



A Parents' Guide to SGSC Swimming

Welcome

Welcome to Spring Grove Swim Club. Our program offers swimmers the ability to reach their potential in and out of the pool. We are glad you have decided to join our team!

Swimming Necessities-Equipment

1. **Swimsuit:** Swimmers should have competitive swimsuits. During winter season, you can purchase a team suit (optional). If you plan on buying a swimsuit other than the team suit, it is required to be blue (royal blue is our club color). Swimsuits are supposed to fit tightly.
2. **Goggles:** Goggles are recommended to protect swimmer's eyes from the chlorine.

Several different styles are available. Swimmers should have at least 2 pairs of goggles in their bag in the event one pair is lost or breaks.
3. **Towels:** Towels are needed at each practice. Two or more towels are needed at swim meets. They can get wet and cold during competition.
4. **Swim Caps:** Team caps are required and will be available for purchase (last name personalized) during winter season. During summer season, team caps (not personalized) will be distributed by the coaches at the beginning of the season.
5. **Swim Bag/Backpack:** To hold suits, towels etc.

****A good place to shop for swim gear is at Flying Feet Sport Shoes store located at 1511 Mt Rose Ave, York, PA 17403. Online shopping also www.swimoutlet.com or Toad Hollow (<http://toadhollowathletics.com/>)**

Practices

Workouts are assigned based on ability. The coaches will determine which workout group/lane your swimmer will be in after observing him/her at tryouts and subsequent practices. Practices are held on weekday evenings. Specific schedules of days/times are provided at the start of each season. There is no required number of practices to attend. Please keep in mind, the more practices your swimmer attends, the more their skills will progress

Swim Meets

Entries

The meet schedule will be provided in an email at the start of the season and included on the Meet Commitment Sheet. If you are not sure if your child should attend a meet, talk to their coach. Swimmers must participate in three dual meets to compete in the end of the season championship meet (Divisional). Coaches will complete the lineups for each dual meet, and it will be posted at the pool the morning of each dual meet. For Divisionals, swimmers can select their preferred individual events (2) & coaches will assign relays.

Deadline

At the beginning of the season, each swimmer is required to complete the Meet Commitment Sheet and indicate which meets they will be able to/unable to attend during the season. These sheets are used to complete the Meet Lineups prior to that week's meet. Any changes in your schedule need to be communicated as soon as possible to coaching staff, prior to the Friday before each meet. Upon submission of the Meet Commitment Sheet, you are stating that you "Commit" to being at these events barring any UNFORSEEN circumstances (aka swimmer illness/family emergency). Last minute changes create difficulties in the line up - especially for relays.

The lineup process is extremely complicated and involved. It requires entry into the computer to be able to merge with the opposing team's lineup and create the lane assignments etc. for each swimmer. When a swimmer is scratched, that entire process must be re-done, and all swimmers are realigned within the computer system. Not only that, if the scratching swimmer was assigned to a relay team, a replacement swimmer needs to be found for that relay team to be able to compete in the event. This is not an easy task since most swimmers have already been assigned to their max number of events. If a replacement is not found that relay team must then be scratched as well. In this instance, three other swimmers will not be able to compete in the relay with no fault of their own.

What to Pack

Swimmers should pack two towels, extra clothes, or a bathrobe to wear in between events, their caps and goggles, a blanket, and things to do between events. It is also a good idea to pack healthy snacks and water to refuel between events. We feel that it is important for our swimmers to have a screen free swim team experience. Building friendships is an important value of our club. When our kids are on deck looking at screens, they are not interacting with one another. They are not cheering on their teammates. When they are focused on their screens, they are losing focus on their sport, and it also becomes very challenging to have them prepared & lined up for their event. Our children don't sit on the sidelines of any other sport with a device in hand. Please have your child leave the technology at home and engage in other activities with their teammates while waiting for their events. Some great ideas are coloring/drawing, puzzle books, cards, games, any "car trip" activities.

Meet day: Coaches must be notified as soon as possible on the day of the meet when your swimmer cannot swim due to illness or emergency. When a swimmer commits to a meet, coaches expect that he/she will be at the meet so that last minute changes to the lineup and to relays will not have to be made and cause a delay in the start of the meet.

Line up sheets: Will be available and posted the day of the meet. Lanes may change due to swimmers being combined in a race or being entered in another race because a swimmer is missing from the meet. Be sure to check relay events and let coaches know if your swimmer cannot swim in a relay that he or she is assigned due to having to leave the meet early. Swimmers are expected to stay with the team until the end of the last event.

