



2011
Swim Team
Handbook



GO WILD THINGS!

❖ Purpose of Mountainbrook Swim Team

To build a swim team that provides members a solid foundation of stroke technique, good sportsmanship and promotes a love for competitive swimming. The program will strive to encourage every individual to achieve improvement in the water and as a team player.

❖ Swim League and Swimmer Eligibility

- Swimmers must be members in good standing of Mountainbrook Club, Inc.
- Swimmers must have completed registration form and paid registration fees. Our swim team is in the Greater Charlotte Swim League (GCSL) and we are in Division III.
- Swimmers must be 18 years or younger on May 31, 2011 that falls during, or immediately prior to the start of the current season. The only exception permitted is if the swimmer is 19 and a high school student when the current swim team season starts.
- The age level of each swimmer for the current season shall be determined by the swimmer's age on or before May 31, 2011 that falls during the current season. Each swimmer shall swim in his/her age group the entire season.
- Swimming Up: If the coach determines that the swimmer will serve the team best by swimming in the next older age group, the change must be implemented for the entire season and must be made prior to the first meet.

❖ Expectations of Swimmers

- Swimmers will attend all practices 5 days a week unless the swimmer is on a family vacation, sick, or has practice of some other type that interferes directly with swim practice. Please discuss this with one of the coaches. Practice attendance is extremely important to a swimmer's conditioning, technique, and readiness for meets.
- Swimmers must be able to swim the **ENTIRE LENGTH of the pool unassisted before competing in a meet**. They are expected to continue to come to practice to reach this goal.
- Swimmers will attend all meets unless notification is given **1 WEEK** in advance. Swimmers **MUST** sign the attendance book, recording their intentions for each meet. Knowing which swimmers will be at a meet affects how the coaches prepare for the meet, particularly with regards to relays.
- Swim caps are encouraged to be worn by all swimmers. They are **REQUIRED** to be worn by any swimmer who has hair to their shoulders. **Competition** goggles are also strongly encouraged.
- Team suits are encouraged to be worn by all swimmers. If you do not have a team suit, the coaches request that the swimmer wear a solid color suit, and the league requires that it not have any other logos, etc on it. **ALL** male swimmers are strongly encouraged to wear jammers - not surfing suits with pockets – in both meets and practice. These suits affect a swimmer's time by 2-3 seconds a lap and will be unfair to any relay team they may participate in. The large amount of drag makes it much more difficult for swimmers to learn the correct techniques as well.
- Cheering for teammates on the sidelines and at the end of pool is expected at all swim meets.
- The events that swimmers swim in meets will be determined by the coaches, and based on times and needs of the team. We look at the best interest of the team as a whole, and make every effort to place each swimmer in the events they choose, while still making the best choice for the team.
- We expect that each swimmer will have excellent behavior at all practices and meets and be respectful to their teammates, coaches, parents and opposing teams.
- We expect that all swimmers will abstain from eating junk food at meets.

- We expect that all swimmers will avoid being outdoors, especially at the pool, and will maximize their rest on days of meets.
- We expect for the swimmers to take responsibility in keeping their personal belongings labeled, including shirts, goggles, caps, bags, etc....We expect for each swimmer to pick up after themselves at practices, home and away meets.

❖ Expectations of Parents

➤ Support Your Swimmer

It is the parents' job to supply love, recognition and encouragement. It's the coach's job to offer constructive criticism of a swimmer's performance.

➤ Support Your Coaches

Our coaches work hard all summer to teach, nurture, and motivate your swimmers. Please lead by example and show your appreciation of our coaches by encouraging your swimmer to listen and respect their coaches. Our coaches are always available to take up any questions or concerns you might have – feel free to contact them with any issues. We do ask, however, that you remember that when they are on deck during practice and meets that their attention is on your swimmers – right where we want it! Please see them before or after practice, or contact them through email or by phone. Please also discuss with your child the concept that summer league swimming is a team sport, and that his/her coach puts lots of time and thought into the lineup for every meet. What your child swims will be based on his or her needs, but also on the needs of the team. You can help enormously with this by SIGNING THE ATTENDANCE BOOK AND MAKING CHANGES IF THEY ARISE! If one child inaccurately declares their intentions, it can have a drastic negative effect on the team, and cause coaches much difficulty. Please be considerate of your coaches and fellow swimmers!

