

Signature Club of Lansdowne

GATORS

2010 Swim and Dive Team Handbook

Welcome to the Signature Club Gators!

The Signature Club Gators is a swim and dive team comprised of athletes age 4-18. Our mission is to teach and train competitive summer swimmers; to promote healthy competition, sportsmanship and teamwork; and to foster friendships and a lifelong love of the sport of swimming. Our goal is to help make every swimmer his or her best, and to instill pride and confidence in all our Gators, regardless of age, ability, skill, or experience.

Our team belongs to and follows the rules of the Central Kentucky Swim Conference (C.K.S.C.). The C.K.S.C. is made up of ten swim and dive teams from Lexington and the surrounding area. The website for the C.K.S.C. is www.cksc.us. All rules and regulations as well as meet schedules and C.K.S.C. Conference Championship information can be accessed on this site.

2010 IMPORTANT DATES

April 18 and April 20	Swim and Dive Team Registration (Open Houses)
May 1	Deadline for Swim and Dive Team registration
May 16	Activities Open House (late registrations accepted)
May 18	Computer Training Meeting
Monday, May 24	practice begins
June 11	End of two week trial period
June 16	Team Picture Day (during morning practice)
June 25	Swim and Dive Team Twilight Swim, 7-10pm
July 9	Gator Spirit Night, 6-7:30pm
July 15	Gator Team Banquet and Awards

FIRST WEEK PRACTICE SCHEDULE

Monday, May 24 through Thursday, June 3

SWIMMING

10 and under age group	3:45-4:30pm
11 and over age group	4:30-5:15pm

DIVING

All ages	5:15-6:15pm
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REGULAR PRACTICE SCHEDULE

Beginning Friday, June 4

SWIMMING

Mondays

10 and over age group	10:00-11:00am
7-9 year olds	11:00am-12:00pm
6 & unders	12:00pm-12:30pm

***Practice times are different on Mondays due to pool cleaning and maintenance

Tuesdays, Thursdays, Fridays

11 and over age group	8:45am-10:00am
9&10 year olds	10:00am-11:00am
7&8 year olds	11:00am-12:00pm
6 & unders	12:00pm-12:30pm

Wednesdays

(swim and dive meet days)

On Wednesdays, the entire team will practice together from 9:30am – 11:00am.

MINI GATORS – 9:30 – 10:00am June 8, 10, 15, 17, 22, 24, 29, July 1, 6, and 8

DIVING

Mondays, Tuesdays, Thursdays, Fridays

8 and under age group	12:30pm-1:30pm
9 and 10 year olds	1:30pm-2:30pm
11 and over age group	2:30pm-3:30pm

2010 Meet Schedule

Wednesday, June 2	Intersquad Meet – Blue vs. Black
Wednesday, June 9	Gators vs. Danville Country Club (away)
Wednesday, June 16	Gators vs. Winchester Country Club (home)
Wednesday, June 23	Gators vs. Hartland (away)
Wednesday, June 30	Gators vs. Spindletop (home)
Wednesday, July 7	Gators vs. Arlington (home)

Sunday, July 11-Wednesday, July 14 Conference Championship Meet

Gators Coaching Staff

SWIMMING

Michelle Doolin, Head Coach 552-9585 swimteam@signatureclub.org
Jillian Baker, Assistant Coach
Max Clark, Assistant Coach
Jeremy Bruck, Assistant Coach
Becca Ross, Assistant Coach

DIVING

Bo Milburn, Head Coach 351-3800 bo.milburn@gmail.com
Colin Olson, Assistant Coach

2010 Gators Swim and Dive Team Board

Meg Shake (Chair) 276-2438 shakeusup@aol.com
Anne Olson (Meet Director)
Jennifer Siebenthaler (Treasurer)
Susie Psimer (Volunteer Coordinator)
Steve Olson (Volunteers Statistician)
Barry Blondell (Communications)
Katherine Henry (Social)
Julie Thornhill (certified jobs)
Bryan Felkins (meet set up)

Two Week Trial Period

The first two weeks of practice may be used as a trial period for new swimmers or divers if so indicated upon registration. The trial period for 2010 will end on June 11. If a swimmer or diver decides not to participate, a request must be submitted in writing Jennifer Siebenthaler, team treasurer. A \$30 processing fee will apply.

