

OVERHILL Swim Club

“Home of the Dolphins”

Swim & Dive Team Handbook

Overhill Swim Club proudly provides the children of our members with the wonderful opportunity to participate in the team sports of swimming and diving. Through daily workouts, our children will move forward on the path to physical fitness, high self-esteem, increased self-discipline, and responsibility. Summer club swimming and diving is often the fun beginning to continued year around involvement in these two sports; however, for the majority of our team members it is simply the basis for a healthful and fun summer. Whatever the reason, we are glad your child chose to be a member of the team.

As is true with any team sport, communication between swimmers, divers, parents, and coaches is very important. Problems can be minimized if all 3 work together to make the swim team a positive and fun experience. If you have a question or problem of any kind—please TALK to the coaches.

Team Goals for the Season:

1. Improvement
2. Fast Swimming and Well Executed Dives
3. FUN !!!

Swimming and diving are unique in the world of sport in that parent participation is not only encouraged, but also necessary. In order for the swimmers and divers to compete, your help is crucial. There are many different ways to participate. The following is a list of the jobs to be done with a brief description of each. Training is provided for all who need it. Look over the list and sign up for the position you would like to help with.

Parent Expectations:

1. Work half of 3 meets
2. Donate Baked goods for home meets
3. Communicate with coaches

Swim Meet Volunteer Positions

ANNOUNCER

- 1 person per half needed for home meets only
- Uses microphone to announce events and team scores

STARTER

- 1 person needed per half for home meets only
- Uses megaphone and starter equipment to start swimming events
- May need to judge finishes, turns, and starts of races

TIMERS

- 14 people needed for every meet and 6 relief timers
- Attend meeting 10-15 minutes before meet starts to obtain watch and clip, get lane assignment, and check accuracy of watch.
- “Home” timer usually holds clipboard and writes down time
- Check entry slips of swimmers BEFORE they climb on block to be sure they are in the right heat and lane
- Time each race for your assigned lane. If for some reason, your watch doesn't start-see the head timer immediately.
- Record stop watch times on heat slips

CLERK OF COURSE

- 2 people needed for every meet
- Dispense heat slips to swimmers 11 years and older
- Occasionally will have to fill out heat slip

PLACE JUDGE

- 2 people for every meet
- Sit in chairs at the finish line and record which lanes come in first, second, and third.

TURN JUDGE

- 1 Person needed for every meet
- In charge of checking the legality of the turns for 3 lanes
- At the non-starting end of the pool
- Check the legality of the relay exchanges for the 8 & U and 9 -10 relays at the non-starting end of the pool.

STROKE JUDGE

- 1 person needed for every meet
- Checks legality of strokes for 3 lanes of the pool
- Checks the legality of the relay exchanges at the starting black end of the pool.

SCORER'S TABLE

- 2-3 people needed for every meet
- Rank the finishes, check times, and tally the scores for the meet

AWARDS TABLE

- 4 people needed at home meets only
- 3 people needed for away meets
- Fill in stickers on back of ribbons with names, times and events

RUNNER

- 2 people needed for home meets only
- Picks up heat slips from timers and gives to scorers table

8 & UNDER PARENTS

- 2 parents needed for every meet
- Line up 8 & Under swimmers, take them to the starting blocks and take cards to timers

DIVE Meet Volunteer Positions

JUDGES

- 3 parents needed for home meets and 2 for away meets.
- Judges assign score for each dive performed
- The most experienced judge usually serves as "referee" and has the responsibility to declare balks, failed dives, etc.
- A training booklet is available for review prior to serving as a judge, as well as a Judging Clinic early in the summer.

TABLE WORKERS

- 3 parents needed for home meets and 2 for away meets
- Calculate the scores
- 1 worker records the scores, then eliminates the highest and lowest scores
- 2nd worker checks eliminations, adds remaining 3 scores, then multiplies sum by the Degree of Difficulty (slide charts will be available)
- 3rd worker checks accuracy of 2d worker, then passes sheets back up to the announcer. At the end of each band of competition, this worker usually "places" the divers, then keeps a running tab of the score for the team overall (5 pts for 1st place, 3 pts for 2d place, 1 pt for 3d place)

ANNOUNCER

- 1 parent needed for home meets only
- Announces diving order prior to the meet
- Announces divers names, dives performed, and scores
- Announces the placing of divers following the meet

GENERAL JOBS – SWIM OR DIVE PARENT

BAKE SALE TABLE

- 2 people needed at home meets only
- Arrive at pool between 3:00-3:30. Set up table then sell baked goods for team profit.
- Clean up

COMPETITION

Overhill is a member of PPSL, Private Pool Swim League. At present, PPSL consists of 16 teams, which compete against each other in 5 dual meets per summer. The teams with whom we compete are determined by where we finish in the end of the season championships.

