the designated representative(s) for their swim team and is the only person with any official standing to challenge any decisions made by the Head Official. They are also responsible for the smooth flow of the meet and make sure that all the volunteer positions are filled.

Coaches

During the meet, the Coaches primary responsibilities are to encourage and praise the swimmers and to make sure that the swimmers get to the Clerk of the Course in time to swim. They can also explain a DQ in more detail or identify which items the swimmer needs to correct for future meets and events.

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 run the website, edit newsletters, set up the pool and sell concessions. They also announce the results, run social activities, maintain the team area 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 5: Stroke Rules

If you're not a former swimmer, the strokes and their rules can be confusing. 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 (see the team website or USA Swimming for the complete stroke rules). The rules below are the USA Swimming rules as modified for use in the CNSL. Teams in other leagues may have slightly different rules.

Failure to follow the stroke rules will be denoted by a "DQ," Disqualification, on the swimmer's entry card, and no points, times or ribbons will be awarded for the swim. This rule is one of the hardest things for many of the new swimmers to get used to at a meet.

The judging of the strokes is performed by the "Stroke and Turn Judges" or "Officials." There are four Officials watching each race, with two Officials on each end of the pool. Each Official covers multiple lanes on their end of the pool.

Freestyle

The freestyle is defined as any means of swimming across the pool. Any stroke (arms) and kick (legs) 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; (2) In a 50 meter/yard race (two pool lengths) you must touch the wall at the 25 meter/yard 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); and (3) After the swimmer surfaces after a start or turn they must remain on the surface of the water.

Stroke Rules / Freestyle

- **Start**
 - Forward
- **Stroke**
 - Any style, except in medley relays or individual medley, where this means any stroke other than butterfly, breaststroke or backstroke
 - Some part of body must break surface throughout except for start and following turns for up to 15m (head)
- **Turn**
 - Must touch wall to complete length
- **Finish**
 - Any part of the body must touch the wall

Backstroke

Like the freestyle, almost anything goes on the backstroke as long as you stay on your back. (Rolling onto the stomach is one of the most common DQs, and there are no exceptions to this rule.) Watching swimmers learn the backstroke is often amusing 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 are 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 to the lip on the pool awaiting the starter's signal.

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.

Stroke Rules / Backstroke

- **Start**
 - In water facing starting end
 - Hands on pool wall, gutter or starting grips
 - *No holding of ankles or use of backstroke starting block*
 - Feet, including toes, below the water surface (no skimmers)

- **Stroke**
 - May not move feet to gutter or curl toes over after start
 - Push off wall on back and remain there for duration of race
 - Some part of body must break surface throughout except for start and following turns for up to 15m (head)

- **Turn**
 - Some part of body must touch wall
 - Shoulders may turn past vertical if followed by continuous single arm or continuous simultaneous double arm pull used to execute the turn
 - Once off the back, any kicking or arm pull must be part of the continuous turning action
 - Must return to back by the time the swimmer leaves the wall

- **Finish**
 - Must touch the wall on the back
 - *The body may be submerged at the touch*

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 (pull then kick) and the hands may not go all the way to the hips. Breaststroke turns and finishes require a simultaneous two-hand touch. (This is one of the most difficult strokes to swim without receiving a DQ.)

Stroke Rules / Breaststroke

- **Start**
 - Forward

- **Stroke**
 - From the beginning of the first arm stroke, body on the breast
 - Arms move simultaneously in same horizontal plane with no alternating movement
 - Hands pushed forward from breast on, under, or over the water (elbows under except for final stroke before turn, during turn, and final stroke before finish)
 - Hands brought back on or under surface
 - Hands cannot extend beyond hipline except for stroke at start and each turn
 - Cycle is arm stroke and leg kick, in that order
 - Part of head must break surface during each stroke cycle
 - *Exception is after start and after each turn when there may be one complete pull to legs and one leg kick while completely submerged*
 - *Head must break surface before hands turn inward at widest part of the second stroke*

- **Kick**
 - Vertical and lateral movements are simultaneous
 - Feet pointed outward during propulsive part of kick
 - *Feet may break surface but no scissors, flutter, or downward butterfly kicks*

- **Turn**
 - Two hand, simultaneous touch at, above, or below surface
 - Head may be submerged provided it broke surface during last complete or incomplete stroke cycle preceding touch
 - Following touch, turn in any manner desired
 - Shoulders must be at or past vertical towards breast when the swimmer leaves the wall

- **Finish**
 - Two hand, simultaneous touch at, above, or below surface
 - Head may be submerged provided it broke surface during last complete to incomplete stroke cycle preceding touch

Butterfly

A well-executed butterfly (or Fly) is the most beautiful exhibition of power you will 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 swimmers look like they are drowning or in serious pain. 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 up and then down. 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.

