

Central Bucks Aquatic Club Handbook

“Home of the Wave”

Central Bucks Community School
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Introduction

Welcome to Central Bucks Aquatic Club. This handbook along with Team Track, the bulletin boards, the swimmer and diver folders, e-mails, and the website will serve as your primary sources of information about the team, practices, competitions and schedule changes. This handbook is provided to you with important information that will help make the season go smoothly. Please read through it carefully. Occasionally, we will update or change dates and important information via one of the following modes of communication.

Communication

Website: www.cbwave.org
Please check the website regularly.

Team Track: 267-893-2300...Press 1... Press 7410
The only messages that are to be left on Team Track by parents should pertain to last minute illnesses that result in an inability to make a meet their child has signed in to. Messages should only be left between 9pm Friday night and one hour prior to warm-ups on Saturday.

E-Mail: Roberta Lichter, Aquatics Manager:
rlichter@cbsd.org and cbaquatics@comcast.net
Mass e-mails will be sent out as necessary.

Bulletin Boards: One is located just within the entrance hall doors. The other is a small white board and will be located in the hallway outside the pool area.

Swimmer/Diver Family Folders: The folder cart for swimmers is brought into the hallway during each practice. Each family has one folder.
The diver's boxes are brought out to the diving well at South during each practice. Each diver has one folder.

Coaches Folders/E-mail: Head Coach's e-mails will be discussed at the Back-To-Swim meeting in October. Please do not interrupt coaches during or in between practice sessions. E-mails should be limited to general questions about practice content and your swimmers progress. Under no circumstances do you e-mail a coach about meet attendance.

Swim Suits

CBAC has a custom designed team suit. Suits are available for both boys and girls at Training Zone Sports in Doylestown. Although there are no league rules stating that a team suit is mandatory, the suits help foster team spirit. Competitive and pre-team members are encouraged to buy suits. Information on suit availability and other items will be available during registration and the first few weeks of practice. Please bring your checkbook to the first few season practices and events to purchase team equipment.

Description of Central Bucks Aquatic Club (CBAC)

The Central Bucks Aquatic Club, CBAC, is made up of swimmers and divers living in the area of Central Bucks East High School. CBAC is one of three teams that make up The Central Bucks Aquatic Clubs. SWAC at CB South High School and The Central Bucks Swim Team (CBST), a US team, are the other two teams. CBAC participates as a member of the Suburban Aquatic League (SAL). CBAC has a pre-team and a competitive boy's and girl's swim and dive team. The club is open to all ages but consists primarily of swimmers and divers ages 6-18. Practices are scheduled weekday evenings. Meets are held on Saturdays with occasional Friday night diving meets. Boys and girls practice together, but compete separately. The club's philosophy focuses on enjoyment of the sports of swimming and diving and the development of the skills needed to achieve the fullest potential of our swimmers and divers. The season begins with practices in late September. Meets generally begin in early November and the season ends with championship meets in February. Swimmers must be on the team roster, filed with the league, for ten (10) days before they may compete officially or unofficially. For safety reasons, at least one parent should accompany their child to each meet. Each swimmer or diver must participate in a minimum of 3 of the 5 regularly scheduled meets in order to keep their spot on the team for the following season.

Team Code of Conduct

Central Bucks Aquatics provides quality programs that build self-confidence, self-discipline, motivation, integrity, and courage for life. We aspire to create a safe, competitive, and friendly environment for our swimmers, divers and parents.

Parent Code of Conduct Pledge

I shall set an example of sportsmanship for my children to follow.

I recognize that I am my child's most important teacher.

I recognize that my behavior at a meet can negatively influence my child's development as a swimmer/diver.

I will leave the coaching to the coaches.

I will be aware of consequences and sanctions involving poor behavior, and I will not be an example of how they work.

I will remember that swimming/diving is supposed to be fun.

Swimmer/Diver Code of Conduct Pledge

I will not taunt, berate, or intimidate any of my teammates or competitors.

I will shake hands with my competitor after my event.

I will support my teammates.

I will understand that the officials and meet workers are volunteering their time so I can swim.

I will remember that swimming/diving is supposed to be fun.

Spectator Safety -This rule will be strictly enforced.

Persons not working a meet or competing for the Club will not be permitted on deck.

Spectator Behavior at Meets

Verbal or physical aggression expressed toward an athlete, coach, official, parent, volunteer or spectator will not be tolerated.

Enforcement

Enforcement of this Code of Conduct will be the duty of the Aquatics Manager, League Representative, Meet Director and coaches.

Incidents will be reported to the Head Coach, who will bring the matter to the Aquatics Manager.

Consequences

First Incident: Action taken by the Club can range from a written warning to and including removal from the meet and/or suspension from the Team.

Second Incident: Expulsion from the meet and Team.

It's for the Kids

Meets are a high-stress spectator sport, and getting caught up in it is one of its pleasures. Please remember that we are role models to our children, and proper behavior in the stands and on deck is a way to demonstrate good sportsmanship.

We are all accountable for our behavior.

What is a Pre-Team Member?

