

# FAIRFIELD-FAIRFIELD CREST SWIM TEAM HANDBOOK



2011 SEASON: May 31 – July 23

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## 2011 Season

### SUBURBAN SWIM LEAGUE

Fairfield/Fairfield Crest (FFC) is a member of the Suburban Swim League (SSL), which is composed of 22 swim clubs, predominantly from northwestern Delaware. These teams are grouped into three divisions. Groupings are based on competitive ability. After each season, the team with the best record in the White and Blue division will move up to the next division for the next season. Consequently, the team with the poorest record in the Red and White division will move down a division for the next season. The divisions for the 2011 swim season are as follow:

<b>RED</b>	<b>WHITE</b>	<b>BLUE</b>
Drummond Hill	Westminster	Arundel
Kennett YMCA	Fairfield	Crestmoor
Skyline	Maple Valley	Glasgow Pines
Persimmon Creek	Oaklands	Wedgewood
Western YMCA	Yorklyn	Oakwood Valley
Nottingham Green	North Star	Penn Acres
Delaware Blue Fish	Hockessin Athletic Club	Valleybrook
		Sherwood Park

### PURPOSE & PHILOSOPHY

The Fairfield-Fairfield Crest Swim Team strives to provide the opportunity for competitive swimming among all its members of all abilities. Good sportsmanship, fair play, team spirit, and participation by all swimmers and parents in all meets is FFC's goal throughout the entire swim season. Fairfield swimmers will be coached to develop and improve their competitive swimming skills in a fun, safe, and healthy environment. In an effort to maximize the success of each swimmer, the coaching staff works strategically and diligently to uphold the motivation, high expectations and team dynamics that has made FFC one of the most outstanding teams in the SSL. To continuously build toward our collective goal, we encourage feedback, suggestions, praise and comments from both parents and swimmers.

### SWIM TEAM ELIGIBILITY

The age group for a swimmer for the entire season is determined by his/her age as of May 30th. Swimmers are eligible to compete until age 19. Swimmers must swim in at least 4 meets to qualify for Time Trials and Championships. Age groups are as follows: 15 -18/ 13-14 / 11-12 / 9-10 / 8 and Under.

The cost for the season is \$56 per swimmer. Each swimmer who signs-up during the April registration dates is guaranteed a team shirt. Registrations will be accepted throughout the season, however a team shirt is not guaranteed.

### PRACTICE

**PRACTICE IS REQUIRED FOR ALL TEAM MEMBERS.** Classifications for practice groups will be determined primarily on skill level, rather than age. If a swimmer is unhappy with the group they have been placed in, please see a coach. We will try our best to reach a compromise. Attendance will be taken during every practice, and eligibility to swim favored events in meets will be determined by dedication to practice. This policy will be instituted to equate as much fairness in decision making while writing line-up as possible.

## **MINIS**

Minis begin at four years of age. This group is optimal for young swimmers becoming comfortable swimming in the water. We emphasize the development of freestyle and backstroke through basic exercises in kick and pull. Swimmers range from age 4- 8 and cannot meet the Blue requirements. Minis must be comfortable in the pool (will put their face under water) and eager to learn. The goal is to prepare the young swimmers in this group for a more active participation on the swim team, to swim one length of the pool and for competing in swim meets. When the child and the coaches feel they are ready, a Mini will normally be rostered to first swim exhibition events. Parents of Minis are required to begin participating in swim meets by working a minimum of two meets per season.

## **BLUE** (generally ages 5-8)

Swimmers must be able to swim a full length of the pool. The primary objective is to develop the strokes so that the swimmers become legal in all four strokes according to the standards of the SSL League. Coaches will be in the water to assist swimmer development.

## **WHITE** (generally ages 9-12)

This group strongly emphasizes stroke mechanics. Practices generally consist of stroke drills for the majority of the time, and a short set at the end for conditioning. Swimmers must be mentally committed to utilize instruction in stroke refinement. Although coaches will generally not be in the water, there are practices in which a hands-on approach is necessary.

## **GOLD** (generally ages 13-18)

The focus of this practice is conditioning, to prepare the older swimmers to compete optimally in the swim meets. There will be days in which we will focus on stroke mechanics and important aspects of races, such as starts and turns. In order to reach their full potential, swimmers should be committed to attending practices regularly.