Stroke Rules / Butterfly

- **Start**
 - Forward - Facing the race course

- **Stroke**
 - Shoulders must be at or past the vertical towards the breast
 - One or more leg kicks but first arm pull must bring swimmer to the surface
 - Head must surface by 15m mark and swimmer must remain on surface until turn
 - From beginning of first arm pull, the body must be kept on the breast
 - Both arms must move forward over the water and pulled back simultaneously

- **Kick**
 - Up and down movements must be simultaneous
 - Feet need not be on same level
 - *No alternate movements, scissors or breaststroke kicks*

- **Turn**
 - Body on breast, two hand, simultaneous touch at, above, or below surface
 - Following touch, turn in any manner desired
 - Shoulders must be at or past vertical towards breast when the swimmer leaves the wall

- **Finish**
 - Body on breast, two hand, simultaneous touch at, above, or below surface

Individual Medley

The individual medley (or IM) is when an individual swims each of the four strokes in the sequence of Butterfly, Backstroke, Breaststroke, and Freestyle. We swim a 100 meter/yard IM, which means that 25 meter/yard, or one pool length, of each stroke is swum. In a 100 meter/yard IM, every turn is a stroke change, and stroke finish rules apply to the transition. This means that the swimmer must complete a legal finish of the stroke before they began the next stroke (i.e. no Backstroke Flip Turns).

Stroke Rules / Individual Medley

- **All four strokes swum in the following order:**
 1. butterfly
 2. backstroke
 3. breaststroke
 4. freestyle

- **Start**
 - Forward

- **Stroke**
 - Stroke for each quarter performed per relevant stroke rules

- **Turn**
 - Intermediate
 - *Conform to turn rules for relevant stroke*
 - Change of Stroke / Transition
 - *Conform to finish rules for stroke being completed*
 - Fly to Back - Body on breast, two hand simultaneous touch, turn in any manner desired with shoulders at or past vertical towards back when the swimmer leaves wall
 - Back to Breast - Touch while on back, turn in any manner desired, shoulders at or past vertical towards breast when the swimmer leaves the wall, take breaststroke form prior to first arm pull
 - Breast to Free - Body on breast, two hand simultaneous touch, turn in any manner desired

- **Finish**
 - Any part of the body must touch the wall

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 (note this order is different from the IM).

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 (or parents) are not allowed.

Chapter 6: Disqualifications (DQs)

In swimming, the stroke 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.

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 and then writes it up on the swimmer's entry card. Another clue that a DQ has occurred is a Stroke and Turn Judge writing and a longer than normal pause between events. The Official will also make an effort to explain the rule violation to the swimmer.

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 and ugly" vs. "illegal" is sometimes close to call, any violation called by an official is an "I saw" not an "I think I saw." Every year the Officials are trained on the current rules and procedures for the CNSL league. In fact, many Officials are even certified at the state and national levels by USA Swimming. Most importantly, these Officials are volunteer parents that have a hard job to do so please be polite to them (even if your kid was DQ'd). Remember that they are required to DQ any swimmer who swims a stroke illegally, which can even include their own child (which happens in any swim league).

Protesting Disqualifications

The Team Manager is the **only** person who can officially question a disqualification or any other call by an Official. If a decision is made involving your swimmer which you do not think is right, talk to the Coach and the Team Manager. The Team Manager will initiate action in accordance with CNSL rules, if thought to be appropriate. Failure to follow this procedure can result in your expulsion from the pool area.

Chapter 7: Extra Fun Events

The Huntington Dolphins like to win, but it isn't our reason for being. Some of the things we do to have fun are:

Pep Rallies

A Pep Rally is held every Friday night prior to a Saturday meet at 6 p.m. at Huntington Pool. Please check the swim team board at the pool prior to each Pep Rally to see if you need to order food in advance or to sign up to help with the Pep Rally activities.

