



Swimmer/Parent Handbook

Mission:

The mission of the Sugar River Rapids Swim Team is to provide a place for kids to have fun, swim and train in a competitive environment. It is our hope that each child realizes that success and improvement is based on individual effort and progress. Team progress is based on all individuals improving and working as a team. We will strive to have team members compete at a level equal to his/her ability. We will strive to help each swimmer and the team to improve .

The Sugar River Rapids Swim Team exists to benefit all swimmers, not just the highly skilled. All are welcome who come to show a willing interest in training, competing in age-level swimming, and who enjoy being a part of an active peer group.

SRR Team Goals:

- Promote a spirit of happiness and fun
- Build a healthy body
- Create good sportsmanship
- Provide good, clean competitive spirit
- Develop swimming proficiency
- Provide safe and healthy exercise

SRR is run by a Board of Directors. The SRR Board is open to any swim team parent. Board members are available to assist any team parent. Board members assist the coaches when and wherever possible. Any parent interested in serving as a member or helping with one of the committees, should contact a Board member. The team and Board can always benefit from your time and talents.

Meet Schedule:

Please go to the SRR website www.srrswim.com to view meets scheduled for the current season.

Practice Schedule:

Please go to the SRR website www.srrswim.com to view the practice schedule for the current season.

- It is strongly recommended that all swimmers attend practice each scheduled time. The coaches will provide practice requirements to the swimmers daily.
- No practices will be held if the pool is closed due to inclement weather. Cancellations will be sent via email.
- Please notify the coaches if you will be on vacation during the swim season. Coaches can better plan meets if they know that a team member is absent.
- Parents are encouraged to stay off the pool deck during practices. There is plenty of room to watch practice outside the fence.

Swimmer Expectations:

Team Membership

Swim team is divided into age groups. The groups are as follows: 8 years and under, 9-10 years, 11-12 years, 13-14 years, 15-18 years. The age bracket you swim is determined by the date of your birthday.

Swimmers

Swim your best and work toward the goals that you set for yourself and those set by the team. Communication and cooperation between coaches and teammates is everyone's responsibility. Show good sportsmanship by being supportive of all teammates. Follow the Code of Conduct.

Swimsuits

The purchase of a team suit is not mandatory. If a swimmer wishes to order a team swimsuit, they may attend the suit fitting held in early May.

SRR swim caps are provided to team members. Swim caps are distributed at the Intrasquad Meet in mid-June.

Communication

Communication will occur through email, team member folders (located near the SRR bulletin board at the pool), and postings on the bulletin board. If your contact information changes during the SRR season, please email srrswimteam1@gmail.com so that you can continue to stay up-to-date on SRR information.

Swim Meets:

Swim meets are set up with surrounding area swim teams. There are dual and invitational meets held away and at home. A dual meet is a swim meet that has two swim teams competing. An invitational swim meet has several swim teams competing. The Heidi Swim Meet that SRR hosts is an invitational swim meet.

Swim meets have events divided by age level, type of stroke, and distance of a stroke. The types of strokes include: freestyle, backstroke, breaststroke, butterfly, and IM (Individual Medley – swimmer swims all four strokes). Swimmers can swim in individual events and as a member of a relay team; however, relay teams are created and determined by coaches. Each swim meet event is organized into heats of swimmers. Heat information for each swim meet is printed in a heat sheet, which is available for purchase at the beginning of each swim meet. It is strongly recommended to purchase a heat sheet, because it lists heat number, lane number, and approximate time and event your child will be swimming.

Items you may want to bring to a swim meet include:

- Team suit, goggles, and swim cap
- At least two towels per swimmer
- Sun hat, visor, umbrella, sunscreen (for parents too!)
- Lawn chairs or blankets
- Jacket, robe, extra clothes
- Books, newspaper, games, cards, iPod, etc. There is down time between swims.
- Sports drinks, water, or juice
- Healthy snacks—fruit, bagels, crackers, granola bars, etc. (although there is always a concession stand at swim meets so that food can be purchased)
- Pens, highlighters, and permanent markers
- Check with other parents of swimmers to see what other items they bring that might be useful for you as well.