<b>Group</b>	<b>Practice time starting May 31, 2011</b>	<b>Practice time starting June 20, 2011*</b>
<b>13-18 GOLD</b>	4-5:15pm	7:30- 8:45am
<b>9-12 WHITE</b>	6:15-7:15pm	8:45- 10:00am
<b>8 and Under BLUE</b>	5:15-6:15pm	10:00-11:00am
<b>Mini</b>	No practice	11:00-11:30am

\*7-8pm practice available if your child is still in school

**PARENTS MAY ATTEND PRACTICE BUT MUST REMAIN ON THE DECKS. PLEASE NOTE THAT THE BABY POOL IS CLOSED DURING ALL PRACTICES AND MEETS.** Exceptions may be made during morning practices **ONLY** when arranged through the pool manager and a lifeguard is on duty for the baby pool specifically. Also note that the coaches are occupied with coaching the swimmers who are currently in practice and in the pool. Therefore, swimmers should not be left unattended for extended periods of time.

## **SWIM MEETS**

Swim Meets are Wednesday evening's beginning at 6:00 PM and Saturday mornings beginning at 9:00 AM. Warm-ups precede every meet and swimmers should be at the pool an hour before the meet begins. The coaches' rule is that no swim team member is permitted at the pool on Wednesday afternoons (after practice) before a meet or on Friday evening after 7:00 PM before a Saturday meet. This rule will be strictly enforced by the coaches and lifeguards. If a swimmer is unable to participate in a meet, parents must notify the coaches by signing the swimmer's name in the "Missed Meets" section of the binder. Coaches must know as soon as

possible if a meet will be missed. Failure to communicate that your swimmer will be missing a meet could impact another child's opportunity to swim in the meet. **In cases of illness, notify coaches as soon as possible.**

Prior to each meet the coaching staff takes great effort to create a competitive and inclusive line up that will enable the team to earn a victory. A competitive line-up is derived from a combination of our team philosophy and strategy. Check the line up that is posted every meet and help the rounder uppers by reminding your swimmer to stay in their designated area during the meet.

Swimmers can swim a maximum of three events per meet. These may be a combination of individual and/or relay events. Swimmers may be asked to "swim up" an age group. These swims might provide an opportunity for the team to gain points in an age group in which we do not have many swimmers. (Swimmers can never "swim-down", however.) Encourage your child to swim their best no matter what stroke, relay or lane they are in. Let them know that everyone who swims in a meet contributes to the success of the team.

During meets, swimmers should remain with their age group so they can be found for their events. Swimmers **MUST** be on the ready bench (with cap, goggles, and ready to swim) 2 events prior to the event in which they will swim. Swimmers who do not follow these rules risk being scratched from their next event or disqualified. The team is expected to stay throughout the entire meet to cheer on their teammates. If there is a chance of inclement weather, always assume the meet is running unless notified by the swim team representative or coach. Please do not assume a meet will be canceled and thus not show up. If you decide to not come to the meet due to weather, you must call the coach to inform them. Swimmers are expected to stay at a meet unless told by the coach that it has been postponed. Swimmers are also expected to stay if exhibition heats are at the end of the meet to cheer on their teammates. All swimmers are expected to pick up their trash at the completion of the meet (this includes away meets).

The SSL follows the USA-S MEN'S AND WOMEN'S SWIMMING AND DIVING RULES in conducting and judging all meets. Points are awarded as follows:

	INDIVIDUAL EVENTS	RELAY EVENTS
1 <sup>st</sup> PLACE	5 POINTS	7 POINTS
2 <sup>nd</sup> PLACE	3 POINTS	3 POINTS
3 <sup>rd</sup> PLACE	1 POINT	1 POINT

A swim meet consists of 70 events. First are Medley Relays, followed by the individual events (IM, Freestyle, Butterfly, Backstroke, and Breaststroke), and ending with the Free Relays. In a **MEDLEY RELAY**, each member of the four-person team swims one stroke (Backstroke, Breaststroke, Butterfly, and Freestyle). An Individual Medley (IM) is held for the 12 & under, 14 & under, and the 15 & over (OPEN) age groups. In this event each swimmer swims all four strokes. Generally, 8's and 10's swim 25 meters; 12's and 14's swim 50 meters; Opens swim 100 meters. Some pools are marked in yards. There are two official events for the 6 & under age group: 25 Freestyle and 25 Backstroke.