Team Pictures

We take team pictures every year, and we'd like your swimmer to be in it. At that time, we also take individual pictures. You are not obligated to purchase a picture. Dates for the Team and Individual Pictures will be posted on the Swim Team Board at the pool

Charity Swim Event (SwimAThon)

The Huntington Dolphins Swim Team hosts a SwimAThon to raise funds for a local charity and the Huntington Dolphins Swim Team (½ of the proceeds are given to a charity). A SwimAThon is where the swimmers try to see how many laps they can complete in a fixed amount of time. The swimmers go out into the community and get pledges for the number of laps they complete or a fixed donation amount.

Swimmers of all ages swim laps, eat great food, listen to good music, play games and watch movies. Those that are spending the night pitch tents in the evening. At 8:00 pm, all non-SwimAThon attendees will leave and at midnight, the gates will be locked until 6:00am. By 7:00 am, most people are awake, and by 8:00 am, everyone must be out of the pool area so our guards can get some rest!

Food is provided in the form of snacks, healthy and otherwise, hot dogs, pizza, juice, coffee, hot chocolate, etc. Through the generous donations of time and resources, our swimmers and their families have a great time while raising money for our team and a worthy cause.

Swim Team Award Banquet

We cap off the season with a Swim Banquet at the pool. Every swimmer gets a trophy. There are also coaches' awards and much, much more so please plan to celebrate our season with us. The date of the banquet will be posted on the Swim Team Board at the pool.

What's Mandatory?

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



Huntington Dolphins Cheers



Everywhere We Go

Coach: Everywhere we go.
Team: Everywhere we go.
Coach: People wanna' know.
Team: People wanna' know.
Coach: Who we are.
Team: Who we are.
Coach: Where we come from.
Team: Where we come from.
Coach: So we tell them.
Team: So we tell them.
Coach: We are the Dolphins!
Team: We are the Dolphins!
Coach: The mighty, mighty, Dolphins!
Team: The mighty, mighty, Dolphins!

D-O-W-N

*A call and response cheer with the other team
Team 1: Hey (team's name)
Team 2: Hey what?
Team 1: Hey (team's name)
Team 2: Hey what?
Team 1: Let me see you get down
Team 2: No way!
Team 1: Let me see you get down
Team 2: Okay!
Team 1: D-O-W-N, that's the way we get down!
Team 2: D-O-W-N, that's the way we get down!
Both teams: D-O-W-N, that's the way we get down!

Hotter Than Hot

Person: My name is _____ and you know what I got?
Team: What do you got?
Person: I've got a team that is hotter than hot?
Team: How hot is hot?
Person: First places and seconds too
Team: Uh huh, Uh huh
Person: Come on _____ and do what I do
(Repeat with different swimmers)
(Last Time)
Team: Uh huh, Uh huh, We're gonna kick the
WHOOPSIES OUT OF YOU!

Victory

Give me a V...V
Give me an I...I
Give me a C...C
Give me a T...T
Give me an O...O
Give me an R...R
Give me a Y...Y
What does that spell? (coach)
VICTORY! (team)
What do we want? (coach)
VICTORY! (team)
Louder (coach)
VICTORY! (team)
Louder (coach)
VICTORY! (team)

Go, Fight, Win

When I say "go" you say "fight" (coach)
GO (coach)
FIGHT (swimmers)
GO (coach)
FIGHT (swimmers)
When I say "win" you say "tonight" (coach)
WIN (coach)
TONIGHT (swimmers)
WIN (coach)
TONIGHT (swimmers)
When I say "boogie" you say "down" (coach)
BOOGIE (coach)
DOWN (swimmers)
BOOGIE (coach)
DOWN (swimmers)
Go, fight, win, tonight, boogie on down alright, alright.
Go, fight, win, tonight, boogie on down alright, alright.

Little Froggie

There was a little froggie
He sat upon a log
He rooted for the other team
He had no sense at all
He fell into the water
And bumped his silly head
And when he came back up again
This is what he said
He said "go, go, go, go you mighty Dolphins.
Swim, swim, swim, swim you mighty Dolphins.
Win, win, win, win you mighty Dolphins."
Go, swim, win, and then he fell back in.



Huntington Dolphins Cheers



We've got spirit

*A call response cheer with the other team.
We've got spirit, yes we do,
We've got spirit. How about you?
(Alternate between teams.)
Finally: We've got more! We've got more!

