



# Swim Team Handbook

2008

# Welcome

## Summer Team

The Mavericks Summer Team is our family-based summer swim team that introduces kids to friendly competition and the camaraderie of a team. Our goal is to create and then perpetuate a genuinely healthy perspective and approach to competitive swimming in a fun and safe learning environment.

The program is for children ages 4 to 18 years.

Each participant should be able to complete one length of the pool unassisted.

The program has four main objectives:

- Introduction of family involvement to a swim team atmosphere.
- Introduction to swim competition dynamics.
- Becoming accustomed to measurement and comparison of one's ability level.
- Understanding how individual behavior is incorporated into team dynamics.

## Spring 2 (Preseason) April 7 – June 12

We encourage starting the summer swim season in the spring to give the swimmers more time to prepare for, as it improves the whole experience if a child is progressively prepared for the competitive part of the summer season.

*Start anytime, get in shape and be ready for the meets that begin June 26<sup>th</sup>*

Junior Mavericks	Mavericks
1x per week – \$125 for the session	\$150 for the session
2x per week – \$150 for the session	\$175 for the session
3x per week – \$170 for the session	\$200 for the session
4x per week – \$185 for the session	\$225 for the session

## Practice Times for Spring 2

Monday-Thursday

Jr. Mavericks                    5:30-6:00pm

Mavericks                        5:30-6:30pm

## Parent Meeting

May 15, 6:30pm at Burgess Pool on the picnic tables in the grass area

Parent Kick Off Meeting and Swim Suit Order

## Summer 2008 Session

June 16 - August 21, 2008, 10 weeks.  
(off for Independence Day – July 4)

We offer two options in the summer session:

### Option 1

A short 6-week season which incorporates 7 swim meets and 8 practices per week.

June 16-July 26

\$180 - 6 weeks

### Option 2

This is our long option, which aligns with our normal 10 week session; first 6 weeks are as above, then the final 4 weeks offer 5 workouts per week, M,W,F am and T,Th pm.

June 16-August 21

\$250 - 10 weeks

### Practices

Eight 1-hour practices per week:

Monday - Friday: 9:30am–10:30am

Monday, Wednesday, Friday: 5:30pm–6:30pm

\*Coaches recommend at least 2 practices per week

### Special Events

Parents night

Picture day

Awards Ceremony and Banquet

### Team Pictures

Team picture day is July 9<sup>th</sup> at 9:30 am. Each swimmer will have the option to purchase a professional package of individual and team prints.

### Awards Ceremony

The annual Mavericks awards ceremony takes place at Burgess pool immediately following the championship meet (Saturday, July 26). Lunch and dessert will be served to the swimmers. Families are encouraged to attend. View it as a picnic at the pool. Awards will be presented to each swimmer who participated on the team during the season.

### Special Workouts

Watermelon Day

Ice Cream Day

Opposites Day

Duathlon Day

Dynamic Duo Day

Ironman Day

Tennis Shoe Day (swimmer brings own)

Baggy shorts day (swimmer brings own)

T-shirt day (swimmer brings own)

## Swim Meets

### West Bay Swim League

The Summer Mavericks are part of the West Bay Swim League. This league focuses on building community and family fun. It consists of 6 teams, Pacific Athletic Club, Ladera Rec, Covington, Redwood City Rec, Peninsula Covenant Community Center and the Menlo Mavericks. Each team in the league will swim in 5 dual meets (one team competes against another) as well as a relay and championship meet. Swimmers 8 years old and under swim 25-yard events and swimmers 9 years old and older swim 50-yard events. There are two relays at each meet: freestyle and medley (all strokes). Swimmers are responsible for their own transportation to and from the meet.

### 2008 WBSL Meet Schedule

June 26 vs Covington @ Menlo Park

July 2 vs RWC @ RWC

July 10 vs PCA @ PCA

July 12 Relay Meet @ Woodside High School

July 17 vs PAC @ PAC

July 22 vs Ladera @ Menlo Park

July 26 Championships @ St. Francis High School

### Meet Times

Dual Meets: 3:30pm warm-ups/4:00pm start (usually lasts 2.5 to 3.5 hours) depending on the sizes of the teams.