Participation in a swim meet is a family's decision and requires a parent to sign their child up to be a part of the swim meet.

Volunteer Requirements:

Swimming is an incredible sport and fitness opportunity for all kids! And while we are here to see kids swim their best, it cannot happen without your support. We are a completely volunteer-run organization and need many “people hours” for things to run smoothly. When we host a home swim meet, usually three per summer, we need many, many hands to run the show. The meets usually run approximately 4-5 hours. This is VERY different from a soccer or football game where there are coaches, referees and kids playing and parents get to sit and watch. This by no means suggests you will not get to watch and cheer for your child. On the contrary, most of the jobs to run the meets are right near the pool!

Some of us have been involved for many years and others just a few, but all of us see how much fun meets are for the kids AND adults. Thanks very much for your support and TIME! Go SRR!

If your child is swimming at a home meet, both of the following are required:

Home Swim Meets: A parent or family member is required to volunteer for one shift. This can be a meet job (timer, bull pen, runner, set-up, clean-up, etc.) or help at the concession stand during the meet.

Donations: Each family is expected to donate one concession item for each home meet. The donation items will be on the website with the meet sign-up.

If your child is swimming at a home meet and a parent or family member is not able to volunteer for a shift, a \$25 fee is required to be paid to SRR and given to the pool staff by the meet sign-up deadline. If your fee is not paid by the sign-up deadline, your child will NOT be eligible to swim at the meet. Please email srrswimteam1@gmail.com with questions.

Home Swim Meets/Invitationals:

Parent support is needed to run home swim meets. Each swimmer that is swimming at a home swim meet is required to have one parent volunteer at the swim meet. The following is a list of jobs at a swim meet and a brief explanation of what each job entails.

- **Set-up and Clean-up:** Set-up involves installing starting blocks, assembling backstroke flags, setting up Starting System, setting up benches for bullpen, setting up concession stand and finishing any last-minute items to help the meet run smoothly. Clean-up involves taking down all equipment at the end of the meet.
- **Head Timer:** Head Timer is responsible for the coordination of all timers and will conduct a timer meeting about 15 minutes before the start of the meet. The Head Timer hands out the stopwatches and will conduct a time check with the starter to verify watches. The Head Timer provides back-up times should any stopwatch fail.
- **Timer:** Timers are responsible for timing each swimmer in a given lane. Each lane has two timers. All timers work under the direction of the Head Timer. Each timer will be given a stopwatch. Each lane will be given a pencil and a clipboard with event sheets for

that lane. Each time a swimmer receives must be recorded next to the swimmer's name on the event sheet. Timers must also verify each swimmer that is assigned to their lane to swim. This helps determine if any swimmers are in the wrong lane or events or missing from an event.

- **Runner:** Runners collect the event sheets from each lane and verify that all the lane slips have been properly filled out. Completed events sheets are to be delivered to the computer coordinators.
- **Awards:** The awards person places pre-printed labels onto the ribbons and medals that are awarded to the swimmers and then files them in the team folders.
- **Announcer:** The announcer uses a microphone to give the swimmers notice of which races are coming up so that the swimmers can prepare themselves and get to their lane assignments. The announcer must speak clearly, be heard, and be understood.
- **Bullpen:** The bullpen organizes the 8-and-under swimmers in a separate area for each event and makes sure that each swimmer is in the correct lane for their swim events. The bullpen should confirm the correct swimmer name on the heat sheet and put swimmers in the correct order of their swim events.
- **Floater:** The floater's responsibility is to provide short breaks to the other workers.
- **Starter:** The starter is responsible for overseeing the installation and testing of the starting system before the beginning of each swim meet. During the meet, the starter must first verify that all swimmers have finished the prior event and have been removed from the pool. Next, the starter will announce the age and race before calling the swimmers to the blocks. Lastly, the starter must know if a swimmer is in the correct "starting stance" and that all movement on the blocks has stopped before sounding the start. This job requires prior swim meet experience and starter training.
- **Concession Stand:** The concession stand workers help to organize and set up the concession stand before a swim meet. They work the concession stand during and after the swim meet.
- **Computer Coordinator:** The computer coordinator(s) are responsible for entering the swimmers into events prior to the meet and they generate the heat sheets. During the meet, the computer coordinator(s) will enter results and create labels for the awards.