Please support the coaches in the eyes of your kids, so that they will respect and listen to them. Also, please declare your intentions for each meet well in advanced so that lineups can be made. Lots of time and thought are put into each lineup, and if one child inaccurately declares their intentions, it can have a drastic negative effect on the team and coaches. Last minute changes to a lineup, while sometimes necessary, need to be avoided as much as possible.

The coaches are always available to take up any questions or concerns you might have, they just ask that this communication occurs away from the swimmers and off of the pool deck.

➤ Be on Time

It is important for your swimmer to attend as many practices as possible for conditioning and stroke improvement. Arrive at swim meets 45 minutes prior to the start of the meet. This allows your swimmer to learn what they will be swimming and have ample time to warm up.

➤ Support the Team

We need over 50 +/- volunteers at each meet. The more helping hands we have, the faster the meet will run. Also, time will fly if you are working! Bring your calendars to sign up for the many volunteer positions available. It is required that parents volunteer to work at a minimum of 4 half meets and 1 social event during the season. Sign up sheets will be at the pool on registration day and during practices. It is imperative that every swim team family have one parent volunteer for at least 6 shifts (half a meet).

Your gift of time is a great way to have fun, meet other team members and make a positive contribution to your child's team.

❖ Clinics and Practice

- **Stroke and / or private lessons** are coordinated through pH Pools Management Company. Please contact Adam Kennell at amk5753@aol.com or at 704-807-9582.
- **Swim team practice** will be held from Monday, May 16, 2011 through the end of June. All swimmers are encouraged to attend practice everyday.

Practice Before School Ends (Afternoon)

6 & under	3:30 – 4:00
7-8	4:00 – 4:30
9-10	4:30 – 5:00
11 & up	4:45 – 5:30

Practice After School Ends (Morning)

6 & under	8:00 – 8:30
7-8	8:30 – 9:00
9-10	9:00 – 9:45
11 & up	9:15 – 10:00

11 & UP BRING TENNIS SHOES FIRST TWO WEEKS OF PRACTICE

Swim Practice will be every day M-F unless we notify you differently

PLEASE BE AT YOUR DESIGNATED PRACTICE TIME 15 MINUTES PRIOR TO START TIME

❖ Strokes and Shrimps

➤ Strokes

The **four competitive swim strokes** are: freestyle, backstroke, breaststroke and butterfly. The combination of these four strokes is called the “**individual medley**”.

- **Disqualifications:** During competition a swimmer may swim in an illegal manner, which will result in a disqualification. The swimmer will be informed of the “DQ”. This should be regarded as a learning opportunity for the swimmer. The coaches will focus on correct technique with the swimmer at practice. The older the swimmers are, the more strictly the judges watch proper technique.
- **Relays:** Every meet will have two sets of relays. Swimmers 7 & older may participate on relay teams. The **freestyle relay** is made up of 4 swimmers all swimming freestyle. The **medley relay** is made up of 4 swimmers each swimming a different stroke. The coaches will always decide on relay participants based on the swimmer’s best times. We will always field an “A” relay made up of our fastest swimmers in each age group. At some meets, we may be able to field a “B” and a “C” relay to give more swimmers an opportunity to participate in a relay.

➤ Shrimps (6 and Under Swimmers)

Shrimps are young swimmers new to swim team. Shrimps should know how to swim. The goal for these swimmers is to swim the length of the pool unassisted (without help). The GCSL mandates that beginning swimmers must be able to swim the entire length of the pool unassisted after the 2nd meet. Mountainbrook’s goal is to have our shrimps swim the length of the pool by time trials. Swim lessons will be offered by through pH Pools Management Co. if your swimmer needs extra instruction.

At each swim meet, the shrimps swim first. They will dive from poolside or off the block and swim the length of the pool in any way they can. After they swim, they are finished for the night! All shrimps will receive an “I did my best” ribbon upon exiting the water. The shrimp results are not added to the team score.

❖ The Meets

- **Directions** to the away meets can be found on the www.mountainbrookclub.net web site.