CBAC has a pre-team, as well as, a competitive boy's and girl's swim and dive team. Pre-team members are swimmers and divers who are not yet at the competitive level but with a little more knowledge of starts, strokes, turns and diving techniques will be ready to join the team this season or next. Pre-team swimming members practice in August and September. Diving pre-team members practice during the month of October. If they are ready to join the team they will be invited to do so during the last week of practice for swimmers and the last week of October/first week of November for divers. If they are still not ready for competition we highly recommend they participate in our spring clinics and swim or dive for a summer club.

Practices

- *For those of you new to team swimming and diving, this information will help you get started and guide you through the first year. Practice times are located on the website, bulletin boards, and this handbook.
- *It is important to remember that the locker room and entire school building is open to the public and children are only supervised when they are on deck with the coach.
- *No one is to wander in any other part of the building, except in the hallway right outside the pool area. No one may be in the cafeteria, training room, gym, or hallways near the gyms. If an athlete, sibling or visitor with a swimming family is found in any of the off limits areas, the swim and/or dive team parent will be contacted and given one warning. If the same family is found again to be breaking the rules the athlete will be asked to leave the team.
- *Practices start promptly at the time stated. Please have your swimmer or diver arrive 10 minutes prior to the scheduled time so they can stretch. Please do not allow your swimmer or diver to enter the pool area until the coach has asked them to do so.
- *Anticipate your child being in the pool for the entire practice. They should come prepared for each workout session with a towel, cap and goggles. It is also recommended that your swimmer bring a water bottle to practice. To avoid having to interrupt practice they are asked to use the bathroom prior to getting into the pool.
- *It is your responsibility to make sure your child enters the building and goes directly to the pool area, attends practice, and exits the building promptly after practice. Central Bucks and CBAC are not responsible for children who are "dropped off" or waiting to be "picked up" at the door. Due to unforeseen cancellations it is required that you escort your child into the pool area for each practice. The Central Bucks School District and CBAC are not responsible for a child in the school building when there is no practice. A list of conflict dates will be in your team directory each season.
- *Please be sure to check your e-mail, the website and Team Track to assure practice has not been cancelled. Practices may be cancelled due to unforeseen circumstances at any time.
- *Attendance at practice is not mandatory. However, the coaches recommend attending at least 3 practices during the week. Your child will have a better chance of moving up from pre-team to team if they attend practices on a more regular basis. The number of practices attended depends upon the age and stamina of your child.
- *The general well-being and safety of all team members while in the general pool area is very important. All safety rules of the Central Bucks School District must be followed at all times and will be strictly enforced. Violations of these rules will result in removal from the CBAC team.
- *The use of tobacco, alcohol, and all types of illegal drugs, and/or stealing is strictly forbidden at all times by any CBAC team member. Violation of these rules will result in immediate removal from the CBAC team.
- *Personal locks, if used, must be removed each day.
- *No "horseplay" is allowed at any time, for any reason.
- *Swimmers, divers, siblings and their visitors may not play ball, run, or rollerblade in the hallways or balcony areas.
- *Please monitor your children in the balconies. This area is extremely dangerous for unattended or small children.

*Food and drinks are not permitted in the balcony. Water bottles only are allowed on the pool deck. Please put all trash in the receptacles.

*Watch your mail folders, bulletin boards and e-mail for time trials, meets, and times when practices will be cancelled due to high school meets and conflicts.

Changes in Posted Practice & Meet Schedules

When at all possible, all changes and cancellations will be posted on the Team Bulletin Board and mass e-mails will be sent. Cancellations and early dismissals are immediately posted on the district website: www.cbsd.org. In general, the CB school district schedule affects CBAC as follows:

CB schools closed ALL day/student & teacher holiday	No swim or dive practice
Thanksgiving, Christmas, & Easter Holidays	Special practice schedule will be posted
CB schools scheduled for early dismissal	Regular swim and dive practice
CB schools closed due to inclement weather	No swim or dive practice
CB schools dismissed early due to inclement weather	No swim or dive practice

On occasion, practices have to be cancelled at the last minute because of a problem other than weather, and there isn't enough time to notify the entire team. Therefore, be sure to check your e-mail before leaving for practices every time and please come into the school each time you bring your child to practice to be sure there is going to be practice before you leave your swimmer or diver at the pool. Central Bucks and CBAC are not responsible for children left at the school unattended and phones are not always accessible to your child so that they can call you to come back for them.

End of Year Party and Gifts

At the end of every season there is an end of year awards party. These parties are usually held a few weeks after the season has ended and Championships are over. The date and times will be announced via the web, e-mail, family folders and the bulletin boards. If your family is unable to attend please contact the person in charge of "ways and means" to arrange for a date and time to pick up your child's award and/or gift. We ask that you attend this ceremony with your child and do not drop them off. It is a wonderful opportunity to see and hear about all that has been done throughout the season by our parent's board, coaches, parent volunteers, swimmers and divers.

How To Be A Successful Swimming & Diving Parent

The competitive swimming and diving program allows the swimmer and diver to experience success and to learn how to deal with defeat, while becoming healthy and physically fit. As a parent, our major responsibilities are to provide a stable, loving, and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices, and by coming to meets. Get involved in your child's team. Your role as a volunteer is important to our sport and to your child's view of the future. Remember, there would be no team without the help of the parents. With a positive attitude and willingness to lend a hand, you will also have a great impact on your child's athletic environment.