Warm-ups: Swimmers should arrive at the pool fifteen minutes prior to the assigned warm-up start time. An email will be sent the week of the meet which includes warm-up times. Swimmers need to check in with their coach as soon as they arrive on the deck. Warm-up lanes will be assigned by the coaches. Late arrival to warm-ups will mean no chance to prepare for the swimmer's races in the meet.

Team Area

There will be a team area where team members sit together fostering team spirit. Swimmers play games, eat, and enjoy each other's company during swim meets. They must remain on deck with the team for the entire duration of the meet & are responsible for cleaning up the area at the conclusion of the meet.

Team Conduct

- Respect the coaches at all times
- Respect the volunteers, parents, and teammates at practices and meets
- Language will not be inappropriate at any time, even when speaking to teammates
- Have a positive attitude toward teammates AND my opponents. Support all teammates during meets by cheering
- Respect others' property and belongings
- Clean up my area after practice and at meets, including any trash, even if it isn't mine.
- Put best effort forward, during practices and meets
- As a sign of respect for your competition you should stay in the water until every athlete has completed the race, whether you finish first or last. Shake hands with opponents in next lanes. There will be other teams that may not demonstrate the same courtesy

Parent Seating

There will either be a spectator gallery or an area for parents to set up folding chairs. It's a good idea to always be prepared with folding chairs for a swim meet.

Deck Seeding

Heat and lane assignments are posted ½ hour or less before each meet commences. Be sure to check the heat and lane assignments carefully. For the 10 and under swimmers, a team parent will help to get the swimmers to their events on time, but parents should be mindful of the meet timeline, as well. It is helpful for the swimmers to write their event, heat and lane on their hands to remind them of what they will be swimming.

Disqualification

If a swimmer is disqualified (DQ'd) from an event, the official will contact the coaches and the coaches will inform the swimmers. Consider being DQ'd a valuable learning tool. Coaches work with their swimmers every day and know each individual's difficulties with technique and tendency for mistakes. Coaches continually work with their athletes helping them to improve technique and correct mistakes but the results are rarely instantaneous. Swimmers take time to improve technique and eliminate mistakes. Coaches will enter a swimmer in an event even though the swimmer is only marginally capable of performing legal strokes and turns so that the swimmer gains experience. If the swimmer is disqualified, the coach uses it as a learning situation for the athlete.

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer. Disqualifications (DQs) are a result of technical rules violations. They include but are not limited to:

Freestyle – Walking on the bottom; pulling on the lane rope; not touching the wall on a turn; or not completing the distance of the race.

Backstroke – Pulling or kicking into the wall once a swimmer passed the vertical onto the breast; turning onto the breast before touching the wall with the hand at the finish of the race.

Breaststroke – An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); Shoulders not level; alternating movements of the arms and legs; taking two arm strokes or two leg kicks while the head is underwater; touching with only one hand at the turns or the finish.

Butterfly – Alternating movements of the arms or legs; pushing the arms forward instead of over the water surface (underwater recovery); a breaststroke style kick; touching with only one hand at the turns or finish.

Disqualifications may also result from actions such as not getting to the starting blocks on time, false starting, walking on or pushing off the bottom of the pool, advancing themselves by pulling on the lane lines or unsportsmanlike conduct. A

Coaches

After swimming an event, the swimmer should immediately report to their coach to receive suggestions concerning their race. It gives the coach time to focus on individual swimmers.

*****If your swimmer finishes his/her events prior to the conclusion of the meet, be sure to check with the coaches to be certain that they are not needed for a relay at the end of the meet, before leaving the premises!**

Awards

Ribbons are awarded to first through sixth or eighth place depending on the number of scoring lanes in the competition pool. Exhibition swimmers usually receive a participation ribbon in all home meets and most away meets. Ribbons are placed on a table on deck and will be available for pick up at the next practice.

Parental Responsibilities

Even more so than other youth sports, the success of our team depends not only on the swimmers and coaches but also parent participation. Parents run swim meets. Parents are needed to officiate, time, operate the computer and timing system and run the concession stand among other duties. If your swimmer is swimming in a meet, you should be volunteering. During championship meets, there may be times when your child does not qualify but your help is still necessary to run the event.