Volunteer Program

Each family is required to work three half meets to fulfill their volunteer credits. When you sign up for swim and/or dive team, complete the volunteer registration form and indicate when you want to work, when you are unavailable to work, and when you are willing to be on a sub list.

After the Open Houses, meet slots will be filled according to data provided on each family's availability and preferred work positions. If you are unable to work when you are scheduled to, try to get a sub by referring to the sub list (distributed each week via email). Please make every effort to find a sub. If you are unable to find a sub, contact the volunteer coordinators. If you do not show up to work and you do not find a replacement worker, you may be fined. If you do not work the required three credits (1 credit = ½ meet), you will be fined \$75 for each half not worked. You may opt out of your meet volunteer requirements by paying \$200 with the team application and dues.

Volunteers must check in with the volunteer check in person for each meet session. Credits will be tallied weekly.

Credits earned will not go toward Conference Championships. Additional volunteers will be needed for these events, and if your child/children are competing, you will be expected to volunteer if needed. If you have opted out of your volunteer requirements by paying the \$200 fee, you will not be required to work at the Championship Meet.

Additional volunteers will be needed for dive meets. Each dive family will need to work one dive meet. Some jobs require special training, but most do not. Credits earned from working diving will be separate from those worked for swim meets.

For each credit earned during the swim and dive season your name will be entered into an end of season drawing for prizes. The drawing will be held at the end of season banquet.

Volunteer Positions

Volunteers at swim and dive meet have many different positions from which to choose. Some positions require special training, but many do not. Here are some of the positions for which you do not need certification:

- Timers – time the swim races (called heats) with stopwatches
- Recorders – write down the times achieved by swimmers in each heat
- Ribbons – distribute ribbons to swimmers after each heat
- Runner – takes written results from the recorders to the scorers' table
- Finish recorder – writes down the order of finish from each heat for the scorers
- Age group parents – manage swimmers of same gender and age group for an entire meet (see additional information below)
- Volunteer check in and heat sheet sales – checks in all volunteers for both meet halves; sells heat sheets (the meet program) before the meet
- Meet set up /take down – home meets only, from 1:00-3:00pm day of meet

Other volunteer positions require special training or certification. These jobs include:

- Stroke and turn judge – judges legality of strokes during heats
- Starter – starts each heat using official starting system
- Scorer – completes computer scoring of swim and dive meet
- Diving judge – scores divers' performance after each dive
- Finish judge – determines order of finish after each swim heat
- Clerk of Course – ensures swimmers are in correct lanes and heats prior to each race

If you are interested in becoming certified in one or more specialty areas, please contact Julie Thornhill, our certified jobs coordinator.

Age Group Parents

Swimmers between the ages of four and ten will be managed at meets by volunteer age group parents. It is the job of the age group parents to get the swimmers in order, bring them to the pool deck, and ensure that they are in place to be checked in by the Clerk of Course. Age group parents have signs and established areas where they gather their groups.

PARENTS ARE RESPONSIBLE FOR THEIR OWN CHILDREN BEFORE AND AFTER THEY SWIM. Age group parents are not babysitters, and do not have charge of our young swimmers between their events. It is not the responsibility of the age group parent to find missing children or track down children before their events. Please help the age group parents do their jobs by chaperoning your children and getting them to their meeting area in a timely manner.

Age group parents are NOT responsible for writing swim events on swimmers' arms with Sharpie markers. Please do this for your child before taking them to the meeting area for their age group.