Glossary of Swimming Terms:

- **Backstroke:** The stroke requiring the swimmer to remain on his/her back at all times, except during the turn.
- **Blocks:** Platforms used for starts. They are optional.
- **Breaststroke:** The stroke in which the swimmer remains on his/her stomach, or breast, does the breaststroke kick, and moves his arms in an identical motion as described by the rules and a swimmer must touch the wall with both hands on turns and finishes.

- **Butterfly:** The swimmer remains on his/her stomach, does the dolphin kick, and the arms move in identical motion as described by the races. A swimmer must touch with both hands on turns and finishes.
- **Circle Swimming:** Performed by swimming to the right of the black line when swimming in a lane to enable maximum use of pool space. It is very important to circle swim to avoid crashes.
- **Double Whistle:** The indication from officials that the next heat of swimmers is about to be called to step onto the blocks for their race.
- **D.Q. (Disqualification):** When a swimmer commits an infraction of the swimming rules, they are considered disqualified and their race neither scores points nor counts as an official swim.
- **Dual Meet:** Swim meets with only two teams.
- **False Start:** When a swimmer begins moving before the starting signal.
- **Free Relay:** A group of four swimmers swimming together in a relay. All swim freestyle.
- **Freestyle:** One of four competitive strokes, can be any stroke, but usually the front crawl is used.
- **Heat:** A group of swimmers competing at the same time all doing the same stroke. The last heat is made up of the fastest qualifying times.
- **I.M. (Individual Medley):** Individual medley consists of a single swimmer swimming equal distances of four different strokes (fly, back, breast, free) within one race.
- **Lane Lines:** Ropes that divide the pool into lanes.
- **Lap:** Swimming down and back the length of the pool.
- **Length:** Swimming just down or back in the pool.
- **Long Whistle:** At a meet the starter will sound one long whistle as a signal to swimmers in the race to step onto the blocks. In a backstroke race, this is the signal that swimmers may jump into the water.
- **Medley Relay:** Group of four swimmers as a team, each swimmer doing a different stroke in the following order: back, breast, butterfly, and free.
- **Order of Events:** A list of the events and the order they are swum.
- **Personal Best Time:** The best time a swimmer has achieved in a specific event.
- **Relay:** A group of four swimmers swimming together as a team.
- **Scratch:** To withdraw a swimmer from competition.
- **Seed:** Placing swimmers in heats and lanes according to their times. The fastest swimmer being in lane 4.
- **Warm-Ups:** The practice and “loosening-up” swimming session a swimmer does before the meet.

How to Read a Heat Sheet

A heat sheet is your guide to know when and where to watch for your child in the pool. You will be able to print a copy of the heat sheet for each meet the Friday before.

You may want to use a highlighter to highlight your child's name and the names of other swimmers from the team. A pen or pencil is also useful to write down your swimmers times after each event.

Below is an example of a page from a heat sheet. There is a brief description to each of the colored letters.