DUAL MEETS:

- Divers' arrival Time: 2:30 at home and 3:00 for away meets
- Divers' Warm up Time: 3:00 at home and 3:30 for away meets
- Diving Meet Begins: 4:00 PM
- Swimmers' Arrival Time: 5:45 PM (home) 6:15 PM (away)
- Swimmers' Warm up Time: 6:00 PM (home) 6:30 PM (away)
- Swim Meet Begins: 7:00 PM (usually ends by 10:00 PM)

Transportation to meets is the responsibility of the swimmers and divers. Coaches will not be allowed to transport athletes due to the liability involved. If you need assistance with transportation, please call a team friend.

Upon arrival, swimmers should check the listing to see which events they will be swimming.

EXPLANATIONS OF DIVING EVENTS

Divers compete in events divided by age and sex. The age groups for dual meets are 8 & under, 9-10, 11-12, 13-14, and 15-18. There is a combination of required and optional dives for each age group. The 8 & under divers may do two dives in each meet (3 in finals). The 9-10 age group does three dives, 11-12 age group does four dives, and the 13 and older divers do five dives. The dives are scored on a 10-point scale with 10 being excellent. In our league, a score of 4 is average with 6 and 7 being very good. The top three divers in each age group dive in the competition round and score points toward the meet total. There can also be exhibition divers in each age group. This means that every diver may not be able to compete in each meet. If there is time, the coaches will find a way for most all to dive.

EXPLANATION OF SWIMMING EVENTS

Order of Events: (in each event boys swim first then girls)
8 & Under, 9-10, 11-12, 13-14, 15-18

Medley Relay 100m 200m 200m 200m 200m
Freestyle 25 50 50 100 100
Back Stroke 25 50 50 100 100
Breast Stroke 25 25 50 100 100
Butterfly 25 25 50 50 50
Individual Medley X 100m 100m 100m 100m
Freestyle Relay 100m 200m 200m 200m 200m

Swimmers swim events divided by stroke, gender, age, and distance. Each swimmer can swim four events. Usually this will be two individual event and two relays. Each event will have a championship heat that is often preceded by one or more exhibition heats. Each team can have three swimmers in the championship heat. The fastest three swimmers will be put in the championship heat. The championship heat swimmers are the only swimmers who can score points toward winning the meet. All other swimmers in the event will swim in the exhibition heats. This way, swimmers should always be swimming against others of like ability. The best time takes the middle lane.

FALSE STARTS: A false start occurs when a swimmer leaves the block before the actual start or is moving on the block after being told to "take your mark". In this case, the starter will shoot the gun several times after the starting shot to signal the stop of the race. There is also a false start rope that will be lowered into the water to catch any swimmers still going. The race is then started again.

SWIMMING AND DIVING AWARDS

Ribbon awards will be awarded to the first three finishers in the championship heat and the first three finishers in the exhibition heat. If a child does not win a ribbon, they will be given a best effort ribbon with their times on the back. Ribbons are usually given to swimmers and divers at the next practice.

PARENT AND COACH ETIQUETTE

We have hired excellent, knowledgeable coaches to work with your child. If you should have questions about the expectations or procedures, please see your child's coach before or after practice, or leave a message at the pool office and the coach will contact you. Parents are encouraged to observe some practices during the season to allow the swimmers, divers, and coaches to focus on and have knowledge of goals for the practice and /or season. We look forward to a strong, positive partnership between the coaches and parents.

BAKE SALE

At every home meet we have a bake sale to help earn the money that is needed for the various team expenses. Home meets will be posted along with a sign up sheet.

You are welcome to bring more than one baked good item to our home meets. The more we have to sell – the more money we make.

SUGGESTIONS of things to donate: rice crispy treat, brownies, cookies, cupcakes, watermelon slices, grapes, and bananas, red licorice sticks, suckers, bags of baby carrots, veggies and dip etc.

