Contents

	Page
Mission Statement	1
Goals	1
Fees	1
Practice Times	1
Contact Information	2
Coaches	2
Swim Team Coordinators	2
Communication	2
E-Mail and Website	2
Absences from Practices or Meets	2
Volunteers	3
Volunteer Positions	3
Officials	2
Timers	2
Ribbons/Computer Entry	2
Concessions	2
Midlakes Swim League	2
“A” Times	3
Swim Meets	3
All about Relays	4
Order of Individual Medley (IM)	5
Awards	5
Judging and Disqualification (DQ)	5
Freestyle	6
Backstroke	6
Breaststroke	7
Butterfly	7
Individual Medley (IM)	8
Relays	8
Socials	8
Private Lessons & Stroke Development	8
A Word About Nutrition	9

2009 PARENTS' GUIDE

Mission Statement

The mission of Woodridge Swim Team is to provide an opportunity for every swimmer to improve his/her skills in a positive environment.

Goals

- To promote, model and teach good sportsmanship and teamwork among team, coaches and parents.
- To allow each swimmer an opportunity to improve his/her techniques and times.
- To teach proper stroke, start, and turn technique to swimmers.
- To introduce competitive swimming.
- To have fun!

Fees

- $95 for first swimmer in a family (includes Midlakes insurance fee).
- $90 for each additional swimmer in a family (includes Midlakes insurance fee).

Practice Times

- May 18–June 25 (Monday through Thursday)

4:30 to 5:00 p.m.	Ages 8 and under, twice a week (pick 2 days that work for your family)
5:00 to 6:00 p.m.	Ages 9 to 12
6:00 to 7:00 p.m.	Ages 13 and over

- June 22*–July 16 (Monday through Thursday)

7:45 to 8:45 a.m.	Ages 13 and over
8:45 to 9:45 a.m.	Ages 9 to 12
9:45 to 10:15 a.m.	Ages 8 and under

***NOTE - We will continue afternoon practices for Bellevue School District Students from June 22-25th.**

- July 20–22 (Monday–Wednesday)

TBA	"A" Champs swimmers only.

Contact Information

Woodridge Pool www.woodridgeswimclub.org 425-746-7030

Coaches

Maudry Speight	maudry@foxinternet.com	206-722-1726
Brooke Stites	brookestites@gmail.com	425-269-4892
Carly Schulz	carlygirl2312@yahoo.com	425-941-1446

Swim Team Coordinators

Jennifer Yeatts	mjyeatts@comcast.net	425-637-0702(hm)	425-922-8386(cell)

Communication

Please feel free to call or e-mail Jennifer anytime. It is important not to disturb the coaches during practice times. Coaches need to move on promptly to the next age group after your child's practice, so their communication time during practice will be limited. E-mail is a great way to communicate with both coaches and coordinators.

The swim team file box is on the table by the office. Check your file (by family last name) at least weekly for updated information and ribbons.

E-Mail and Website

All news will be distributed via e-mail (or your family file if you don't have e-mail access). Your e-mail address will not be used for any purpose other than disseminating team information. We would like to distribute an e-mail list to all parents to facilitate communication; however, we will not distribute anyone's e-mail address without their permission (see the registration form).

Maps to all away meets will be posted on our website at www.woodridgeswimclub.org. Results from our meets will be posted there as well as at the pool. Our goal is to have all necessary information available online so you can access it more easily.

Absences from Practices or Meets

Please communicate with coaches about being absent from practices or swim meets after they are finished coaching. Swim meet absences are <u>especially</u> important to communicate. There is a "Missing Meet Notebook" located next to swim team box. Please sign up for specific meets you will not be attending. This is important for coaches to know about as soon as possible and at least 3 days ahead of the meet.

Changing the meet lineup can be very disruptive and can mean other children will miss a relay if it has to be scratched due to “no-shows.”

Volunteers

There are many volunteers needed throughout the season and many different ways to help. Following is a list of volunteer opportunities. If you’d like more information about what a job entails or would like to fill a position, contact Jennifer.

All parents **need** to volunteer in some capacity at each home meet. Away meets take fewer volunteers but we’ll still be looking for some. If you are not able to fill one of the listed positions then look to sign up for concessions, timing, set-up, or another job when the time comes. It’s a fun way to get involved and we can’t run the meets without you.