Suburban Aquatic League (SAL)

CBAC is a member of the Suburban Aquatic League (SAL). The purpose of this program is to develop skills in the sports of competitive swimming and diving, teach good sportsmanship, and provide a means of healthy self-expression for those participating. The SAL is composed of 22 teams, assigned to four geographical divisions. Swimmers and divers compete each week to improve their times and scores to qualify for the individual championships in February. To compete in Championships an athlete must compete in 40% of the main four or five SAL scheduled meets. An SAL scheduled meet is a dual meet against one of the other teams within the league. It is not an invitational, classic, time trial, Halloween or other additional meet. All competitive swimmers and divers will have the opportunity to compete either in League Championships, Division Championships, or both based upon their best times and scores. The top 18 divers in each age group qualify for League Championships. All divers who do not qualify for League Championships attend Division Champs for diving. The qualifiers for the League Champions will be determined at a seeding meeting at the end of January or during the first week of February. Swimmers may swim a combination of three individual events at Champs. Example: One at Leagues and two at Divisions. Swimmers may also swim in two relays, either at Leagues or Divisions. At the end of the season, the team with the best record in each division will compete in a meet to determine the League Champion. The second place teams in each division will also have a meet at the end of the season, and each place thereafter will also take part in a meet. Everyone is encouraged to visit the SAL website at www.suburbanaquatic.org

Suburban Aquatic League Club Directories			
American Conference		National Conference	
East Division	Central Division	North Division	West Division
Centennial (CAC)	Dolphins Community Aquatic Association (DCAA)	Central Bucks East (CBAC)	Lower Merion (LMAC)
Council Rock (CR)	Plymouth-Whitemarsh (PWAC)	Central Bucks South West (SWAC)	Methacton (MAC)
Lower Moreland (LMSD)	Springfield (SAC)	Hatboro-Horsham (HHAA)	Norristown (NAAC)
Neshaminy (CORE)	Upper Dublin (UDAC)	North Penn (NPAC)	Perkiomen Valley (PVAC)
Pennsbury (PENN)	Wissahickon (WCAC)	Pennridge (PR)	Radnor (RAC)
		Souderton (SOUD)	Upper Merion (UMAC)

Description of Types of Swim Meets

<p>Crossover Meet</p> <p><i>-Sign-Up Required</i></p>	<p>A crossover meet is a dual meet, crossover meaning that our opponent is a team in a Suburban Aquatic League (SAL) division other than our own division. Dual means that the meet involves teams from two clubs.</p> <p>Note: Crossover and Regular Season Meets are sometimes "Double-dual" meets, meaning that the boys and girls meets are held in the same pool and at the same time.</p>
<p>Regular Season Meets</p> <p><i>-Sign-Up Required</i></p>	<p>The heart of the season consists of four or five dual meets. We swim against all of the other teams in the North Division of the Suburban Aquatic League. Dual meets are two teams competing against each other. Tri-meets are three teams competing against each other. The structure of each meet is the same. Competitive swimming utilizes 4 strokes: freestyle, breaststroke, backstroke, and butterfly. The meet is comprised of multiple events- each one being a particular stroke, pool length, and age group. Each event may include multiple heats, i.e. the same race run several times with different swimmers depending upon the number of swimmers competing. A typical meet includes 42 events. Meets may take 3 to 4 hours to complete. Parents are required to be present with their child throughout the entire meet.</p>
<p>Divisional/Conference Team Championships</p> <p><i>-Sign-Up Required</i></p>	<p>There are two weekends of team championship meets. Like regular season meets, these are both team and individual competitions. (Swimmers and divers must have participated in at least 40% of regular season SAL meets to qualify to swim or dive in championships)</p>
<p>League ("A") and Divisional ("B") Individual Championships</p> <p>"A" Champs</p> <p><i>-Sign-up required</i></p> <p>"B" Champs</p> <p><i>-Sign-up required</i></p>	<p>"A" Championship swimming is usually held at LaSalle University and diving is at Central Bucks South High School. This is the league championship and only swimmers and divers with the top 18 times (plus 2 alternates) in the entire league in each event are eligible (see SAL Top 40 List) for "A" championships. Coaches notify swimmers and divers of their eligibility for "A" championships after a league seed meeting which occurs following the Tri-meet championships. (Swimmers and divers must have participated in 40% of regular season SAL meets to qualify to swim or dive in championships)</p> <p>ALL swimmers and divers are eligible for "B" championships (But cannot swim in events for which they qualified in "A" championships and there is a limit on the combined number of entries for A&B Championships). The "B" Championships are divisional. This means that swimmers and divers from all five teams in the North Division of SAL will be participating in this meet. Swimmers are seeded according to their best times for a particular event. POSITIVE SIGN-UP IS REQUIRED "A" and "B" championships are individual competitions only. (No team competition)</p>
<p>Suburban Aquatic League Invitational Meets</p> <p><i>- Sign-up required</i></p>	<p>Throughout the season there are a number of invitational/trophy meets hosted by SAL teams. These are often held on Sundays and are open to any competitive league member as well as pre-team members. There is a small fee per event and (as always) a limit on the number of events that can be entered. Swimmers may choose the events in which they swim. These meets are considered "extras", which are entirely optional. Invitational meets are sanctioned by SAL, meaning that times from these meets are considered in the seeding for championships. CBAC will provide coaching at these meets if more than 10 swimmers attend per session. SIGN UP IS REQUIRED.</p>
<p>USA Swimming Team</p> <p><i>-USA Swimming registration and Sign-up required</i></p>	<p>Central Bucks offers its swimmers an opportunity to participate in USA Swimming meets. USA swimming offers a hierarchy of local, regional, and national meets, including the US Olympic Trials. Participation requires individual membership in USA Swimming. Some meets require that swimmers have met a qualifying time. Members must be competitive team level swimmers. Contact Roberta Lichter, Aquatics Manager at 267-893-5709 for more information and to sign up.</p>