Before leaving a meet, check with your child's age group parent to see if he/she child is in a freestyle relay. *PLEASE DO NOT LEAVE UNLESS YOU ARE SURE THAT YOUR CHILD IS FINISHED WITH ALL OF HIS OR HER EVENTS.* Not only will missing a relay affect the opportunity for three other swimmers to swim, it could also impact the number of points scored by the entire team.

Team Suits

Our official team suits are available through Pannell Swim Shop. Please order suits by May 15 to ensure delivery before the first meet. Prices for 2010 are as follows:

Speedo Endurance Poly with Royal Trim (148)

Female Youth (sizes 22-30): \$47.85

Female Adult (sizes 32-40): \$49.50

SMALLER GIRLS Speedo Proback

(20-30):\$ 45.10

Speedo Endurance Jammer (Black)

Male Youth Jammer (sizes 22-28): \$33.85

Male Adult Jammer (sizes 30-38): \$35.50

Speedo Lycra Solid Black Jammer

Youth: \$29.75

Adult: \$31.50

****** optional logo on all suits \$7.00**

Please note the logo is heat transferred and might peel off after intense wear (not in all cases, but it is a possibility). It is up to the customer's discretion when getting the logo. It only seems to occur on the Lycra suits.

Team T-shirts

Team t-shirts will be ordered soon after registration and will be distributed before the first meet. Please place your orders carefully; sizes are not exchangeable. Extra t-shirts are available for purchase for \$15 (Adult XXL is \$17) on the team application forms.

Team Communications

Each week, our team newsletter *Gatorbytes* will be sent out via email with pertinent team information for the week. Included in this newsletter will be directions to the meet that week, a listing of meet workers, and a substitute list for the meet. Also, information on any social or team events and team announcements will be included. We have designed this e-newsletter in an attempt to streamline our team communication and to reduce the number of emails sent to team members.

Meet Start Times

SWIMMING: Home Meets: 4:15pm warm up, meet starts at 5:30pm***

Away Meets: 4:45pm warm up, meet starts at 5:30pm***

DIVING: Home Meets: 1:45pm warm up, meet starts at 3:00***

Away Meets: 2:15pm warm up, meet starts at 3:00pm

***We are a very large team. When we swim another large team, the meet start times may be moved up to allow more time. Swim meet start times may be moved up to 5:00pm when swimming another large swim team. If the dive team is diving against a large dive team, diving may start earlier as well.

Meet Sign-Out Instructions

Parents need to sign their children out of meets they will not be attending as soon as possible on the meet sign-out sheets. (This is not a sign-up sheet.) Signing-out can also be done by emailing coach Michelle. **Please note the sign out deadlines.** Completing a line up for a meet can take the coaches many hours. Please be respectful in letting them know if your child will not be attending. Also, if you have not scheduled your summer vacation, please do not schedule it during the Championship meet. **ALL team members are expected to attend Conference Championships.**

Directions for away meets

Danville Country Club: (from Lexington)

Take Route 27S (Nicholasville Rd.) until you come to Route 34. (BP Station) Turn right on 34. Second driveway on left past Route 1805 is DCC (golf course on left).

Hartland

Follow Bates Creek to the Hartland Subdivision Entrance turning left onto Hartland Parkway (it will be the second Hartland Parkway that you come to). Go straight at the 4-way stop. The Clubhouse and pool will be on the right. Parking is located behind the clubhouse.

Directions are also available on the CKSC website at www.CKSC.us.

Conference Championships

The CKSC Championship meet is by far the most important meet of the season. It is a fun meet and the swimmers and divers have a great time. In order to be successful at this meet, we need everyone to participate. This meet is what we ALL work toward the whole summer! The meet is July 11-14. All championship competition will be at Spindletop. Diving for all age groups will take place on Sunday, July 11th. Monday, July 12th is preliminary competition for swimmers 10 and under. Tuesday, July 13th is preliminary competition for swimmers 11 and over. If a swimmer has finished in the top 16 on Monday or Tuesday, he or she will return on Wednesday to compete in finals. This includes relays. All relays are required to swim in finals if they were not disqualified during prelims. The meet will begin in the morning each day and end in the afternoon. **ALL swimmers and divers are expected to compete in the Championship meet.** The coaches are more than willing to help you get your child to the meet, if you have a conflict.