A

Event 1 Girls 8 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Danahoff, McKenna R	5	WEST WI	NT
3	Vega, Savannah	7	WEST-WI	NT
4	Kolton, Julia	8	WEST-WI	NT
5	Rogan, Ali	8	WEST WI	NT
6	Loomis, Mary	6	WEST-WI	NT
Heat 2 of 2 Finals				
1	VanHorn, Mary E	8	WEST WI	27.44
2	Walencyzk, Mollie L	8	WEST-WI	23.81
3	Wilson, Stephanie	8	WEST-WI	21.72
4	Beyer, Grace K	8	WEST-WI	18.23
5	Lorinez, Kaylee A	8	WEST-WI	20.52
6	Bruckner, Christina M	8	WEST-WI	22.00
7	Carlson, Abby G	5	WEST WI	25.40
8	Farrell, Carlyn B	6	WEST-WI	41.46

A - Event Number, gender, age, distance and stroke

B - Listing of swimmers - Heats are ordered slowest to fastest. Slower swimmers are in the outside lanes, while faster swimmers are in the center lanes.

C - NT means there is no recorded time for this event. Otherwise, the swimmers best time is entered.

#1 Mixed 6 & Under 100 Yard Freestyle Relay				#5 Mixed 14 & Under 200 Yard Freestyle Relay				
Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				Heat 1 of 1 Finals				
2	WWST	B	NT	3	WWST	A	2:01.18	
	Macl Fazundus W6	Kirbi Case W4			Tristin Daughtry W13	Kaitlin Guard W13		
	Annika Stoakes W6	Kipper Case W6			Morgan Davis W13	Matthew Williams M13		
3	WWST	A	2:08.87	4	CORC	A	2:37.84	
	Alleiah Johnson W6	Blair Beaulieu W6			Morgan Barry W14	Chadler Tanner M13		
	Jackson Bello M6	Tucker Winslow M6			John Lescosky M13	Chase Montanye M13		
4	CORC	A	2:12.81					
	Madeline Smith W6	Gracie Briley W6		#6 Mixed 18 & Under 200 Yard Freestyle Relay				
	Jackson Heubel M6	Ramy Eldib M6		Heat 1 of 1 Finals				
#2 Mixed 8 & Under 100 Yard Freestyle Relay				Heat 1 of 1 Finals				
Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				Heat 1 of 1 Finals				
2	WWST	B	NT	3	CORC	A	2:55.19	
	Jeanie Ridlev W7	Elena Williamson W7			Taylor Briley W18	Natasha Stephenson W13		
	Luke Leong M8	Tyler Foeller M8			Will Landey M14	Luke Pesci M13		
3	WWST	A	1:25.94	#7 Girls 8 & Under 100 Yard IM				
	Bree Sullivan W8	Maevy English W7		Heat 1 of 2 Finals				
	Harrison Daigle M8	Garret Despres M7		2	Hayley Ferrell	7	WWST	NT
4	CORC	A	1:55.00	3	Lily Aranyos	7	CORC	2:50.19
	Ethan Sommers M7	Allison McGrail W7		4	Elena Williamson	7	WWST	3:23.24
	Ethan Lawless M7	Alex Smith M7		Heat 2 of 2 Finals				
#3 Mixed 10 & Under 200 Yard Freestyle Relay				Heat 2 of 2 Finals				
Lane	Team	Relay	Seed Time	Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				Heat 1 of 2 Finals				
2	CORC	B	NT	2	Blair Bice	7	WWST	2:59.87
	Lauren Hill W9	Justin McMahon M10		3	William Quinn	7	WWST	2:55.35
	Amr Almasri M10	Logan Coward W10		4	Ethan Lawless	7	CORC	2:59.44
3	WWST	A	2:58.96	5	Jackson Heubel	6	CORC	3:13.94
	Brooke Sullivan W9	Morgan Despres W9		Heat 3 of 3 Finals				
	Jessica Wagstaff W9	Emma Bice W9						
4	CORC	A	3:02.25					
	Kavla Cannon W9	Hannah Sargent W10						
	Kirsten McMahon W9	Vince Varju M10						
5	WWST	B	NT					
	Emma Mehlhon W10	Colby Case M9						
	Drake Daughtry M9	Coleman Ferrell M9						