Competitive SAL Meets

1. The clubs are separated into boy's and girl's teams for dual meet competition in the age groups 8 and under, 10 and under, 12 and under, 14 and under, and Unlimited. Meets are on selected Saturdays beginning in November and culminating with Championships in February.
2. The swimmer or diver's age on October 31 shall be his or her competition age for the entire season.
3. U.S. Swimming and U.S. Diving rules apply for all competition. A complete description of technique and rules is available upon request.
4. Participants are limited to three individual events and one relay, or two individual events and two relays. Diving counts as an individual event. There is a freestyle relay and a medley relay for each age group. The order of the strokes in the medley relay is backstroke, breaststroke, butterfly and freestyle.
5. A swimmer's second false start disqualifies the swimmer from that event.
6. Unofficial events or heats are run in order to allow all team members the opportunity to swim at each meet. These events or heats are **not** included in the scoring, but the children are not generally made aware of this. All times are recorded for championship placement.
7. Competing teams use alternating lanes: the home team uses lanes 1, 3 and 5 and the visiting team uses lanes 2, 4 and 6.
8. All diving is performed from a one-meter springboard.
9. 11 and under and 14 and under divers perform four dives at each meet. Unlimited divers perform five dives. (Divers who are 11 may compete in all three diving events.) Divers who are 14 or under may compete in 14 and under and the unlimited events at a single meet by performing all nine dives. Each age group counts as an individual event.
10. Five judges are used for diving. The high and low scores are eliminated and the award for each dive is calculated by totaling the remaining three scores and multiplying by the degree of difficulty for the dive performed.
11. Meet dates, times and locations will be located on the website. Directions to pools are in this handbook. Typically, for dual a meet (2 teams) the boys' and girls' competitions are held one at home and the other away.

Dual Meet Order of Events and Scoring

1.	11 & Under 1 Meter Diving	22.	13-14 100 Breaststroke
2.	12-14 1 Meter Diving	23.	15 & Over 100 Breaststroke
3.	15 & Over 1 Meter Diving	24.	8 & Under 25 Butterfly
4.	8 & Under 100 Medley Relay	25.	9-10 50 Butterfly
5.	9-10 200 Medley Relay	26.	11-12 50 Butterfly
6.	11-12 200 Medley Relay	27.	13-14 100 Butterfly
7.	13-14 200 Medley Relay	28.	15 & Over 100 Butterfly
8.	15 & Over 200 Medley Relay	29.	8 & Under 50 Freestyle
9.	8 & Under 25 Freestyle	30.	9-10 50 Freestyle
10.	9-10 100 Freestyle	31.	11-12 50 Freestyle
11.	11-12 100 Freestyle	32.	13-14 50 Freestyle
12.	13-14 100 Freestyle	33.	15 & Over 100 Freestyle
13.	15 & Over 200 Freestyle	34.	9-10 100 IM
14.	8 & Under 25 Backstroke	35.	11-12 100 IM
15.	9-10 50 Backstroke	36.	13-14 100 IM
16.	11-12 50 Backstroke	37.	15 & Over 200 IM
17.	13-14 100 Backstroke	38.	8 & Under 100 Freestyle Relay
18.	15 & Over 100 Backstroke	39.	9-10 100 Freestyle Relay
19.	8 & Under 25 Breaststroke	40.	11-12 100 Freestyle Relay
20.	9-10 50 Breaststroke	41.	13-14 100 Freestyle Relay
21.	11-12 50 Breaststroke	42.	15 & Over 100 Freestyle Relay

Meet Scoring System: Individual Events: 6,4,3,2,1 points for 1st, 2nd, 3rd, 4th, 5th places (maximum scores per team = 3). Relay Events: 8,4,2 points for 1st, 2nd, 3rd places (maximum score per team = 2).

Invitational Meets

Invitational Meets are open to all competitive team members. These meets are not SAL scheduled meets and therefore cannot be applied to the 40% of meets needed to qualify for Champs. These meets are optional and are sponsored by teams that are members of The Suburban Aquatic League. It is an individual, rather than a team competition. It does not affect team standings but individual times are recorded and may count toward qualifying for champs. Participation is completely optional but normally limited to registered members of a League team. Exact age and other requirements vary with each meet and are defined in the detailed meet information. There is usually a small cost per individual or per event entered - primarily to pay for the awards - which are plentiful. Optional Meets are mostly for FUN and to allow both new and experienced swimmers to compete more and be immediately rewarded for their efforts. Coaches will be provided if 10 or more swimmers will be attending each session. Meets may include: October-Time Trials (swim only), Training Dive Meet (diving only), Methacton Relays (swim only); November- PVAC's Fall Fest @ Perk Valley, SWAC's Fall Fun Meet @ CB South, Norristown Harvest Swim/Dive Invitational; December-Central Bucks Holiday Swim Classic @CB East, Central Bucks Diving Winter Festival @CB South; January-Centennial Odd Age Meet (swim only), Pennsbury Splash (swim only), Upper Merion Last Chance Swim/Dive Meet.