### **OFFICIALS AND WORKERS**

It is required that parents work a minimum of three meets per season (parents of mini turtles only need to work 2 meets). If you do not sign up, activities will be assigned to you. It will be your responsibility to find a replacement if you can not work. If you are willing to work more than your required share, it will be greatly appreciated. Workers for the first shift need to be at the pool ½ hour before the meet for set-up. Second shift workers need to stay after the meet and clean up. Please see specific needs for each job listed below.

**STARTER/REFEREE** – The **REFEREE** is the head official and often serves as the **STARTER**. The **REFEREE** has full jurisdiction over the meet and sees that all rules are enforced. The **STARTER** advises swimmers at the start of each race as to the stroke and distance. The **STARTER/REFEREE** is supplied by

the HOME TEAM and must attend a clinic run by SSL at the beginning of each season. The starter/ referee must be at the pool at least a ½ hour before the meet is scheduled to begin.

**STROKE AND TURN JUDGE** – Two are required, four are preferred; one/two from each team. **JUDGES** observe starts, strokes, and turns of each event; they may disqualify (DQ) a swimmer for any violation of their stroke or turn and must also attend a clinic run by SSL at the beginning of each season. The stroke and turn judge must be at the pool at least a ½ hour before the meet is scheduled to begin.

**PLACE JUDGE** – Two are required, one from each team. They determine the order of finish for 1st, 2nd, and 3rd place in each race. SSL offers an optional clinic. The place judge must be at the pool at least 20 minutes before the meet is scheduled to begin and check-in with the scores table.

**HEAD TIMER** – Supplied by HOME TEAM, records and verifies names of swimmers in each lane; record finish position, time and possible disqualification of each swimmer in each event. NO clinic is required. The head timer must be at the pool at least a ½ hour before the meet is scheduled to begin.

**SCORERS** – Required from each team. They receive all roster changes, prepare event cards, record event results, and assign, record and total team points. We provide two (2) scorers for each AWAY meet, and three (3) for each HOME meet. SSL provides a clinic at the beginning of each season and scorers are encouraged to attend. It is recommended that scorers be at the pool at least 45 minutes before the meet is scheduled to begin.

**TIMER** – Two are required per lane, one from each team. Timers average and record each individual swimmers time. NO clinic is required. Timers must be at the pool at least 20 before the meet is scheduled to begin and attend the timers meeting.

**READY BENCH/CLERK OF COURSE** – Two (2) are needed for each home meet to line up swimmers prior to their events. This is a crucial job to keep the meet running smoothly and on time. The Clerk of Course will check in and line up the swimmers and seat them on the READY BENCH. When their event is called the swimmers will move from the ready bench to the appropriate lane. This position is required by the SSL. The ready bench and clerk of course must be at the pool at least a ½ hour before the meet is scheduled to begin.

**ANNOUNCER** – Supplied by the HOME team to announce swimmers in the next event and the results of the previous events. The announcer must be at the pool at least a ½ hour before the meet is scheduled to begin.

In addition to the officials, the following workers are needed at the meets.

**RIBBONS** – Three (3) volunteers are needed at each meet to write names, events and times on award ribbons. This volunteer must be at the pool at least 20 minutes before the meet is scheduled to begin.

**PHOTOGRAPHERS** – At each meet we need photographers to take pictures using your own camera and burn to a CD. The pictures will be used in the slide show at the end of the year. Our goal is to get at least one picture of each swimmer during the season. We will happily accept donations of pictures taken during the season that are on a CD.

**TURTLE SHELL** aka concessions - Six (6) workers are needed to work in the Turtle Shell at each home meet- three for the first half and three for the second half. An additional person is needed to work the grill for the second half only of a Saturday morning meet, and for all of a Wednesday night meet. Those working the first shift need to arrive at the Turtle Shell 45 minutes before the meet is scheduled to begin. Volunteers working the second shift should expect to stay 30 minutes after the meet to help clean up. No children are allowed in the Turtle Shell while their parent is working.