- **Designated Team Area:** It is very important during a swim meet for all swimmers to stay in their designated team area. The “**SHARK PIT**” will be roped off and it will be mandatory that all swimmers stay in this area during the meet. Parents are responsible for making sure their swimmers stay in the “**SHARK PIT**” during the meet. The coaches and volunteers are not responsible for locating swimmers.
- **Warm-up and team meeting:** Arrive at 5:00 pm for warm ups and a team meeting prior to swim meets. Parking is usually difficult so carpool when possible and leave early if needed.
- **What to wear.** Please wear your sponsor shirt, team suit, and a cap. Parents, please consider purchasing a team shirt, or wearing Mountainbrook royal blue. Show your team spirit – we create a presence when we all dress in team colors!
- **What to expect:** Meets are **LOUD, FUN, and BUSY**. Upon arrival, have your swimmer check in at the “**SHARK PIT**” usually located at the Mountainbrook Swim Team Banner. Be sure to bring plenty of extra towels, sweatshirts and healthy drinks and snacks to keep your swimmer comfortable. The early season meets can be cool in the evenings. Meets will last approximately 3 hours.
- **Know your events:** Swimmers are encouraged to record their events on their arm with a sharpie pen. Write the event #/heat#/event name, i.e. 22/1 free, 43/2 fly, etc. Younger swimmers should also write their name on their shoulder. This allows timers, clerk of course, and shepherds to keep track of your children and ensure they end up in the correct lane and heat.
- **Food:** Healthy food is encouraged during the swim meets. Junk food, ice-cream and candy should not be encouraged until after your swimmers’ heats are completely finished. We encourage our swim team families to support our grill during home meets which helps fund the swim team. During home meets we will have pizza when the meet is over for a minimal cost.
- **Please respect the rules of our pool and other pools.** The Greater Charlotte Swim League prohibits the use of alcohol at all swim meets.
- **Report to the scheduled meet regardless of the weather.** Normally, only thunder will cause a delay or postponement of a meet. **RAIN ALONE WILL NOT CANCEL A MEET.** The teams representatives will determine when and if a meet will be rescheduled. If there is a question before the meet concerning the weather you should check emails and/or the website for meet updates. We will do our best to let everyone know as soon as possible of postponements and rescheduled meets. Go to the meet location unless you find out otherwise.
- **Each meet has 70 events.** Each event may have several heats to accommodate all swimmers. Shrimps, 7-8’s and 9-10’s swim one length of the pool (25 yards or meters). 11 and Up swimmers swim two lengths of the pool for events. The individual medley is for 9-10’s (swimming one length of the pool) and older swimmers (swimming two lengths of the pool) for each of the 4 strokes. The coach is responsible for scheduling all races for the swimmers. Each swimmer may enter a maximum of 3 individual events and 2 relays.
- **Be on time for your events.** Your swimmer should report to the clerk of course at least five events prior to their scheduled event! This means cap on, goggles on your neck, ready to go! Please do not make coaches turn their attention from swimmers in the water to finding your swimmer!
- **Absence from a Meet.** The coach needs to know who will attend all meets in advance. Find the “**Meet Attendance**” binder at the pool and fill in **ALL MEETS your swimmer WILL BE**

ATTENDING. If swimmers do not sign up for each meet they will attend, they will not be able to swim in that meet. For meets to run quickly and smoothly it is **imperative** that the heat sheets be as accurate as possible.

- **Good Sportsmanship.** All swimmers should display good sportsmanship at all times. The coaches will go over all the aspects of good sportsmanship, but here are some to consider: 1) You should stay in the water in your lane until the last swimmer touches the wall. 2) If a disqualification occurs you should not throw goggles or display disappointment for a DQ. 3) All team members should display and promote good sportsmanship within the team.

❖ Scoring

- **Individual Events:** First Place – 5 points, Second Place – 3 points, Third Place – 2 points, Fourth Place – 1 point.
- **Relay Events:** First Place -10 points, Second Place - 6 points.

❖ Awards

- Ribbons will be awarded in all individual events to the first through fourth place finishers. In relay events, first and second place ribbons will be awarded. Additional ribbons may be awarded as follows: Heat ribbons may be awarded to all Shrimps, 7-8, 9-10 swimmers in individual events.

❖ All-Star Meet

- For a swimmer to be eligible to swim in the All-Star Meet, that swimmer must have competed in at least **TWO** dual meets during the current season. There are no events for Shrimps; however, Shrimps may compete in the 7-8 age group based on coach recommendation.
- The coach selects swimmers who represent Mountainbrook in the GCSL All-Star Meet. Each team can only send 2 swimmers for each individual event. A swimmer may swim a maximum of 3 individual events and 2 relays. Alternate swimmers are always needed at the All-Star Meet and are encouraged to come to this event in case they are needed.