



Riverside Swim Club Swim Team Information

Welcome to the 2011 Barracudas! Summer swimming is a positive, fun experience for both parents and children. The following information is a brief guide to what happens during the season. If you have any other questions as the summer goes on, please feel free to talk to the club reps or to the coaching staff.

Daily Morning Practice Times

The swim team practices Monday through Friday at the following times:

7:00am – 8:30am	11 and older
8:30am – 9:30am	9-10 years
9:30am – 10:30am	8 and under or first year swimmers

Friday practices are optional but remember...they are called “Fun Friday” for a reason!

Daily Afternoon Practice Times

For only those with morning summer school or camp conflicts we are holding afternoon practice from 4-5pm Monday - Wednesday. Please note that afternoon practice will not be held on days that we have swim meets. There will only be 3 lanes available for afternoon practice.

Stroke/Competitive Start Diving Clinics

Due to positive feedback, Stroke, Turn and Competitive Diving Clinics will be held again this summer. The Stroke Clinics and the Turn Clinic will be held on Saturday mornings and will cost \$20 per swimmer for a one hour session. Please note that these clinics are completely optional and that during practice the coaches do work with all swimmers to perfect every stroke however, with over 200 children on this swim team, the clinics will allow extra specialized instruction where it is needed. All Stroke/Turn Clinics will be held from 9-10am before the pool opens for the day. We will need a minimum of 10 participants for the clinics to take place and can accommodate a maximum of 20 participants. Sign-up sheets for the clinics will be posted in the pool lobby the first week of practice.

For the cost of \$10 per swimmer, Competitive Start Diving Clinics will be held on Thursdays and Fridays from 10:30 - 11:00 in the diving well. Sign up sheets for the Diving Clinics will also be posted in the pool lobby the first week of practice.

Communication

Although there is always a great deal of information going out during the season, there are a number of ways to stay on top of everything.

E-MAIL - Watch for periodic reminders.

KIOSK - Notices regarding swim team will be posted on the kiosk outside the pool entrance. Please check this frequently for up-to-date swim team news.

FOLDERS - Each family will have an individual folder at the pool. Please have your swimmers check it daily, after practice, for notes, ribbons, etc.

Equipment

For practice, each swimmer should bring a **suit, goggles, fins, towel, and a cap**. For a meet, each swimmer should have the team suit if one was purchased, team cap, goggles and at least two towels. T-shirts, sweatpants, and

sweatshirts are also a good idea, as it can get chilly at night. Swimmers may also bring nutritious snacks and drinks to the meets (please avoid sending junk food) and non expensive items of entertainment. Please avoid bringing DVD players, video games or Ipods. At certain times these things will be left unattended by your child and, although we tend to be very trusting as a conference, things have disappeared in the past. **Due to peanut allergies, please do not send snacks containing peanuts.**

Swim Meets

NOTE NEW START TIME FOR ALL SWIM MEETS!!!!

Swim meets are typically held on Monday or Thursday evenings and begin at 6:00. Swimmers are expected to be at the pool to **CHECK IN** one hour (**5 PM**) before the meet starts. **Anyone arriving after the one hour cut-off, will be scratched from the meet! Please do not expect to simply call the coaches or club reps to sign your children in if you are running late!**

A swim team binder will be placed at the front desk of the pool, with a separate section for each meet. **Every swimmer** is expected to highlight his or her name for each meet they plan to participate in. This may be done all at once, at the beginning of the season, or week by week. If you chose to sign-up each week, this must be done the Tuesday before at 10a for a Thursday meet or the Friday before by 10a for a Monday meet. **Swimmers that do not highlight their name will not be included in the line-up for that weeks meet.**

Meets last approximately 2 – 2 ½ hours, but can go slightly longer when we swim against a large club, such as LaGrange. Children swimming in the 6 and under category will finish much sooner, and can leave when they are done. If you need to take your child home early for any reason, please let the coaches or club reps know before you leave so that a substitute swimmer can be found.

When swimmers arrive for the meet, they are to go directly to the bullpen. The “bullpen” is the term used for a separate area of the pool deck where the swimmers sit while waiting for their event. **All swimmers are expected to remain in the bullpen for the duration of the meet.** Parent volunteers make sure that everyone is lined up and ready for his/her race. Please do not have your child leave the bullpen to sit by you or get something to eat.