How To "Sign-In" to or "Sign-out" of A Meet

DO NOT E-MAIL A COACH TO SIGN YOUR CHILD INTO MEETS UNDER ANY CIRCUMSTANCES

CBAC has been successful because of the team commitment and high attendance at our meets and practices. We have had problems in the past with swimmers and divers just not showing up for a meet or leaving before the end of the meet. It is difficult to make changes at the last minute, to try to coach, to watch every swim and to be fair to everyone. We all understand last minute illness and emergencies. For these reasons, every team member is assumed not to be swimming unless they have been "signed in" to a meet. Please review the following on how to sign-in to a meet:

Swimmers:

1. Every Monday morning there is a link that becomes available on the team website. Please click on the link and follow the directions to sign your child in or out of the meet for the upcoming weekend. The link is available from 12:10am on Monday until 11:55pm on Wednesday. Anyone who has not signed into the meet by Wednesday is ineligible to swim.
2. In the case of emergencies and last minute illnesses, you may call Team Track and leave a message no earlier than Friday at 6pm and no later than Saturday two hours prior to warm-ups for that meet. Please speak slowly and clearly. Leave your child's name, sex, and age. If you have a boy and girl please be clear as to who is doing what.

Divers:

1. If your child is not planning on attending a meet please let the head coach know as soon as possible if at all possible, as well as, e-mail Roberta by Thursday so that she can forward the information to the head coaches. If you have a sudden illness please leave a message at the following number: 267-893-5709. Do not use Team Track.

Volunteers

Diving:

A diving meet cannot happen without the help of its parents. A diving meet requires a minimum of 1 announcer/official, 3-4 table workers, and 5 judges. The home team provides the announcer, 2 table workers and 3 judges. The visiting team is responsible for providing 2 table workers and 2 judges. The home team also provides all paperwork needed to record the meet.

Swimming:

A swim meet cannot happen without much effort on the part of parent volunteers. There are many jobs that must be filled in order for us to host & to participate in a successful SAL meet. A swim meet at HOME requires a minimum of 36 total positions filled. A swim meet AWAY requires a minimum of 16-18 volunteer positions from our team. If you find you are unable to fulfill your commitment to volunteer at a meet it is your responsibility to find a substitute for that meet job.

We will be looking for help from every family during the course of the season, and we are sure that every parent can find a meet job that he/she enjoys doing. Clinics will be held in the beginning of the season for parents to learn how to put up and take down equipment, be Stroke & Turn judges, score table workers, computer operators and diving judges. Watch for more details. Volunteer schedules will be posted on the website and/or bulletin boards.

SWIM MEET JOB DESCRIPTIONS:

Timer(19): This is the most popular meet job among both new and experienced swim parents. You use a stopwatch to time the swimmer in your assigned lane. There are typically three timers per lane, and the average time is used as the official time or as backup for the Colorado Timing System. Timers get a front row view of the action in the pool.

Meet Director(1): This is usually the boy or girl's representative. The Meet Director is responsible for making sure everyone is available for their job before the start of the meet. The meet director will hand out watches to our timers and find substitutes for any job needing to be filled. A meet director is very busy during warm-up before the meet starts. When everyone is in their positions the meet director can sit & cheer on the team until the meet is over & the stopwatches must be collected.

Runners(1-2): After each race, the runner collects the times from each lane, & takes them to the scoring table. You stay on the move throughout the meet, so it's great exercise. This job can be shared with a friend - someone collects from lanes 6-4 then hands off to another who collects lanes 3-1...great teamwork!

Computer Operators(2): Scorers from each team record the results following each race, & track team scores. This job requires knowledge of the computer program (Hy-Tek Meet Manager) used for the computerized scoring system. Scorekeepers are critical to the success of the meet, & they are often the only ones who know which team is winning the meet. The league runs clinics each fall to train new scoring table workers, & we will offer a team clinic for anyone interested in learning.

Finish Judges(2): Judges, one from each team, stand at the end of pool and observe the end of the race. They help decide the order in which the swimmers finished the event (i.e., who won). No technical knowledge of swimming is required, but it does require a keen ability to focus your attention for close races.

Stroke & Turn Judges(2): These judges, one from each team, determine whether a swimmer touched the end of the pool during a turn and whether the technical aspects of the swimming stroke were legal. It requires knowledge of the US Swimming stroke regulations, and a willingness to fairly disqualify swimmers when appropriate. Those who are interested in this job usually "apprentice" with someone who has done it before. We provide a copy of the rules, and a master with whom you can apprentice. There is also a training program available from the league.

System 6 Operators(2): The timing system uses an electronic signal from the starter's device and the touch pads in the pool to determine the swimmers' times and order of finish. This information is displayed on the scoreboard and is fed into the computer program used by the scorekeeper that keeps track of the official results. This job requires a couple sessions of on-the-job training.