Volunteer Positions

- 8 and under Deck Parents
- A-Champs Coordinator
- A-Champs Volunteer Coordinator
- Announcer
- Apparel
- Awards
- B-Champs Coordinator
- B-Champs Finances
- B-Champs Volunteer Coordinator
- Banquet
- Computer Operation at Meets
- Computer Meet Setup
- Concessions
- Head Timer
- Meet Set-up Coordinator
- Officials Coordinator
- Pancake Breakfast
- Picture Day
- Registration
- Ribbons
- Social Committee
- Starters
- Stroke and Turn Judges
- Volunteer Coordinator

How many volunteers does it take to run a Woodridge Home Swim Meet?[1] More than you might think. But, it’s a lot of fun, and a great way to meet the kids and the other parents. Please note: Parents will ***always*** be encouraged to watch their child’s event (i.e., you may leave concessions during your shift to go poolside for your child’s event).

[1] Number of volunteers is to cover two shifts. Shift 1 is from Events 1–34, Shift 2 is from Events 35–68.

Officials

- 4 Stroke and Turn Judges
- 2 Announcers
- Swim Team Coordinators

Timers

- 24 Timers (6 lanes, 2 per lane from WSC, 1 per lane from opposing team, broken into 2 shifts)
- 1 Head Timer
- 2 Card Runners

Ribbons/Computer Entry

- 4 data entry workers
- 2 to affix labels to ribbons and sort by team

Concessions

- 6–8 Vendors
- 2 BBQ cooks
- 1–2 Coordinators – schedules volunteers, shops for food, ice, etc.; prepares food, gets change, prepares menu.

That's 53 volunteers for each home meet! Taking vacations and other absences into consideration, this pretty much means that there are enough volunteer spots available to require at least one adult volunteer from each family. The question isn't "would you like to help" it's "**how** would you like to help?"

Midlakes Swim League

- Woodridge Swim Club is in Midlakes Swim League. It consists of 26 teams within five divisions. We are in Division V.
- We have five dual meets within our division.
- We have a "B" Division Championship Meet for ALL swimmers (except those who have a "B" Disqualifying Time; see below) at the end of the season with all four teams from our division. We are hosting it again. Let's seize this opportunity and make sure all eligible swimmers compete!
- For swimmers with "A" times (see below) there are "A" Championship meets held the week after B Champs. In 2009, unlike past years, there will not be preliminary meets followed by a finals meet in Federal Way; rather, the meets that were historically the preliminary meets will be the finals this year.

“A” Times

Midlakes determines “B” disqualification times (commonly know as “A” times) based on past year’s performances at the league championships. These times are posted on our website and the Midlakes website (www.midlakesswimleague.org). Teams in Divisions I–IV have two meets each week, an “A” meet, and a “B” meet. In these upper divisions, a swimmer with an “A” time (a “B” disqualifying time) in an event cannot swim that event at a “B” meet. This does not apply to us in Division V where we only have one meet each week. In our division, a swimmer achieving an “A” time in a particular event may swim that event at the remaining dual meets, but may not swim that event at B Champs. That swimmer can swim that event at Prelims, the qualifying meet for “A” Champs.

Swim Meets

We generally have one meet per week. Check the calendar for our meet schedule. Start time is 6:00 p.m. Meets last 2.5 to 3 hours.

- Please be at Home Meets at 4:00 for a 4:30 warm-up. Please be at Away Meets by 5:00 for warm-up.
- Swimmers can request to swim a particular stroke/event but coaches make the final decision.

  All individuals are limited to a total of four events, inclusive of relays.

  An individual may swim a maximum of three individual and one relay, or two individual events and two relays (one medley and one freestyle relay).
- Lineups for home meets are posted in the Northwest corner of the pool (on the fence). Away meets lineup will be posted on fence near our team area.
- Whenever possible, heat sheets listing your child(ren)’s events will be generated and distributed (either in your file the morning of the meet or at the meet itself), but always check the posted meet lineup for any last-minute changes.
- Check the lineup and write your child(ren)’s events on their hand and yours (or paper) so both you and your child know what they are swimming. Like this: Event#/Heat#/Lane#/Stroke (or position in relay)

E	H	L	S
4	1	3	med. - 1 (back)
12	1	5	IM
42	2	3	breast
62	1	5	free relay - 4

- Bring pens and paper (for writing down event information).

- It is the responsibility of the parent to see that younger children get to their races on time. We do have a “Big Buddies” system in which the older swimmers cheer for and support younger swimmers but Big Buddies are not responsible for making sure that races aren’t missed.
- What to bring:
    1. Plenty of towels – at least one for each event – don’t forget warm up time. It could be 5 per child!
    2. Food and water or money for concessions. Kids are always hungry!
    3. Warm clothes for swimmer (and you).
    4. Team suit, swim cap and goggles.
    5. Cards and games for waits between events.
    6. Blankets or sleeping bags for kids to sit on or in.
- Everyone is asked to help clean up and put back pool furniture after home meets so the pool can be ready for morning practice. If everyone helps it goes so quickly!
- Again, please be aware of the necessity to volunteer for each meet – many hands help plus it is fun to share an evening with your children.