We rely on the profits from our snack bar at home meets to keep our registration fees low for our members as well as to assist with our other club expenses. Other clubs in the league charge much higher dues and registration for their members, but SGSC strives to keep our fees as low as possible. All swim families are expected to donate snack bar items and provide a case of water and a case of soda OR Gatorade each season. Each family should provide at least one volunteer for every session in which their swimmer competes. Donation and volunteer sign ups will be available through Time to Sign Up at the beginning of the season. When the sign-up sheet has been created the link will be emailed to the team and each swim family of a participating swimmer will be expected to sign up. The coordinator will review the sign-up sheets a few days before the meet and compare the sign-ups to the meet entries. If positions remain available, any family who has not volunteered will be contacted and assigned a volunteer position for the session of the meet in which their swimmer is competing. The Volunteer Coordinator may also, if needed, request that a family change its assignment if there is a more critical area that has not yet been filled.

Volunteer roles consist of:

Training is NOT required for the following:

- **Admissions** (Invitationals/Championships)— collect payment/provide change for admission and heat sheet/program.
- **Announcer** — announce the event, heat number & the names of the swimmers in each lane. Makes any other announcements as needed being careful not to make any announcements during the start of a race.
- **Awards** — place labels on the awards and sorts awards into the correct team bags
- **Runner** — sit near the meet manager and collect swimmer times from the timing officials as needed.
- **Concessions** — prepare food items, organize the snack bar area, serve food, and collect payment/ make change. You can leave to go watch your child swim!
- **Security** - Responsible for ensuring only parents with on deck volunteer badges enter the pool deck

Training IS Required:

- **Timer** - stand at assigned swim lane and collect/document manual times via plunger and stopwatch
- **Colorado Operator** - Computer system that runs the touch pads & scoreboard.
- **Meet Manager** is the computer system used to run the meet, print labels for awards and publish results to Meet Manager
- **Seeder/line-up** — help the swimmers get to their event, heat, and lane on time. Seeders will need to inform swimmers assigned to a relay, and the order they will swim. In the event of having 8 and under swimmers, the seeders will need to pay close attention to the 8 and under swimmers at the blocks especially when the timers are at the turn end of the pool.
- **Officials** — required to run a meet; must undergo training
 - **Finish Judge** - Identifies which order swimmers finish and that swimmers finish using the correct style
 - **Stroke & Turn** - Observes whether the rules relating to the style of swimming designated for the event are being observed
 - **Starter/Ref** - Responsible for sending swimmers off the block and making sure each swimmer leaves on time

**** Officials Training** is being offered each winter or summer season. Details will be provided in an email at the start of the season. The training is free for those interested and will take no longer than 90 minutes.

SWIM MEET STROKES

Freestyle - a swimmer swims on the front – alternating arm pull

Backstroke - a swimmer swims on the back – alternating arm pull

Breaststroke - a swimmer swims on the front – simultaneous arm pull Butterfly - a swimmer swims on the front – simultaneous arm pull

Individual Medley - a swimmer must swim all four strokes

DISTANCES:

25yds./meters - one length of pool – 8 & under races only

50 yds./meters - two lengths of pool

100 yds./meters - four lengths of pool

200 yds./meters - eight lengths of the pool

RELAYS:

Freestyle - four swimmers each swim freestyle for one leg of the race

Medley - four swimmers each doing a different stroke for a leg of the race – backstroke, breaststroke, butterfly, and freestyle

STARTS:

Freestyle - forward dive into water from starting block

Backstroke - back dive from water starting position

Breaststroke - forward dive into water from starting block; one pull underwater followed by one kick.

Butterfly - forward dive into water from starting block multiple dolphin kicks followed by simultaneous arm pulls with over the water arm recovery

TURNS: Used to change direction during a race

Open turn - one hand touch of wall followed by swinging feet to the wall to push off in the other direction. Can be used in freestyle and backstroke.

Flip turn - used in freestyle and backstroke. Swimmer uses a flip to change direction with only the feet touching the wall to push off and change direction.

Two hand touch - used in breaststroke and butterfly. Swimmer must touch the wall with both hands simultaneously before making executing the turn. A two hand touch is also required on the finish for both strokes.

Exhibition swimmers:

Three swimmers in a six lane pool and four swimmers in an eight lane pool are officially entered in the meet. These swimmers will compete for team points in the event. Additional swimmers may be entered as exhibition swimmers and race to improve their time in the event. Personal best swims are always the goal for competing in

Details Concerning Important Meets

SGSC is part of the First Capital Swim League (FCSL) in winter season. In summer season, we are part of Capital Area Swim League (CASL). For more information about the two leagues, you can check their websites: <https://swimfcsl.webs.com/> and <http://www.swimcasl.org/>

Divisionals (aka Championships): In order to be eligible to compete in this meet, swimmers must have raced in 3 regular season meets (a Tri-meet counts as two dual meets) – swimmers can select their events

All Stars: In winter season, the top 6 swimmers and and top 6 relays from both FCSL Divisional meets combined will advance to the All Star meet. In summer season, the top 16 swimmers and top 8 relays from all four CASL divisional meets will advance to the All Star meet.