**50/50** – Two lively and friendly people are needed at home meets to sell 50/50 tickets. Profits help support the Swim Team. This volunteer should be at the pool at least 20 minutes before the meet is scheduled to begin.

**MEET SET-UP** – Three parents are needed before each home meet to prepare the pool for the meet. Workers need to arrive at the pool by 7am for Saturday meets and 4pm for Wednesday meets. Duties include setting up scorers' tent and tables, putting up flags, preparing the pool, etc.

### **OTHER SWIM TEAM PARENT/GUARDIAN RESPONSIBILITIES**

In addition to working at least two meets:

- ◆ Parents/guardians must bring a bag of ice to every HOME meet.
- ◆ Parents/guardians are asked to donate drinks (no glass please).
  - A-L: 3 – 12 packs of soda (one diet)
  - M-Z: 1 case of water & 16 large Gatorade/ sports drinks.
- ◆ Parents/guardians must also contribute food items to the Turtle Shell for each child participating on the swim team. Please see the calendar for the HOME meet specified per your child's age group.

The Turtle Shell items schedule is as follows:

13-18's contribute food items to the 1<sup>st</sup> home meet

11-12's contribute food items to the 2<sup>nd</sup> home meet

9-10's contribute food items to the 3<sup>rd</sup> home meet

8 & under contribute food items to the last home meet

**Please be sure to sign up in the food donation section of the binder.**

### **AWARDS**

**RIBBONS** - All swimmers ages 12 and under receive ribbons for every event they swim. Swimmers 13 and over will receive ribbons if they are requested on the registration form. All heats, including EXHIBITION heats, will receive 1st, 2nd, 3rd place ribbons or a PARTICIPATION ribbon. If a swimmer gets disqualified (DQed), he/she will receive a PARTICIPATION ribbon.

**SUPER TURTLE AWARD** – This award will be given each meet to the one swimmer who best exemplifies all-round team spirit as determined by the coaches. This swimmer will get the privilege of taking our giant stuffed turtle home with him/her until the next meet, at which time it must be brought back ready to be awarded to the next SUPER TURTLE.

**SPIRIT AWARD** – Home meets this season will have a fun and spirited themes (TBD by the coach). Coaches select the person who best exemplifies this theme and an announcement will be made at the end of the meet.

**TROPHIES** – All swimmers ages 12 and under will be awarded a trophy upon completion of the swim season. Swimmers 13 and over will receive a trophy if it is requested on the registration form. If a swimmer leaves the team before the season is over, they forfeit their trophy. Trophies are given at the end of season banquet (held the Saturday evening of Championships in July).

**TEAM JACKET** - Swimmers who have been on the swim team for five years are eligible to order their 5 year jackets. Jackets will be awarded at the banquet to those swimmers who elect to order a jacket. The cost of the jacket is paid for by the family.

**COACHES' AWARD** - The Coaches' Award goes to a male and female swimmer in each age group who best exemplifies the spirit of FFC swimming. She/he practices diligently, attends all meets, cheers for the team, and is an all-around good sport and help to the coaches.

**MOST IMPROVED SWIMMER** – The Most Improved Swimmer is the swimmer in each age group who shows the most improvement from the beginning to the end of the summer season. An award is given to both a male and female in each age- group. The swimmer must practice diligently, attend all meets, and support the team throughout the season.

**PRESIDENT'S AWARD** – The President's Award goes to the swimmer who scores the most points for the team in the season (who has the highest average number of points per individual event). This award is selected based upon individual performance in meets. This swimmer must attend all meets, and swim a minimum of 16 individual events throughout the season. Typically the award goes to one swimmer each season.

**RANDALL SMITH AWARD** – Given to the swimmer each season who best illustrates the spirit of sportsmanship, team play, and who best exemplifies all aspects of FFC swimming. Randall Smith was a 1978 graduate of Newark High School who was very dedicated to FFC and the swim team. Although never a "star," he was an active, long-term member of the team and especially supportive of all his teammates- from the very youngest to the oldest swimmers. At age 16 he became a lifeguard and continued to work at the pool every summer. He graduated from the Naval Academy and was later sent to Florida to train to become a fighter pilot. In September 1983, Randall died in a tragic water skiing accident while training in Florida.