All about Relays

The order of the **Medley Relay** is as follows. The heat sheet for your swimmer will indicate a number for the medley relay. This number corresponds to the stroke that is assigned to your child.

1-Backstroke
2-Breaststroke
3-Butterfly
4-Freestyle

8 and under and 10 and under: Each child in these age groups swims one length of the pool. (1) Backstroke and (3) Butterfly begin at starting block end. (2) Breaststroke and (4) Freestyle begin at the end with no starting block.

12 and over: The medley relay is a 200-yard event; each swimmer starts from the starting blocks and swims 50 yards (down and back).

Freestyle Relay

The heat sheet for your swimmer will indicate a number for the free relay. This number corresponds to the leg of the relay that is assigned to your child.

8 and under: Each child swims one length of the pool. Begin legs 1 and 3 at starting block end. Begin legs 2 and 4 at end with no starting block.

10 and over: The free relay is a 200-yard event; each swimmer starts from the starting blocks and swims 50 yards (down and back).

Order of Individual Medley (IM)

The individual medley order is as follows.

Butterfly
Backstroke
Breaststroke
Freestyle

Awards

The team with the most points wins the meet. Points are awarded for first through third place as follows:

	Individual Event	Relay
First Place	5	8
Second Place	3	4
Third Place	1	2

Place ribbons are awarded to swimmers for first through fourth places. Participant ribbons are awarded for fifth and sixth places, and for exhibition heats. We also give "best time" ribbons. Swimmers will receive a "best time" ribbon each time they improve their time in an individual event (not relay). These ribbons should be in the files the morning after the swim meet.

Judging and Disqualification (DQ)

Competitive Swimming, like any other sport, has a set of rules and has officials to enforce those rules. However unlike sports such as basketball, football and soccer, most people are not familiar with the rules of competitive swimming. We would therefore like to present a brief summary of the rules and outline the common mistakes made by new swimmers. This summary is intended to be neither exhaustive nor authoritative. Rather it is intended to be a "plain English" explanation of the calls made by the sideline officials.

Instead of referees, competitive swimming uses Stroke & Turn Judges that stand at the ends or walk the sides of the pool watching the swimmers. If the judge sees an infraction he or she raises his or her hand. After completion of the race the judge informs the swimmer of the nature of the infraction and notifies the timer that the swimmer has been disqualified ("DQed"). Occasionally the swimmer leaves before the

judge can get to them. This happens most frequently on a relay. It should always be emphasized to the swimmer that a DQ is not a big deal. While it can be a great disappointment to a beginning swimmer, a DQ is really little different than a foul in basketball or a penalty in soccer or football. Obviously disqualifications should be avoided if possible, but when they happen they should be viewed as a learning experience. Below is an informal summary of the major rules for each stroke with some comments as to which infractions are the most common causes of DQs. If you have any questions or do not understand a rule, please feel free to ask one of the judges or one of the coaches to explain it to you.

Freestyle

Freestyle does not mean the crawl stroke. Any stroke, from dogpaddle to butterfly, is legal in a freestyle race. Hanging on the wall or standing on the bottom, while not recommended, is legal in a freestyle race. (Hanging on the wall or standing on the bottom is illegal in any other race.) However it is an infraction to pull oneself along the wall or lane rope, or to jump forward off the bottom. The judges see this occasionally among the youngest swimmers and will call it. The rule is that all forward motion must come from swimming.

The swimmer must touch the wall with some part of their body at the end of each lap. This is the most common DQ in freestyle races. It occurs when a swimmer performs a flip turn too early, misses the wall with their feet, and continues to swim the next lap. If a swimmer misses the wall they should either back-paddle until they can touch the wall with a toe or turn around, go back, and touch the wall.

Backstroke

Backstroke is sometimes called freestyle on your back because the only rule concerning the stroke is that the swimmer must stay on their back. Single arm pulls or double arm pulls are both legal so long as the swimmer stays on their back throughout the race. Beginning swimmers are occasionally DQed for turning over onto their breast so that they can see how far they are from the wall. Frequently they will turn onto their breast when they grab the wall at the finish. They need to touch the wall while still on their backs.

The swimmer cannot curl their toes over the gutter on the start.