Team Etiquette

We are proud to be a swim and dive team with a great reputation for sportsmanship. We feel that the behavior of both the team and the parents are a reflection of our club and also of our history. Our coaches place great emphasis on sportsmanship and etiquette during meets, and appropriate behavior is required at all times. In short, our athletes and our families are expected to be good sports, to be respectful and gracious, and to clean up after themselves at home and on the road.

The policy of the C.K.S.C. on smoking and alcohol is as follows:

102.12 SMOKING AND ALCOHOL

- .A Smoking and drinking of alcoholic beverages behind the starting blocks is prohibited. Timers, judges, and meet workers may not smoke or drink while working the meet. (Adopted 5-25-86) NOTE: Some teams do not permit alcoholic beverages on deck. Please check with team coach about their club rules when visiting.**

Ribbons

For many swimmers, ribbons earned are prized possessions. For others (especially our older swimmers), ribbons are quickly discarded. In an attempt to cut down on ribbon waste, this year, we will present our 10 and under swimmers with ribbons immediately following their races. For swimmers 11 and older, athletes will be given popsicle sticks noting their place of finish. If your son or daughter desires a ribbon, he or she may exchange the popsicle stick for a ribbon at our scorer's table.

What to Bring

Packing properly for a swim and dive meet is very important. Your child will need two towels (one to use and one to sit on), goggles (label these and keep up with them), dry clothes (flannel pants and hooded sweatshirts are favorites) for after the meet, water for hydration, suit and cap, and money for the concession stand are musts. Many kids also bring games or electronics that can be played between events. **YOUR CHILDREN MUST KEEP UP WITH THEIR OWN BELONGINGS.** The lost and found is always overflowing after a meet; double check your things before you leave after the meet's conclusion.

Inclement Weather

Meets will always go on unless there is severe weather—thunder and/or lightning. **NEVER ASSUME A MEET WILL BE CANCELLED!** We are required by CKSC bylaws to “wait out” storms.

Questions and Confusion

There is a big learning curve associated with swimming and diving, and meets can seem overwhelming. Please feel free to approach any board member with any questions or concerns you may have. We have assembled this handbook to try and help provide as much information as possible, but there is no way to include everything. We are happy to answer any question.

Private Lessons

The swim and dive team coaches are available for private lessons. The cost is \$25 per half hour—made payable to the coach. There is a sign-up folder with instructions (please read instructions) in the check-in office at the pool entry with the availability of each coach. Please leave your phone number, and know the phone number of the coach with whom you've scheduled in case you need to reschedule. Please do not interrupt practice to discuss the scheduling of lessons; use the sign-up folder.

Additionally, group swim lessons are offered and are taught by swim coaches and trained high school swimmers. Please see the website for more information.

Greater Gators

Greater Gators is a three week extended swim practice season available to our Signature Club swimmers. This program is ideal for more individualized instruction conducted in smaller groups with our excellent coaching staff. Greater Gators is completely optional and offers our swimmers who are not ready to see the season come to an end an opportunity to swim for three more weeks. Additional information on Greater Gators will be shared at a later date.

Glossary of Swimming Terms

Blocks - The starting platforms located behind each lane. Using the block is optional, although all swimmers are encouraged and taught to use it.

Circle Seeding - A method of seeding swimmers when they are participating in a prelims/finals event, used at our CKSC Championship meet.

Circle Swimming - Performed by staying to the right of the black line on the bottom of the pool.

Clerk of Course - The person(s) responsible for getting swimmers to heats and lanes for competition.

Consolation Heat - The swimmers who finished 9-16 in the preliminary session and will swim again.

DQ (Disqualified) - Occurs when a swimmer commits an infraction against the USA Swimming guidelines. DQ swimmers are not eligible for awards, nor can their time be used as an official time.