Starter/Referees(1): This is the most technically demanding job. The Starter/Ref runs the events in the meet by ensuring that the swimmers start simultaneously and oversees all the other meet officials. This is a leadership position that requires experience and a take-charge personality. It is up to the Starter to keep the meet moving. Training is available through the league.

Announcer(1): This is a great job for someone with a strong voice and an ability to correctly pronounce names. You announce the names of the swimmers in each event, and work with the Starter/Referee to keep the meet moving quickly and smoothly.

Snack Bar(2-3): The snack bar is a great place to work if you're not interested in watching the whole meet. This is an important fundraiser for our team. It is a great way to interact with both athletes and parents.

Deck Parents(3-4): The deck parent has a copy of the meet events for the swimmers. The deck parent will line swimmers up and get them motivated to swim.

Pool set-up/Tear down(3-4): A crew of 3-4 people is needed at each HOME meet to ready the pool area for competition. This includes setting up the electronic touch pads & lane lines. This crew must arrive earlier for HOME MEETS and stay about 30 minutes after the end of each HOME meet.

The Ten Commandments of Swimming and Diving Parents

- 1. Don't impose your ambitions on your child.**
Remember that swimming and/or diving is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they could be doing. The nice thing about swimming is every person can strive to do his or her personal best.
- 2. Do be supportive no matter what.**
There is only one question to ask your child: "Did you have fun?" Your child should not be forced to participate.
- 3. Don't coach your child.**
You have taken your child to a professional coach. Do not undermine that coach by trying to coach your child on the side. Your job is to support, love, and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. This is not your area. This will only serve to confuse your child and prevent that swimmer/diver coach bond from forming.
- 4. Do have positive things to say at a swimming meet.**
If you are going to attend a swimming meet, you should cheer and applaud, but never criticize your child or the coach.
- 5. Do acknowledge your child's fears.**
A first swimming meet can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.
- 6. Don't criticize the officials.**
If you do not have time or desire to volunteer as an official, don't criticize those who are doing the best they can.
- 7. Do honor your child's coach.**
The bond between swimmer/diver and coach is a special one, and one that contributes to your child's success as well as enjoyment. Do not criticize the coach in the presence of your child. It will only serve to hurt your child's swimming or diving.
- 8. Don't jump from team to team.**
The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind. Often times swimmers who do switch teams never do better than they did before they sought the bluer water.
- 9. Do have goals besides winning.**
Giving an honest effort, regardless of the outcome, is much more important than winning.
- 10. Don't expect your child to become an Olympian.**
Your child's odds of becoming an Olympian are about 1 in about 4,300. Swimming and diving is much more than just the Olympics. Swimming and diving teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships. Swimming and diving builds good people and you should be happy your child wants to participate

Diving Glossary

Alignment: When the diver's head, shoulders, hips and legs are held in a straight line. The correct body alignment increases stability and balance and results in better jumps and somersaults.

Approach: From the starting position, the approach is the number of steps taken to the end of the board on forward and reverse dives, before the hurdle. The approach must be at least three steps.

Back Dive (Group): Back dives begin with the diver balancing on the end of the board, facing away from the water. The dive rotates backward, away from the board.

Balk: A false start; when the diver clearly begins their approach or hurdle and stops before entering the water. One balk results in a two-point deduction from the judge's scores; a second balk requires the referee to call for a failed dive.

Degree of Difficulty (D.D.): A rating for each dive established by U.S. Diving that ranks how hard it is to perform. D.D.'s range from 1.0 to 3.5 and are multiplied by the judge's scores to determine the diver's total points for a dive.

Dive List: The official list of dives each competitor will perform in a meet, including required and optional dives. This list is turned into officials at the beginning of the meet and is the diver's score sheet for the meet.

Entry: The portion of the dive where the diver enters the water. Entry is head first, with arms extended towards the water except on full somersaulting dives, when the diver enters the water feet first, with arms close to his sides. In all cases, the entry should be as close to vertical as possible. Vertical entries, with little or no splash, are referred to as "rip entries".

Failed Dive: When a diver clearly performs a dive other than that announced or fails to complete the announced dive (feet enter the water first on a head-first dive, or hands enter the water first on a foot-first dive or the dive twists by more or less than that announced by 90 degrees) or balks a second time or the diver receives assistance during the dive or the diver falls into the water, the referee calls a failed dive and no points are awarded for that dive.

Flight: The path of the dive in the air.

Forward Dive (Group): Dives where the diver begins facing the water and then rotates away from the board. Forward dives usually begin with an approach and hurdle, but are occasionally performed from a standing position at the end of the board.

Fulcrum: The wheel that rotates under the board that divers adjust to give the board more or less bounce.

Free Position: A combination of straight, pike or tuck positions used in the twisting group of dives.

Hurdle: The jump from one foot the diver takes at the end of the approach on forward and reverse dives, to the two-foot landing at the end of the board before take-off.

Inward Dive (Group): These dives begin like back dives, with the diver balanced on the end of the board, facing away from the water. Once in the air, the diver rotates toward the board.

Optional Dives: Dives that are chosen by the diver or their coach. Usually, optional dives must be chosen from different groups, although the diver may repeat in the group from which the required dive has been drawn.

Pike Position: A position in diving in which the body is bent at the hips, with the knees straight and toes pointed. The position of the arms is optional.