At the turns the swimmer is allowed to roll onto their belly for a flip turn that is similar to the one used in freestyle, provided that the following criteria are met. The swimmer may take only one pull (either single arm or double arm) after rolling onto their breast before making the turn, and they must be on their back when their feet leave the wall. The rules governing backstroke flip turns vary slightly depending on the organization sanctioning the meet. USS (United States Swimming) rules are more stringent than the Midlakes rules that are used at Woodridge.

Breaststroke

Breaststroke is by far the most difficult stroke to do legally. It seems to have more rules things to watch for than all of the rest of the strokes combined.

Probably the most common DQ in swimming is the one-handed touch on the turn or the finish in breaststroke. On all turns, and at the finish, the swimmer must touch the wall with both hands simultaneously.

The kick must be a “frog kick”. Flutter kicks, dolphin kicks, and scissors kicks are illegal. A flutter kick is the alternating kick used in freestyle. A dolphin kick is the two-legged undulating kick used in butterfly. A scissors kick is similar to a legal frog kick but instead of being symmetrical in a horizontal plane, the legs make a shearing motion relative to each other. In a legal frog kick the water pressure will impinge on the bottom and the inside of both feet. On a scissors kick the water pressure will impinge on the top of one foot and the bottom of the other.

At the start and after each turn the swimmer is allowed one underwater pull and one underwater kick. Some part of the swimmer’s head must break the surface of the water before the hands turn in on the second pull off of the wall. Additionally some part of the swimmer’s head must break the surface of the water on each pull until the wall is reached at the other end.

Except for the one underwater pull mentioned above, the arm pulls cannot extend past the hip line. The hands must turn in at the belly and move forward under the breast.

The arms pulls must be simultaneous.

The pulls and kicks must alternate. The swimmer cannot do two kicks or two pulls in a row.

Butterfly

On all turns and at the finish the swimmer must touch the wall with both hands simultaneously. The turn rules are the same as for breaststroke.

The kick must be a dolphin kick. Flutter kicks, scissors kicks, or frog kicks are illegal.

When properly done there are two dolphin kicks for each butterfly pull. However this is not a rule. Any number of kicks or, for example, two or more pulls without a kick is legal in butterfly.

The arms must recover simultaneously over the water. In Midlakes we try to cut the little guys some slack on this one and we interpret it to mean that the top of the arms must break the surface. Nevertheless until the swimmer develops some strength and technique they may get called for this.

Individual Medley (IM)

The IM is one (or more) length of each of the four strokes. The strokes must be done in the following order: 1. Butterfly, 2. Backstroke, 3. Breaststroke, 4. Freestyle.

The rules for each stroke apply for the lengths that that stroke is swum. For example the swimmer must touch the wall with both hands simultaneously at the end of the butterfly and breaststroke legs, and the swimmer must touch the wall on their back at the end of the backstroke leg.

The freestyle leg of the IM can be any stroke except butterfly, backstroke, or breast-stroke. (Dogpaddle is legal. Butterfly is not)

Relays

The Medley Relay legs must be swum in the following order: 1. Backstroke, 2. Breast-stroke, 3. Butterfly, 4. Freestyle. (It's alphabetical)

Some part of the swimmer in the water must touch the wall before the toes of the next swimmer leave the block.

There are a few other rules such as leaving your lane and interfering with another swimmer, etc., but they rarely occur in our meets. Copies of the rulebooks are available through USS, or the judges may be able to share one with you if you have a particular interest.

Socials

Friday mornings are reserved for social activities. This year we will be having a team picture day and pancake breakfast. We will also plan a late-night swim with ice cream social and other events. Look for more details in team emails and posted on the board at the pool.

Our Social Committee helps plan and organize these fun events throughout the season. All swimmers (and parents) are welcome to be a part of the committee. See Jennifer Yeatts for more information.

Private Lessons & Stroke Development

Private lessons will be available again this year. Check with the coaches on rates and times. Maudry will be offering a stroke development class exclusively for swim team members. This is an opportunity for younger swimmers to get some additional training. This class will be offered for Sessions 1 & 2 for $55. For more information, see the "Swim Lessons" page of the website (www.woodridgeswimclub.org).

A Word About Nutrition

Please read through this with your children and discuss strategies to stay healthy and happy all season long.

- Drink a lot of water daily this summer. You lose a lot of water through sweat while practicing even though you may not be aware of it. Bring a water bottle to have with you at practice and drink often throughout the day.
- You may find you will feel better while you're swimming if you eat before swimming. Try fruit, fruit juice, or grains to give you the carbohydrates you need for energy. This doesn't have to be a full meal, which may weigh you down in the pool, but a snack is great.
- High fat foods digest more slowly. Avoid these in the hour before you swim.
- Proteins are great in the 30 minutes after practice. They help repair and rebuild muscle tissue.