Freestyle Relay Order
 1. Johnson 2. Beaulieu
 3. Bello 4. Winslow

Individual Medley (IM)
 1. Butterfly
 2. Backstroke
 3. Breaststroke
 4. Freestyle

#62 Mixed 10 & Under 200 Yard Medley Relay			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	WWST	B	NT
	Marissa Miller W9 Jackson Packard M9	Brianna Bello W9 Ian Corbett M10	
3	CORC	A	3:03.31
	Abigail Burns W9 Adam Eldib M10	Andrew Landry M10 Tommy MacLeod M10	
4	WWST	A	3:07.41
	Courtney Rupp W10 Emily Fry W10	Madison Rupp W10 Walker Winslow M10	
#63 Mixed 12 & Under 200 Yard Medley Relay			
Lane	Team	Relay	Seed Time

- Medley Relay Order**

 1. Miller (BACK)
 2. Bello (BREAST)
 3. Packard (BUTTERFLY)
 4. Corbett (FREESTYLE)

How do I record the heat sheet information on my child's arm/leg for the swim meet?

EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG

#7 Girls 8 & Under 100 Yard IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Sydney Boyer		6 BVCC	NT
3	Maddie Williams		7 BVCC	NT
4	Laura Stroud		7 WWST	NT
Heat 2 of 2 Finals				
2	Bree Sullivan		8 WWST	NT
3	Ruth McGee		8 WWST	2:19.99
4	Delaney Byrne		8 WWST	NT
5	Elena Williamson		7 WWST	NT

#19 Girls 7-8 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
2	Natalie Potter		8 BVCC	NT
3	Maddie Williams		7 BVCC	NT
4	Maeve English		7 WWST	NT
Heat 2 of 3 Finals				
2	Andie Smiley		8 BVCC	NT
3	Ava Griffin		7 BVCC	NT
4	Skyeler Jackson		8 BVCC	NT
5	Meredith Setser		7 WWST	NT
Heat 3 of 3 Finals				
1	Elena Williamson		7 WWST	NT
2	Noelle de Vente		7 WWST	NT
3	Ruth McGee		8 WWST	21.72
4	Jeannie Ridley		7 WWST	40.28
5	Alexandra Johnson		7 BVCC	NT

Heat 3 (#31 Girls 7-8 25 Yard Backstroke)			
Lane	Name	Age	Seed Time
1	Hayley Ferrell	7 WWST	NT
2	Claire Crane	7 BVCC	NT
3	Sarh McGee	8 WWST	29.78
4	Delaney Byrne	8 WWST	35.94
5	Ruth McGee	8 WWST	NT

#61 Mixed 8 & Under 100 Yard Medley Relay			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	WWST	B	NT
	Jeannie Ridley W7 Luke Leong M8	Laura Stroud W7 Cayman Choate M8	
3	BVCC	A	NT
	Maddie Williams W7 Cameron Taylor M8	Sydney Boyer W6 Ethan Boyer M8	
4	WWST	A	NT
	Ruth McGee W8 Jenna Rupp W8	Colin Kruse M8 Bree Sullivan W8	

E	H	L	IM Free Back Reby (Back)
7	2	3	
19	3	3	
31	3	5	
61	1	4	

Code of Conduct:

Sugar River Rapids Swim Team supports and promotes an environment where members can enjoy this family friendly activity.

The following conduct is prohibited:

- **Obscene or abusive language and/or behavior**
- **Inappropriate displays of affection**
- **Offensive clothing**
- **Fighting, taunting, bullying, or threatening remarks and/or gestures**
- **Intoxication or signs of impairment related to drugs or alcohol**
- **Smoking**
- **Pets**
- **Irresponsible or destructive behavior**
- **Gang activity**
- **Other actions that cause a disruption or hinder the enjoyment of this activity for its members**
- **All of the above applies while representing SRR at any swim meets**

Thank you for your cooperation and assistance in maintaining a safe and enjoyable activity and environment.

Swim Fast! Have fun!