Boom Shawada Wada

We are the Dolphins and we live in a hut
and if you don't believe us,
then watch us shake our . . .
boom shawada wada - boom shawada wada

We are the Dolphins and we live in the sun
and if you don't believe us,
then watch us shake our . . .
boom shawada wada - boom shawada wada

We are the Dolphins and we live in a bush
and if you don't believe us,
then watch us shake our . . .
boom shawada wada - boom shawada wada

Cookie Monster

Cookie Monster says that the Dolphins are,
The great big cookies at the top of the jar.
Cookie Monster says that (other teams) are,
The itty bitty crumbs at the bottom of the jar.

1-2-3-4

One-we are the Dolphins!
Two-a little bit louder!
Three-I still can't hear you!
Four-More! More! More!

BOOM-CHICA-BOOM

Coach: I said a boom-chica-boom!
Team: I said a boom-chica-boom!
Coach: I said a boom-chica-boom!
Team: I said a boom-chica-boom!
Coach: I said a boom-a-chica-raca-chica-raca-chica-boom!
Team: I said a boom-a-chica-raca-chica-raca-chica-boom!
Coach: UH-HUH!
Team: UH-HUH!
Coach: OK!
Team: OK!
Coach: ONE MORE TIME!
Team: ONE MORE TIME!
Coach: THE DOLPHINS' WAY!
Team: THE DOLPHINS' WAY!
REPEAT w/clapping and dancing

We are the Dolphins

We are the Dolphins!
We couldn't be prouder.
If you don't believe us,
We'll yell a little louder!

CNSL Order of Events

Heats	Event #	Age	Event	Event #	Heats
	1	15-18	Mixed 200 yd Medley Relay (back		
	2	9-10	Mixed 100 yd Medley Relay breast,		
	3	11-12	Mixed 200 yd Medley Relay fly,		
	4	13-14	Mixed 200 yd Medley Relay free)		

Boys

Individual Medleys

Girls

1 2 3 4	5	15-18	100 yd IM (fly,	6	1 2 3 4
1 2 3 4	7	9-10	100 yd IM back,	8	1 2 3 4
1 2 3 4	9	11-12	100 yd IM breast,	10	1 2 3 4
1 2 3 4	11	13-14	100 yd IM free)	12	1 2 3 4

1 2 3 4	13	15-18	50 yd Free	14	1 2 3 4
1 2 3 4	15	6 & U	Timers switch 25 yd Free	16	1 2 3 4
1 2 3 4	17	7-8	25 yd Free	18	1 2 3 4
1 2 3 4	19	9-10	25 yd Free	20	1 2 3 4
1 2 3 4	21	11-12	Timers switch 50 yd Free	22	1 2 3 4
1 2 3 4	23	13-14	50 yd Free	24	1 2 3 4

1 2 3 4	25	15-18	50 yd Back	26	1 2 3 4
1 2 3 4	27	6 & U	Timers switch 25 yd Back	28	1 2 3 4
1 2 3 4	29	7-8	25 yd Back	30	1 2 3 4
1 2 3 4	31	9-10	25 yd Back	32	1 2 3 4
1 2 3 4	33	11-12	Timers switch 50 yd Back	34	1 2 3 4
1 2 3 4	35	13-14	50 yd Back	36	1 2 3 4

MASTERS 100 YD FREE RELAY (TOTAL 130 YEARS) non-scored

1 2 3 4	37	15-18	50 yd Breast	38	1 2 3 4
1 2 3 4	39	8 & U	Timers switch 25 yd Breast	40	1 2 3 4
1 2 3 4	41	9-10	25 yd Breast	42	1 2 3 4
1 2 3 4	43	11-12	Timers switch 50 yd Breast	44	1 2 3 4
1 2 3 4	45	13-14	50 yd Breast	46	1 2 3 4

Coaches begin to organize for relays.

1 2 3 4	47	15-18	50 yd Butterfly	48	1 2 3 4
1 2 3 4	49	8 & U	Timers switch 25 yd Butterfly	50	1 2 3 4
1 2 3 4	51	9-10	25 yd Butterfly	52	1 2 3 4
1 2 3 4	53	11-12	25 yd Butterfly	54	1 2 3 4
1 2 3 4	55	13-14	Timers switch 50 yd Butterfly	56	1 2 3 4

	57	15-18	Mixed 200 yd Free Relay (2 boys max)		
	58	6 & U	Mixed 100 yd Free Relay		

	59	7-8	100 yd Free Relay	60	
	61	9-10	100 yd Free Relay	62	
	63	11-12	200 yd Free Relay	64	
	65	13-14	Mixed 200 yd Free Relay		