Relay and Championship Meets: 7:30am warm-ups/9:00am meet (usually last 4 to 6 hours)

### Addresses of League Pools

*Covington*

210 Covington Road, Mountain View

*PCA (Peninsula Covenant Athletics)*

3623 Jefferson, Redwood City

*Redwood City*

1315 Madison, Redwood City

*Menlo Park (Burgess Pool)*

501 Laurel St., Menlo Park

*PAC (Pacific Athletic Club)*

200 Redwood Shores Parkway, Redwood City

*Ladera Rec*

150 Andeta Way, Portola Valley

*Woodside High School (Relay Meet)*

199 Churchill Ave, Woodside

*St. Francis High School (Championship Meet)*

1885 Miramonte Ave, Mountain View

## Order of Events

Freestyle Relay

Freestyle

Backstroke

Breaststroke

Butterfly

Medley Relay (Back, Breast, Fly, Free in that order)

## Age Groups

6/un, 7-8, 9-10, 11-12, 13-14, 15-18

A swimmer's age group is determined by their age on June 15, 2008.

## Event Rules

- 6/un swim only in 3 events: freestyle relay, freestyle, and backstroke
- Boys swim first in each age group. Age groups are swum from youngest to oldest.
- Swimmers may be entered in up to 3 individual events and 2 relays with a maximum of 4 events total.
- Entries are based on the coaches' discretion to maximize team points, the swimmer's experience, and the swimmer's qualification for the championship meet.
- A swimmer may swim up one age group and must swim in that older age group for all their events for that particular meet
- To be eligible for an event in the championship meet, swimmers must compete in that event in 2 dual meets without disqualification.

## Swim Meet Logistics

### What to pack for swimmers

Team suit and a spare suit

Goggles and a spare pair

Swim cap (if worn) and a spare

Sun protection

Snacks/Dinner (pack your own or usually available to purchase at host pool)

Toys or activities (that are low energy) to do between swim events

Towels

Warm Clothes

Parka

Blanket to sit on

### What happens, what you do, where you go

- Swimmers get to the pool, find the designated area for the Mavericks & check in.
- Swimmers get their event, heat and lane assignments and relay position written on their arm.

Examples:

- #63 MR 1/3 Bk means: event #63, Boy's 7-8 100 yard Medley Relay Heat 1, Lane 3 and the boy is swimming Backstroke
  - #6 FR 2/5 4<sup>th</sup> means: event #6, Girl's 9 and 10 200 yard Free Relay Heat 2, Lane 5 and the girl is the last leg (4<sup>th</sup>) and will be starting at the other end of the pool
  - #17 Fr 4/8 means: event #17 the Boy's 15-18 50 yard Freestyle and the boy will swim in Heat 4, Lane 8
- Swimmers put their belongings down and change into their suits.

- Volunteer parents report to the parent volunteer coordinator and then report to their station before the meet starts or before the breaststroke events start at the shift change.
- Swimmers warm up.
- Coaches scratch meeting – if your swimmer hasn't checked in and you haven't called to say that you are on your way, the child will be scratched and relays will be rearranged.
- Meet begins starting with freestyle relays
- Shepherds guide younger swimmers to their event and lane.
- Older swimmers are expected to show up to their heat and lane on their own – they are learning to be responsible.
- After their swim, the swimmer may be asked to warm down, get dried off or talk to the coach.
- Between events, swimmers should rest, stay dry, warm and out of the sun and drink water or other liquids.
- If a swimmer needs to leave before their last event, immediately notify the coach.
- Swimmers are encouraged to stay until the end of the meet to foster team unity.
- Parents volunteering for the second half of the meet need to stay to the end of the meet, regardless of when their swimmers finish.
- Ribbons are given for any swimmer who is not disqualified, but they usually aren't ready by the end of the meet. Ribbons can be picked up at the pool – they are filed by last name. Coaches are notified of disqualifications so they can explain it to their swimmer.
- Once the meet is done or the swimmer is leaving, please clean up after yourselves and say goodbye to your coach.