### **SSL TIME TRIALS and CHAMPIONSHIPS**

SSL Time Trials are held at the conclusion of the regular season. There is one TIME TRIAL for each age group. At the time trials the top 16 swimmers in each individual event qualify to swim in the Championship Meet. Swimmers who place 1 through 8 qualify for CHAMPIONSHIP EVENTS. Swimmers who place 9 through 16 qualify for CONSOLATION EVENTS. Championship relay events take place at TIME TRIALS. The league rules for Championships state that each team may have only FIVE SWIMMERS per event. For the 6 & under age group, only 25 backstroke and 25 freestyle events will be swum at TIME TRIALS and CHAMPIONSHIPS ONLY. At Championships, swimmers will receive medals for places 1 through 8 and ribbons for places 9 through 16. Swimmers in the consolation heat may NOT move beyond 9th place (even if they swim the event in a faster time than a swimmer in the finals heat); similarly swimmers in the finals heat may not place below 8th place (even if a swimmer in the consolation event swims faster).

The FFC swim team representative, together with the coaches, will distribute SSL Time Trial request forms. Any swimmer can request to swim in time trials. The cost is \$1.00 per event. Since there is a limit on the number of swimmers each team can submit per event, it is not guaranteed that a swimmer will get their top choices. Entries for time trials are at the discretion of the coach. It is recommended that you communicate with the coach, early in the swim season, any events or goals you have specifically related to time trials and championships. The coaches will consider these requests when creating line-ups.

Please note we must submit the names of two volunteers per time trial event and championships. If your child is swimming in time trials, please consider being a timer for the event. If you sign up to be a timer, you only have to work half of the meet and your admission fee is waived. Also note that coaches and team representatives must strictly adhere to the deadlines set by the Suburban Swim League for time trial entries. Therefore, entries submitted after our announced deadlines can not be accepted as an official entry. Once entries are submitted to the SSL Championships Committee and the deadline has passed, they can not be changed.

2011 Swim Meet Schedule:

Date	Meet	Home/Away	Food	Theme
June 11 <sup>th</sup> Saturday	Blue/ Gold	Home	Provided	
June 18 <sup>th</sup> Saturday	Drummond Hill crossover	Away		
June 22 <sup>nd</sup> Wednesday	Maple Valley	Home	11-12	Graffiti
June 25 <sup>th</sup> Saturday	Yorklyn	Home	13-18	Tacky Tourist
June 29 <sup>th</sup> Wednesday	HAC	Away		
July 6 <sup>th</sup> Wednesday	Persimmon Creek crossover	Home	9-10	Mathletes & Athletes
July 9 <sup>th</sup> Saturday	North Star	Away		
July 13 <sup>th</sup> Wednesday	Oaklands	Away		
July 16 <sup>th</sup> Saturday	Westminster	Home	8 & under	BLUE/ GOLD

Time-Trials, Mini Meets, and other events schedules can be found @ ffcpool.com

THEMES

We welcome parents to participate in the spirit and dress up for the themes as well.

Theme 1: **Graffiti** – come dressed in old, light-colored clothes that you don't mind getting messed up. We will provide markers so you can go to town decorating each other from head-to-toe. Everyone is a blank canvas at the beginning of this meet! Winners will be determined by who looks the best at the end.

Theme 2: **Tacky Tourist** – come decked out in cargo shorts, fanny packs, hiking boots, sunglasses, sun block, maps, or anything else you think a dorky sight-seer might wear.

Theme 3: **Mathletes and Athletes** – a spin-off on our usual “Nerd Nite.” Continue with that theme by wearing the best dorky attire, or change it up by dressing like a pro athlete - any sport works, (we won't discriminate if its not swimming).

Theme 4: **Blue & Gold** – for our last meet come out with loads of team spirit. Dress in our team colors and get pumped up! Wigs, face paints, and anything else blue and gold works!