Drill - An exercise involving a portion or part of a stroke used to enhance overall stroke technique.

Dual meet - A meet where there is a head-to-head competition between two teams.

False Start - Occurs when a swimmer is moving during the start of a race, leaving before the signal to do so.

Finals - The session of a meet for which one must qualify by swimming fast enough in the preliminary session.

Final Heat - The fastest 8 competitors from the preliminary session, which compete in the Finals.

Flags - Used for backstroke to signal the swimmers that the wall is coming up. These flags are placed 5 yards or 5 meters from the wall.

Heats - A division of an event in which there are too many swimmers to compete at one time.

Heat Sheet - A listing of all swimmers, broken down into heats with lane assignments and event numbers.

Pace Clock - Clock used to check pace or to maintain intervals put forth by the coach in practice.

Prelims - Short for preliminary. Races in which a swimmer can qualify for the Finals.

Psych Sheet - A printed ranking of the competitors in each event.

Ribbon Distributor - The volunteers responsible for passing out ribbons at the conclusion of each heat.

Referee - Swimming official whom has the authority over all other officials at the meet.

Scratch - To withdraw from an event in a competition.

Seeded Times - The time a swimmer uses to enter a meet. These times determine in what heat and lane you will be seeded.

Split - The time recorded for each part of a swim.

Sprint - Describes the races short in distance. In training, it refers to going as fast as possible on a particular swim.

Starter - The official at a meet responsible for initiating the beginning of a race. He/She also calls the competitors to the starting blocks.

Streamline - The position used to gain maximum distance and speed after the start and off each wall following the turn.

Stroke Judge - A certified official who determines the legality of a swimmer's stroke. This individual has the power to DQ a swimmer because of improper technique.

Timer - The volunteers sitting behind the starting blocks/finish end of the pool, who are responsible for getting watch times on events.

Touch Pad - The large sensitive board mounted on the wall, which when hit, triggers the electronic timing system to stop at the end of a race.

Warm Down - Low intensity swimming used to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

Warm Up - Low intensity swimming used to get muscles loose and warm, in addition to increasing heart rate and respiration.

Glossary of Diving Terms

Approach: Steps a diver takes to the end of a springboard or platform before take-off.

Back dive: A dive where a diver takes off with his back to the water, and spins backwards in the air.

Baulk: A false start to a dive, i.e. a restart.

Degree of difficulty (DD): A rating, ranging from 1.3 to at least 3.6, that measures the difficulty of a specific dive and is factored into the total score after the judges give their scores. The degree of difficulty is based upon a mathematical formula.

Entry: The end of a dive when the diver enters the water. The entry should be vertical. Ideally, although there is no such rule, the diver should create little or no splash.

Free position: A combination of straight, pike or tuck positions used only in twisting dives.

Forward dive: A dive where the diver starts from a position facing the water and spins forward in the air.

Hurdle: The last part of a diver's approach to a forward facing take-off, where the final step starts from one foot and ends on two feet before leaving the board.

Inward dive: A dive where the diver begins with their back to the water and, during the execution, rotates toward the board.

Layout: A diving position where a diver's body and legs are straight, the feet are together, and the toes are pointed; also called "straight".

Pike: A diving position where the body is bent at the hips, the legs are straight, and the toes are pointed.

Reverse dive: A dive from a forward facing take-off where the diver jumps upward and outward, then rotates backwards, also sometimes called "gainers".

Rip: The ideal entry that creates little splash, named for its ripping sound as the diver enters the water.

Somersault: The full rotation of the body on an imaginary horizontal axis through the hips.

Take-off: A diver's lift-off from the board.

Tuck: A diving position in which the body is bent at the waist and knees, with the thighs drawn tightly to the chest and the heels pulled close to the buttocks. The legs should be kept together and the toes pointed.

Twisting dive: Any dive that includes a twist with the legs together and the toes pointed at all times.