## **Suggestions**

- Swimmers are not required to compete at all, but are encouraged to at least attend a swim meet for the experience.
- Make sure you feed your swimmers so they can perform their best –liquids, carbohydrates and fruit are better than hamburgers and cheese, don't feed a swimmer within 30 minutes of their event.
- Encourage your children to watch and cheer others – it gives your child a chance to think about others, gain more interest in the meet and give support to their teammates.
- Focus on the child's performance rather than how well they placed – winning is important, but only their performance is in their control.
- For children who do not like to compete – have them focus on comparing their current performance to past swims and think about how they have improved.

## **What if ...**

You are going to be late?

Call the designated number to let the coaches know you are still coming and when you will arrive.

If you are volunteering, tell us what your job assignment is, (remember, what you do affects others and could even hold up the entire meet).

You need to leave early?

Let the coaches know so they can scratch your child from their remaining events and relays.

We expect a child who causes a relay to be scratched to apologize to the other swimmers (with the help of a parent if necessary).

Notify the coaches in writing or by email that you need to leave early.

Your child misses an event?

Kids will be kids. Still, we expect the child to apologize to the coaches and to other relay members if they were on a relay (again with parental assistance if necessary).

Notes:

Children who leave early or don't show up two times are excluded from relays at the next meet and might be entered in fewer events. This is not meant as punishment, rather, it is to be fair to other swimmers on the team who weren't selected to swim the strokes or relays your child was entered in because the coaches were relying on your swimmer to get points, get experience or get a legal time for the championship meet

Remember, swim meets are a team competition, everyone counts.

### **Relay Meet**

The league relay meet at Woodside High School begins at 9am on Saturday, July 12.

This is a meet where only relays consisting of 4 or more swimmers are contested. Once a swimmer is placed on a relay team, it is extremely important that the swimmer follows through on their commitment to the team so that the other three swimmers will be able to participate.

### **Championship Meet**

The league championship meet at St. Francis High School in Mountain View begins at 9am (warm ups at 7:30AM) on Saturday July 26. This meet consists of individual swims of freestyle, backstroke, breaststroke, and butterfly. The swimmer will be entered into the meet nearly a week in advance and event, heat, and lane assignments will be locked in days in advance with no opportunity for additions or deletions.

### **Workouts**

Children should arrive on time and be prepared to warm up. This means they should be in their swim suits, have their goggles (or have already gotten a pair from the goggle bin and tried them on) and have gotten their fins and/or other gear as instructed by the coach and warm up in the lane assigned by the coach.

Currently, the swimmers are required to memorize their "regular" warm up:

Flutter kick

Kick 6 Free

Free

Flutter kick on back

Kick 6 Back

Backstroke

Dolphin kick

Hip delay butterfly

Butterfly

Kick 6 Breaststroke then take off fins

Breaststroke kick

Breaststroke

## **Parent Involvement**

Summer swim meets are truly family events. The only way a swim meet can take place is with a great deal of parent involvement. There are numerous duties behind the scenes that are necessary to ensure our swimmers have a great experience. Unlike other sports where parents are spectators 100% of the time, swim meets require and benefit from parent involvement 100% of the time. Think of it as active spectating!

### **Volunteer Requirements**

Work at 3-4 meets, ½ the meet, switch with another parent between back and breast.

### **Parent Volunteer Job Descriptions**

*Volunteer Coordinator:* Coordinates all parent volunteer jobs for the summer season

*Timers:* Sit at the end of lane and gets swimmers time on stopwatch, 3 timers per lane

*Head Timer:* Times all events with an extra stopwatch that can be used in the event that one of the lane timers has a problem with their watch

*Recorders:* Sits behind timers and writes down the 3 swim times for each swimmer

*Runners:* Collects swim times from recorders and takes them to computer for input

*Ribbons:* Distributes ribbons to kids after putting stickers on the back of ribbons.  
Places uncollected ribbons in file box

*Computer/Computer Assistant:* Inputs times for all swimmers, scores meet.