MidCaps (in summer season only): The top 8 swimmers from CASL All Star and the top 8 swimmers from MPSL All Star will advance to this meet. The top 4 relays from each league will advance.

Communication:

Club information is distributed mainly via email, so please make sure we have a current email address for at least one parent/guardian. If this contact email changes at any point in the season, please be sure to update us. SGSC will also use social media groups to make announcements, and to send information such as updates, tips, and meet directions. Our social media groups are all private, therefore, you must request to join. This is for the safety of our swimmers and their families. Only current swimmers and their parents/guardians will be granted access to the groups. Facebook – find Spring Grove Swim Club Parents using the search bar. Send a request to join the private group.

Email: sgswimclub@gmail.com – please add in your contacts

Website: www.sgsc.teampages.com

Remind: text to 81010 @sgsc2021

SGSC Facebook Page <https://www.facebook.com/sgswimclub/>

Swimming Terms – A Glossary

- **Age Group** - Most meets group swimmers as follows: 8 & under, 9-10, 11-12, 13-14 & 15-18
- **Blocks** - The platform from which swimmers begin races
- **Colorado System** - Electronic timing system that automatically gives a swimmers' time & place on the scoreboard when the touch pad (or push button) is activated at the completion of the race.
- **Competitive Strokes** - The 4 competitive strokes are Butterfly, Backstroke, Breaststroke, & Freestyle
- **Deck** - The area surrounding the pool at practices and meets, not including the bleachers or stands
- **Dolphin Kick** - The leg motion for butterfly also done underwater in streamline position in order to build momentum on fly, freestyle and backstroke starts and turns.
- **Dryland** - A term for all physical conditioning done outside of the water. This can range from pre-practice stretching to regular sessions dedicated to weights or resistance training
- **DQ Disqualification** - This occurs when a swimmer has committed an infraction of a rule; for example a one-handed touch in butterfly or breaststroke. A disqualified swimmer is not eligible to receive an award nor is the time considered official

- **Divisionals** - The league championship meet (Summer or Winter) held at the completion of all league dual meets.
- **Entry Fee** - The money paid by the parent or club for a swimmer to compete in an invitational meet
- **Exhibition** - When a swimmer participates in a race but does not receive points. The time IS considered an official time
- **False Start** - A swimmer leaves the block early or moves before the starters signal which usually results in disqualification. 8 & under swimmers are allowed one false start
- **Flip Turn** - Somersault type turn used in freestyle & backstroke
- **Free Relay** - A relay race (100 or 200) in which all four swimmers swim freestyle
- **Heat** - the grouping of swimmers in an event according to time
- **Heat Sheet** - The order of events as well as the group and lane to which a swimmer is assigned
- **IM** - Individual Medley an event (100 or 200) where a swimmer swims one quarter of the race using each of the competitive strokes in the following order: Butterfly, Back, Breast, Free
- **Medley Relay** - (100 or 200) in which each of four swimmers swim one of the competitive strokes in the following order: Back, Breast, Butterfly, Free
- **Official** - an individual with certain qualifications which allows him/her to participate in running a swim meet
- **Scratch** - To withdraw from an event at a meet
- **Seeding** - to rank swimmers according to time in heats
- **Split** - The time for a portion of the race, such as each 50 of a 100 yard race. Coaches will compare the split for the first (or front half) part of a race with the second (or back half) to determine where the swimmer was fastest and slowest
- **Starter** - a certified official who has control over the swimmers once they are called to the starting blocks. It is the starters responsibility to do his/her best to ensure a fair start
- **Streamline** - When the body is pointing in a long straight line with the arms at the ears, locked together with one hand on top of the other, while the legs are together and toes are pointed. It is used on starts and turns because it minimizes drag or resistance underwater
- **Swimming Courses** - There are three competitive swimming courses:
 - Long Course Meters - A 50 meter pool
 - Short Course Meters - A 25 meter pool
 - Short Course Yards - A 25 yard pool
- **Timer** - A person who works in an assigned lane to record a swimmers' time