

# ***SWIMMER HANDBOOK***



***SUMMER SEASON 2010***

***HEAD COACH: SHELLEY LECHNIR***

# **SWIMMER RESPONSIBILITIES**

## **Swimmers Code of Ethics**

As a representative of my team, my Y, and my community, I will...

- exemplify behavior that will build up and not tear down.
- practice good sportsmanship during practice and meets through my actions and words.
- attend every practice and meet that I can or will notify my coach if I can not.
- listen and learn to my best ability what my coaches are teaching me.
- respect to ALL, even if I disagree with them.
- encourage my parents and family to be involved in my Blue Wave Swim Team.
- uphold and practice the core values of the Community Y.
- communicate my needs with all involved.
- share with my team my successes and disappointments.
- respect Y property and other facilities we visit.

During Practices I will...

- obey all pool regulations and rules.
- be prepared for practice, arriving with all my gear.
- be on deck prior to the start of a training session for set-up .
- not enter the water until given permission by the coach.
- listen and follow directions of the coaches.
- use all equipment and facilities for their intended purpose.
- not interfere with the ability of other swimmers to workout.
- properly warm up prior to practice and meets.
- be attentive and exhibit respect to coaches and teammates.
- attend training regularly .
- practice core values of caring, honesty, respect, responsibility, empowerment, leadership and wellness.
- encourage fellow teammates.

## **Attitude**

All swimmers should display a healthy attitude during practice. This includes a positive attitude towards the workout, other swimmers and the coaches. Improper attitudes will be handled by coaching or aquatic staff and parents.

## **Attendance**

Swimmers should be on deck with equipment ready at the time designated for his or her time slot. If an athlete is consistently late, the swimmer and parents will be notified.

Swimmers must attend practices regularly before participating in competition. The definition of regularly will be determined by the coaching staff. We understand that families today are very busy, therefore, we simply ask that you visit with the coaching staff should you foresee a problem with practice schedules. The coaching staff may not recommend swimmers for competition if the swimmer does not attend practice regularly. Swimmers involved in other sports are required to work out their schedule with the coaching staff in advance.

## **Discipline**

The following progressive disciplinary measures will be taken if the rules and spirit of competition are violated:

1. Swimmer received a verbal warning.
2. Swimmer sits out that activity or event for 5-10 minutes.
3. Swimmer will be asked to leave the activity or event for the day.

4. Swimmer will be denied competitive swimming privileges for one meet.
5. Swimmer will be removed from the Blue Wave swim team for the season.
6. If any facilities or equipment are damaged, the swimmer and family will be responsible for the cost of the repair or replacement.

## **EQUIPMENT NEEDS**

**Practice Suit** -This is a suit worn during practice sessions. These are typically made of nylon or polyester. The suit should be of the competitive style. We encourage swimmers not to wear their team suit or meet suit to practice in order to keep them in good condition for swim meets. Make sure to rinse suits with clean tap water after practice to keep suits lasting longer. A product called "Chlorout" can be found in the fish section at Wal-Mart that is also useful.

**Competition Suit** -A team racing suit is recommended for each swimmer that is competing. This suit is usually 2 sizes smaller than the practice suit to reduce resistance and increase the glide through the water. Team suits are picked out and specified by Parent Support Group and coaching staff. See the above recommendations for caring for your suit. **ORDERS GO OUT THE FIRST WEEK OF PRACTICE.**

**Cap** - Latex or lycra swim caps cut down resistance and protect hair from the effects of chlorine and pool chemicals. **PERSONALIZED TEAM CAPS CAN BE ORDERED WITH TEAM SUIT.**

**Sweats** -Some type of warm-up sweat suit should be worn at meets and to and from practice during cold weather. Athletic apparel should be worn by older swimmers during dry land exercise. Warm clothing is highly recommended to avoid becoming chilled.

**Team Clothing** – Available for purchase during the swim season. Order forms will be available at practice and on the team website.

**Goggles** - Goggles are available in different types, colors and costs. Pay attention to the shape of the swimmer's eye when purchasing for maximum safety and comfort.

**Water Bottle** - Bring a plastic water bottle to practice to ensure proper hydration during practice.

**Towels** - Large thick towels are typically preferred by swimmers, but of course any regular towels will work.

## **OTHER INFORMATION**

### **Bulletin Board**

Look for swim team information that is posted on the bulletin board in the Natatorium. Coaches will post special events, meet results and information you need to know. Ribbons, medals and notes that need to go home are located in the portable file box under the bulletin board. Information is also posted regularly on the official team website: [www.bluewaveswimteam.com](http://www.bluewaveswimteam.com).