Required Dive: A dive, which all divers in an age group must perform. Required dives are basic dives and demonstrate the diver's abilities in basic skills.

Reverse Dive (Group): Dives that begin like forward dives, but where the rotation of the dive is back towards the board.

Straight Position: In the straight position, the body is held straight with no bending at the hips or the knees. The feet are held together, with toes pointed. Also called the layout position.

Tuck Position: In this position, the body is bent at the hips and the knee, with legs together and toes pointed. The tuck should be as compact as possible.

Twisting Group: The fifth group of dives includes all the forward, back, inward and reverse dives but calls for them to be performed with "twists", which are rotations around the longitudinal (head-to-toe) axis of the diver.

Swimming Glossary

Aerobic: In the presence of oxygen; aerobic metabolism utilizes oxygen.

Age Group: Swimming age groups are 8 & under, 10 & under, 12 & under, 14 & under and unlimited.

Ascending Set: Training set in which repeat times get slower each time as the set progresses.

Anaerobic: In the absence of oxygen; nonoxidation metabolism. (See also lactate).

Backstroke: This stroke consists of an alternating motion of the arms with a flutter tick. On turns, some part of the swimmer must touch the wall. (Backstroke DQ's are for pulling or kicking into the wall once the swimmer has turned passed the vertical onto the breast; turning onto the breast before touching the wall with the hand at the finish of the race.)

Block: The starting platform.

Breaststroke: This stroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pulled from the breast in a heart shaped pattern and recovered under or on the surface of the water. The elbows remain under the surface of the water except at the finish. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously, with the shoulders in line with the surface of the water. (Breaststroke DQ's are for an illegal kick such as flutter (freestyle), dolphin (butterfly), or scissor (side stroke); shoulders not level; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.)

Broken Swims: Interval training in which a race is separated or broken into parts with a specified rest interval between each segment. This allows the swimmer to swim at race speed.

Butterfly: This stroke features a simultaneous overhand stroke of the arms combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissor, or use the breaststroke kick. (DQ's for butterfly are for alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.)

Circle Swimming: Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane.

Clerk of Course: At an invitational meet or competition meet, the person who arranges the swimmers in their proper heats and lanes

Cut: Slang for qualifying time. A time standard necessary to attend a particular meet or event.

Descending Set: Training set in which each repeat time gets faster as the set progresses.

Distance: Term used to refer to events over 400 meters / 500.yards.

Division Championships: In SAL (Suburban Aquatic League), a championship competition that is held at the end of the season (middle February) for all swimmers and divers in each division who do not qualify for League championships. It is possible for a swimmer to qualify for League's in one stroke and a relay and also go to Division's for two other strokes.

DQ: Disqualified. This occurs when a swimmer has committed an infraction of some kind; e.g. freestyle kick in butterfly. A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

Drill: An exercise involving a portion or part of a stroke, used to improve technique.

Dryland Training: Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics and/or weight training.

Endurance: The ability to persist, to resist fatigue, usually a result of increasing yardage as the season progresses.

Even Split: Swimming at the same pace throughout a race or swim.

Event: In a swimming competition, an event is the total of all the heats of competition for that age group, stroke, and distance.

False Start: Occurs when a swimmer is moving before the start gun is sounded. In the SAL one false start is allowed per swimmer per event.

Finish: The final phase of the race; the touch at the end of the race.

Flags: Backstroke flags placed 5 yards from the end of the pool. The flags enable backstrokers to execute a backstroke turn more efficiently.

Freestyle: A swimming competitor may swim any stroke, but most commonly the crawl is used. The crawl is characterized by the alternate overhand motion of the arms and an alternating (up and down) flutter kick. (Freestyle DQ's are for walking on the bottom; pulling on the lane rope; not touching the wall on a turn; or not completing the distance.)

Freestyle Relay: Event consists of four freestylers, each swimming one quarter of the total distance of the event.

Goal: A specific time achievement a swimmer sets and strives for. Can be short or long term.

Gutter: The area along the edge of the pool in which water overflows during the race and is recirculated through the filtration system.

Heat: In a swimming competition, one group of swimmers competing at the same time. A number of heats may comprise an event. Only the first heat is used for scoring. All subsequent heats are for times only.

Holding Time: Time a coach wants a swimmer to maintain on an interval set such as 10 x 100 on 2:00 minutes holding 1:30.

I.M.: Slang for Individual Medley, an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, and freestyle.

Interval: Send-off for swims; such as 10 x 100 on 2:00 minutes. The interval is 2:00 minutes.

Lactate: Lactic acid that forms in the muscle with the onset of exercise. Reduces muscle contraction when accumulations exceed certain levels. Is produced in most anaerobic sets.

Lap Counter: A set of plastic display numbers used to keep track of laps during a distance race. (Also, the person who counts for the swimmer stationed at the opposite end from the start.)

League Championships: Those swimmers and divers in the entire League (21 teams), with the top 18 times and scores in each event, participate in the League Championships.

Long Distance: Term used to refer to events of 800 meters / 1000 meters / 1650 yards in lengths. These races require swimmers to constantly be aware of where they are in the heat. Starting too fast can sap a swimmer's strength for the finish, while starting too slowly can separate the swimmer from the heat and make catching up impossible. Swimmers may elect to swim the race evenly, (holding the same pace throughout the race, sprinting the last 100), or they may negative split the race.