*Check-in:* Upon arrival to meet, swimmers will report to check-in desk where they will have the check-in volunteer mark on their hand the events that they are swimming, with the heat and lane information

*Announcer:* Gives updates on meet, calls

*Starter:* Starts each event, after calling each race to the starting blocks

*Stroke and Turn:* Evaluates the legality of swimmer's stroke, to ensure fairness of races. There will be a training class for this announced at the team meeting for those interested

*Shepherd:* Lines up swimmers, 10/under and younger by event, heat and lane to ensure that the younger swimmers get to their events

We recommend staying with the same job for the entire season for effectiveness and economy of time.

### **Continuation**

The Mavericks will continue to come together as a team even after the WBSL league season ends on July 26. Practices, special workouts, team events, and excitement does not have to end. This is the *Maverick Way*.

**If you liked the summer, then why not "Maverick" All Year Long! .....**

For more information pick up a flyer at the front desk or go to [www.menloswim.com](http://www.menloswim.com)

## Summer Swim League Stroke & Turn Rules

For the 8 and under age group, the League has a special, “three strikes and you’re out” rule in dual meets. For these youngsters, no disqualification will take place unless the swimmer has committed three infractions during the race. Please note, however, that this special rule does not apply at the League Relay Meet, or at the Championship Meet.

In general, the benefit of the doubt always goes to the swimmer. If a swimmer has done an illegal stroke or turn, the stroke judge raises his/her hand, writes up a disqualification slip, and gives one copy to the desk, and another to the swimmer or swimmer’s coach.

### BREASTSTROKE



**Stroke** — From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer’s head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

**Kick** — After the start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter, or downward butterfly kick is not permitted except as previously described. Breaking the surface with the feet is allowed unless followed by a downward butterfly kick.

**Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

### BUTTERFLY



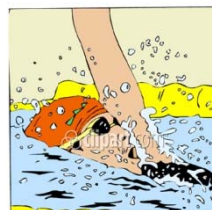
**Stroke** — After the start and after each turn, the swimmer’s shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

**Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

**Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

**Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

### BACKSTROKE



**Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

## BACKSTROKE , cont'd

**Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

**Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.

**Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

## FREESTYLE



**Stroke** — In an event designated freestyle the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.

Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

**Turns** — Upon completion of each length the swimmer must touch the wall.

**Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.



**INDIVIDUAL MEDLEY (IM)**— The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

**Start** — The forward start shall be used.

**Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

**Turns** — Intermediate turns within each stroke shall conform to the turn rules for that stroke. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

**Butterfly to backstroke** — The swimmer must touch as in a butterfly finish. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

**Backstroke to breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

**Breaststroke to freestyle** — The swimmer must touch as described in a breaststroke finish. Once a legal touch has been made, the swimmer may turn in any manner.

**Finish** — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.



## RELAYS

**Freestyle Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

**Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: backstroke, breaststroke, butterfly, and freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

## Rules Pertaining to Relay Races

- No swimmer shall swim more than one leg in any relay event.
- In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

# SWIM MEET SIGN UP SHEET

Please fill out this form and return it to your coach ASAP.  
If the coaches do not have this form by June 20<sup>th</sup> your swimmer may not be able to be entered into the first meet.

Swimmer \_\_\_\_\_

Age as of June 15, 2008 \_\_\_\_\_

Parent Home phone \_\_\_\_\_  
\_\_\_\_\_

Email address \_\_\_\_\_

Cell phone \_\_\_\_\_

Please check the appropriate box to let us know which meets that you and your swimmer **WILL** be able to attend/volunteer. Please fill out one sheet per child.

	Swimmer	Parent
June 26 vs Covington @ Menlo Park	<input type="checkbox"/>	<input type="checkbox"/>
July 2 vs RWC @ RWC	<input type="checkbox"/>	<input type="checkbox"/>
July 10 vs PCA @ PCA	<input type="checkbox"/>	<input type="checkbox"/>
July 12 Relay Meet @ Woodside High School	<input type="checkbox"/>	<input type="checkbox"/>
July 17 vs PAC @ PAC	<input type="checkbox"/>	<input type="checkbox"/>
July 22 vs Ladera @ Menlo Park	<input type="checkbox"/>	<input type="checkbox"/>
July 26 Championships @ St. Francis High School	<input type="checkbox"/>	<input type="checkbox"/>