AFTER MEET

At the end of each home meet the club serves a piece of pizza and drink to each member of our team. This happens on the upper deck snack bar area. Parents are always needed to help with set up and clean up. Please be sure your child has cleaned up his/her area and has packed up all their belongings before they get their pizza and drink.

Following away meets many team members and families meet at the Glenway Skyline.

VACATION AND MEET ABSCENCES

PLEASE, give a note, in writing, to the coaches with the dates of absences, so the coaches will know not to enter your children in meets for those dates. Please try to give as much advance notice as possible. When a child joins the team, there is a commitment made. It is hoped that parents will encourage their child to take that commitment seriously. This is part of their lifelong learning process.

REST ON THE DAY OF THE MEET

The day of the meet, swimmers and divers should not be at the pool except for practice in the morning. Heat and vigorous exercise "saps" your strength. Team members should be at home resting !!

TEAM PRACTICE TIMES

SWIMMING:

Evenings- Until the first day of summer break: 6:00 – 8:00 pm beginning with 8 & Under

Mornings-Starting the week of summer break:

13-14, 15-18 : 8:00-8:30 AM (6:00-8:00 AM optional extra practice)

11-12: 8:30-9:00 AM

9- 10: 9:00-9:30 AM

8 & U: 9:30-10:00 AM

DIVING:

Monday -Thursday:

11 -18

9-10

8 & U

SWIM PRACTICE BEFORE AND AFTER

Swimmers and divers should arrive 5-10 minutes before practice is to begin. This will allow them the time needed to get on caps, goggles, etc. Practice occurs in the lap pool.

PPSL CHAMPIONSHIPS SWIMMING CHAMPIONSHIPS

Semi-finals will be held at Keating Natatorium. The top 16 swimmers in individual events qualify to swim in the Finals, which are held the following day, at Keating Natatorium. The top eight relays qualify to swim in finals.

Each swimmer can swim up to two individual events and two relays. The two fastest and/or most consistent swimmers will be chosen for each individual event to represent Overhill. The four fastest and/or most consistent swimmers will be chosen for the relays. The decisions of the coaches will be final.

PLEASE NOTE: In 2000, the league has officially adopted the following rule change: In order to compete in championships, a swimmer must have competed in a minimum of two dual meets.

B FINALS

Those swimmers, 12 and under, not going to Semi-Finals and Finals will have the opportunity to participate in the "B Finals" (Usually held the Monday evening of Championship Week.

DIVING CHAMPIONSHIPS

There are no semi-finals for the Championships. The two best divers in each age group and gender compete in finals. There may also be one alternate per group in case of illness.

Tuesday of Championship Week

8 & Under, 15-18

Wednesday of Championship Week

9 -10, 11 - 12, 13 -14

B CHAMPIONSHIPS FOR DIVING

(Usually held on the Monday morning of Championship week.

THE WELL-PACKED SWIM BAG

Put your child's name on every thing to avoid loss and theft.

-Team suit

-Goggles – two pair in case one breaks

-Team Cap – two, in case one rips

-Towels -two or three

-T-shirt -to wear between races if the weather is warm

-Sweat suits – two pair, one to wear between races and one to wear home

-Old quilt, bedspread or plastic tablecloth to rest on as the ground becomes damp with evening dew.

- Deck of cards, book, game boy etc. for entertainment between races
- Nutritional snacks or beverages

FOODS TO EAT DURING MEETS

Water, Gatorade, apple juice, bagel, banana, grapes etc.

FOOD TO EAT 1-2 HOURS BEFORE MEETS

Carbohydrates:

-Rice, noodles, bagels, bread, cereal, pizza, vegetables (potatoes, corn, peas), and fruits (especially bananas, apples, oranges.)

Lean Protein:

-Chicken, fish, turkey

Beverages:

-Juices, Gatorade, water

NOTE: Foods high in fat content take longer to digest; therefore, they take energy away from muscles used in swimming and can cause stomach cramps.

FOOD TO AVOID BEFORE AND DURING THE MEET

High sugar content food: candy, pop, cookies, cake

FAMILY BANQUET

Is an evening set up to publicly praise our athletes.

More information will follow about this fun evening.

GO DOLPHINS !!!!

* This handbook was put together by team parents for use by Overhill's Swim and Dive Team Families. We wish to thank Clifton Meadows and North Hills swim Club for use of their handbook as a model. All information is thought to be accurate but use caution and verify times and dates as you see fit.