Meet: Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests himself against the clock to see how he is improving.

Medley Relay: All four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer freestyle.

Middle Distance: Term used to refer to events of 200 yards / meters to 400 meters / 500 yards in length. To swim these events a swimmer is required to have a sense of pace as well as an ability to swim a controlled sprint. In the 400 and 500 events, some swimmers negative or even split.

Negative Split: Swimming the second half of the race equal to or faster than the first half.

Official: A judge on the deck of the pool who enforces the rules. There are stroke and turn judges, starters, timers and referees.

Optional Meets: A meet, which is not, a scheduled team meet. Usually there is an entrance fee and advance registration is required. Swimmers get to choose the events in which they would like to compete.

Pace Clock: Large clock with a large second hand and a smaller minute hand, used to check pace or maintain internals in practice; may also be digital.

Pitch: Angles used by the hands and arms as they scull through a stroke pattern.

Race Pace: Training which allows the swimmer to train at racing speed. Usually done with shorter distances or broken swims, and simulates race conditions.

Referee: The person who has overall authority and control of the competition, ensuring that all the rules are followed; assigns and instructs all officials, and decides all questions relating to the conduct of the meet. The position of Referee and Starter may be combined into the position of Starter Ref.

Relay: An event in which 4 swimmers compete together as a team to achieve one time. (See Freestyle Relay and Medley Relay).

Relay Takeoff Judge: A person who stands beside the starting blocks to observe the relay exchange, ensuring that the feet of the departing swimmer have not lost contact with the block before the incoming swimmer touches the end of the pool.

Repeat: The actual distance used in a set, e.g. 10 x 50, in the 50 would be the repeat distance. A repeat time to hold may also be given.

SAL: Suburban Aquatic League. The league in which SWAC & CBAC participate.

Scratch: To withdraw from an event in a competition.

Seed Time: The time entered for a competition meet for each swimmer by stroke, to arrange the heats and sometimes positions and lanes. Competitors enter their lowest (best) legally swum time

Set: A specific segment of a daily practice; e.g. 10 x 100 on 2 minutes. Some sets may be repeated several times in a major set.

Split: A time recorded from the official start to the completion of an initial distance within a longer event. Also the time for one of the four individuals in a relay.

Sprint: Describes the shorter events (50 and 100) and in a race is an all-out effort from start to finish. In training, to swim as fast as possible for a short distance.

Starter: The person who assumes control of the swimmers from the Referee, directs them to “take your mark,” and sees that no swimmer is in motion prior to giving the start signal. The position of Starter and Referee may be combined into the position of Starter Ref.

Streamline: The position used by swimmers when starting or pushing off the walls designed to reduce water resistance.

Stroke Judges: The persons who observe the swimmers from both sides of the pool, walking abreast of the swimmers, to ensure that the rules relating to each stroke are being followed. The positions of Stroke Judge and Turn Judge may be combined into one position called the Stroke and Turn Judge.

Taper: The final preparation phase sometimes referred to as “rest”, in the practice routine before a competition.

Time Trial: A time-only swim, which is not part of a regular meet.

Timers: Operate timing devices (watches or automatic timing systems) and record the time for the swimmer in their lane.

Touch Pad: A large sensitive board at the end of each lane where a swimmer’s finish is registered and sent electronically to the timing system.

Turn Judges: Observe the swimmers from each end of the pool and ensure that the turns and finishes comply with the rules applicable to each stroke.

UNO (Unofficial): When a diver or swimmer competes in a meet and his time or score is recorded toward championship placement but is not eligible to be counted in the scoring of the meet for the team.

USS: United States Swimming, Inc. (Now known as USA Swimming) is the national governing body for amateur competitive swimming.

Warm Down: Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid, and to gradually increase heart rate, respiration.

Warm Up: Low intensity swimming used by swimmer prior to a main practice set or race to get muscles loose and warm. Warm up gradually increases heart rate, respiration and helps to prevent injury.

Watches: Stopwatches used to time swimmers during a competition. When totally automatic timing equipment is used, watches serve as a back-up method.

DQ’s IN SWIMMING:

The technical rules of swimming and diving are designed to provide fair and equitable 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. Trained officials observe the swimmers during each event to ensure compliance with these technical rules. If a swimmer commits an infraction of the rules, a disqualification will result. This means that the swimmer will not receive an official time and will not be eligible for an award that event. Disqualifications may result from actions such as not getting to the starting blocks on time, false starting, advancing themselves by walking on or pushing off the bottom of the pool, or pulling on the lane lines. DQs are also a result of technical violations. They include but are not limited to:

Freestyle: Walking on the bottom, pulling on the lane line, not touching the wall on a turn, or not completing the distance.

Backstroke: Pulling or kicking into the wall once a swimmer has turned past 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; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

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

If your child is disqualified in an event, be supportive rather than critical. A DQ should be treated as a learning experience, not as a punishment.

Directions to SAL Pools

Directions to all SAL pools are located on the Suburban Aquatic website. Please go to www.suburbanaquatic.org. Click on Directions to Pools or League Directory. Once in League Directory scroll down to bottom and click on the pool you are visiting.