It gets very crowded on deck during a meet, so we kindly ask all parent spectators to stay in the viewing area. (We are going to work very hard this year to enforce this rule. Please do not be offended if you are asked to leave the deck.) At home meets, an event sheet will be posted in the spectator section. You will be able to check this sheet for the events your child will be swimming.

Meet Events

Competitive swimming consists of four individual strokes: freestyle (FR), backstroke (BK), breaststroke (BR), and butterfly (FL). The individual medley (IM) is an individual race combining all four strokes. (8 and under swimmers do not swim the IM.) There are two relay races, comprised of teams of four swimmers. The medley relay contains the four different strokes; the free relay is all freestyle.

Races, called events, are divided first between girls and boys and then further by age group. The age groupings are: 6 and under, 8 and under, 9-10, 11-12, 13-14, and 15-18. A child is slotted into an age group based on his/her age as of June 1.

Each race has an event number. Girls' races are the odd-numbered events; boys' races are even-numbered. On occasion, a swimmer may be asked to “swim up”. This means that he/she is filling a spot in an older age group. Swimmers are never allowed to “swim down”.

Events are made up of heats. A “heat” is usually comprised of 3 home team swimmers and 3 opposing team swimmers, although there can be exceptions. The home team will typically swim in lanes 1, 3, and 5; the opposing team swims in lanes 2, 4, and 6. There may be multiple heats depending on the number of swimmers in an age group.

One length of a pool is 25 yards or 25 meters, depending on the pool. (RSC is a meter pool.) The number of laps your child swims depends on his/her age group.

At a meet, swimmers may swim a maximum of two individual events and two relays. (6 and under swimmers will swim only two events: freestyle and backstroke.) The number and type of events a child swims can vary from meet to meet. Swim meets begin with the medley relays and end with the free relays. The bullpen volunteers may write abbreviations on the younger children's hands to help remind them of their events.

The following is an example:

#12 (Event 12) H2 (Heat 2) L6 (Lane 6) FR (Freestyle)

Conference

At the end of the season, all the clubs participate in a conference meet. This year's meet is hosted by The LaGrange Field Club and scheduled for Saturday, July 23rd. The start time for this event has yet to be determined but plan for a very early warm-up time!

Each club selects a certain number of swimmers from each age group (excluding 6 and under) to be on the conference team. At RSC, this selection is done by the **coaches** and is based on the **legality of strokes and turns** and **times achieved** during the dual meets and practices. Swimmers must swim in at least two dual meets to be eligible for the conference team.

Swimmers on the conference team are expected to practice with their team the week before the meet. Please remember this when making vacation plans as we want to have the strongest conference team possible.

Pizza and Donuts

Friday morning practices are considered "Fun Friday" especially the week we have an away swim meet as all swimmers who attend practice will receive a donut!

As for pizza, if you or your swimmers would like to enjoy a slice of pizza after a home meet please see the Pizza Committee Table when you check in for the meet. The committee will collect money early that evening and will order pizzas to be delivered near the end of the meet but only for those who have placed an order.

Parent Volunteers

Parental help and support is critical to the success of our swim program. We have a wide variety of opportunities, and you do not have to work every meet. If you have not already done so, please sign up to help on one of the following committees:

- Bullpen:* *Lines up the swimmers for their events.*
Chair: POSITION OPEN
- Ribbons:* *Tags and sorts place ribbons during the meet.*
Chairs: Nancy Berger/Moey Dvorak
- Timers:* *Organizes timers to time each lane using a stopwatch.*
Chair: Liz Carey
- Social:* *Team photo and snacks*
Chair: Lisa Carlson
- Pizza:* *Coordinates pizza orders for home meets.*
Chairs: Sue Pipal/Nancy Huchings
- Donuts:* *Provides donuts for fun friday after away meets.*
Chair: Rose Androwich
- Computer:* *Inputs data from timers sheets into the computer.*
Chair: Carmella DiMarco
- Runners:* *Coordinates runners for home meets.*
Chairs: Christine Kawiecki

Banquet: *Coordinates Banquet*
Chair: Nancy Connelly

Important Dates to Remember

June 23rd - Swim Team Photo Day

July 23rd - Conference at the LaGrange Field Club.

July 23rd - Swim Team Banquet

Addresses for away swim meets

If you do not know where a pool for an away meet is located please check the Intersuburban Swim Conference web site. Detailed directions as well as pool information for all participating in the conference can be found there.

<http://conferencemeet.tripod.com/id13.html>

If you have any questions please do not hesitate to contact one of the club reps....

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We look forward to a fantastic summer season!
Go Barracudas!