### **Team Pictures**

Team pictures are not offered in the summer season.

## SUMMER EVENT LIST by EVENT NUMBER

Please note that events and numbers differ from the winter season

Event #	Event Name	Event #	Event Name
1	Girls 200 Freestyle	52	Boys 15-18 100 Freestyle
2	Boys 200 Freestyle	53	Girls 8 & Under 25 Backstroke
3	Girls 8 & Under 100 Medley Relay	54	Boys 8 & Under 25 Backstroke
4	Boys 8 & Under 100 Medley Relay	55	Girls 9-10 50 Backstroke
5	Girls 9-10 200 Medley Relay	56	Boys 9-10 50 Backstroke
6	Boys 9-10 200 Medley Relay	57	Girls 11-12 50 Backstroke
7	Girls 11-12 200 Medley Relay	58	Boys 11-12 50 Backstroke
8	Boys 11-12 200 Medley Relay	59	Girls 13-14 100 Backstroke
9	Girls 13-14 200 Medley Relay	60	Boys 13-14 100 Backstroke
10	Boys 13-14 200 Medley Relay	61	Girls 15-18 100 Backstroke
11	Girls 15-18 200 Medley Relay	62	Boys 15-18 100 Backstroke
12	Boys 15-18 200 Medley Relay	63	Girls 8 & Under 25 Breaststroke
13	Girls 8 & Under 25 Freestyle	64	Boys 8 & Under 25 Breaststroke
14	Boys 8 & Under 25 Freestyle	65	Girls 9-10 50 Breaststroke
15	Girls 9-10 50 Freestyle	66	Boys 9-10 50 Breaststroke
16	Boys 9-10 50 Freestyle	67	Girls 11-12 50 Breaststroke
17	Girls 11-12 50 Freestyle	68	Boys 11-12 50 Breaststroke
18	Boys 11-12 50 Freestyle	69	Girls 13-14 100 Breaststroke
19	Girls 13-14 50 Freestyle	70	Boys 13-14 100 Breaststroke
20	Boys 13-14 50 Freestyle	71	Girls 15-18 100 Breaststroke
21	Girls 15-18 50 Freestyle	72	Boys 15-18 100 Breaststroke
22	Boys 15-18 50 Freestyle	73	Girls 500 Freestyle
23	Girls 8 & Under 100 IM	74	Boys 500 Freestyle
24	Boys 8 & Under 100 IM	75	Girls 8 & Under 100 Freestyle Relay
25	Girls 9-10 100 IM	76	Boys 8 & Under 100 Freestyle Relay
26	Boys 9-10 100 IM	77	Girls 9-10 200 Freestyle Relay
27	Girls 11-12 100 IM	78	Boys 9-10 200 Freestyle Relay
28	Boys 11-12 100 IM	79	Girls 11-12 200 Freestyle Relay
29	Girls 13-14 200 IM	80	Boys 11-12 200 Freestyle Relay
30	Boys 13-14 200 IM	81	Girls 13-14 200 Freestyle Relay
31	Girls 15-18 200 IM	82	Boys 13-14 200 Freestyle Relay
32	Boys 15-18 200 IM	83	Girls 15-18 200 Freestyle Relay
33	Girls 8 & Under 25 Butterfly	84	Boys 15-18 200 Freestyle Relay
34	Boys 8 & Under 25 Butterfly		
35	Girls 9-10 50 Butterfly		
36	Boys 9-10 50 Butterfly		
37	Girls 11-12 50 Butterfly		
38	Boys 11-12 50 Butterfly		
39	Girls 13-14 100 Butterfly		
40	Boys 13-14 100 Butterfly		
41	Girls 15-18 100 Butterfly		
42	Boys 15-18 100 Butterfly		
43	Girls 8 & Under 50 Freestyle		
44	Boys 8 & Under 50 Freestyle		
45	Girls 9-10 100 Freestyle		
46	Boys 9-10 100 Freestyle		
47	Girls 11-12 100 Freestyle		
48	Boys 11-12 100 Freestyle		
49	Girls 13-14 100 Freestyle		
50	Boys 13-14 100 Freestyle		
51	Girls 15-18 100 Freestyle		