

HIGH POINT

SWIMMING



2008

Team Handbook

Welcome to the High Point Dolphins Swim Team! We created this handbook to introduce new families to HPP, inform returning swimmers/families about changes, and try to answer everyone's questions.

What's It All About?

High Point Pool (HPP) is a member of the Northern Virginia Swim League (NVSL). The team participates in a series of swim meets during the summer, primarily in June and July. The goal of the team is to provide every member with a chance to learn about competitive swimming, to develop his or her skills, and to HAVE FUN! The team welcomes all swimmers 18 years of age and under. Although swimming abilities may vary among team members, the main prerequisite is that a child be able to swim 25 meters (1 length) without touching the bottom or holding on the wall/ropes.

Who Can Join The Team?

In order to join the swim team, the swimmer's family must be a member in good standing of High Point Pool. In addition, the parents/guardians of the swim team member must pay all fees and complete and sign an official registration form to a team member's second practice. This is to ensure proper coverage of each swimmer for insurance purposes. Children eight years or younger MUST be able to swim the length of the pool without stopping, touching the bottom or the ropes/wall, and with regular breathing. Children nine years and older need to be able to swim TWO lengths of the pool (50 meters). The swim team is not a swim lesson program. We'll help your child become a better swimmer, but in fairness to others, all team members must be able to swim on their own.

What's the NVSL?

The NVSL is the nation's largest swim league, with over 10,000 swimmers on roughly 100 teams. Skill levels vary from 5 year old beginners to Olympic qualifiers. The NVSL ranks each team based on swimmers times, and then divides the teams into 17 divisions of 5 or 6 teams each. The fastest (usually largest, as well) teams are in the lower numbered divisions. This summer, HPP is in division 4. We will compete in a practice meet (Blue-White), five competitive Saturday "A" meets, five developmental "B" meets on Monday nights, a relay carnival, a divisional championship meet, as well as two All-Star meets. The schedules are attached. You can check out the league website at www.nvsl.nvpools.com!

What's a Saturday "A" Meet?

Saturday morning meets (aka "A" meets), are the most competitive meets and scores are kept and reported to the league. The six teams in our division swim against each other on five consecutive Saturday mornings (6/21 – 7/19) in this series of duel meets. Based on these five meets, a division champion will be named. The coaches choose the swimmers for these meets and decide which events they will swim in order to score the most points. On the Friday mornings before each Saturday meet, the coaches will inform the team and post a meet sheet, that indicates who is swimming which event(s). Swimmers are selected based on skill level, attendance at meets and practices, performance, as well as best times in meets and time trials. There is a LOT of strategy that goes into creating a meet sheet, so swimmers may be asked to swim strokes that are not their favorite or fastest, for the good of the team. The coaches have the big picture in mind and will put swimmers in position to best help the TEAM. Teams enter up to three swimmers in each individual event (Freestyle, Backstroke, Breaststroke, and Butterfly) and each swimmer may swim no more than two Relay events.

Saturday meets begin at 9am, although swimmers are required to report earlier for warm-ups and carpooling (for away meets) from HPP (usually 7:30 or 7:45). The meet consists of 38 individual events with swimmers competing in the four individual strokes, within each age group (8 and unders, 9-10s, 11-12s, 13-14s, and 15-18s.) There are also 12 Relay events, with 4 swimmers in each event. Boys and girls

compete separately. In the individual events, 1st place earns 5 points, 2nd place earns 3 points, and 3rd place earns 1 point. Relays are scored with 5 points for the winner and none for the loser. The team with the most points wins the meet. All HPP competitors in Saturday meets will receive ribbons.

What's a Monday "B" Meet?

Monday meets (aka "B" meets or Developmental meets) are more relaxed and used for developmental purposes as well as to give everyone a chance to swim in a meet. They are held on Monday evenings, beginning at 6pm (with swimmers arriving at 4:45 for home meets and 5:00 AT away meets). Monday meets are open to all swimmers and scores are not kept. These meets include the same four individual strokes and age groupings as Saturdays but the relay events are replaced by Individual Medley (IM), in which the swimmer swims one length of each stroke (100 meters/4 lengths). Swimmers may swim up to two events. All swimmers get ribbons for the events they swim. While Saturday swimmers are permitted to swim in Monday meets (usually in "off events"), these meets are primarily for the younger and or less-experienced swimmers and those who did not compete the previous Saturday. On Monday mornings at practice, coaches will discuss with swimmers about what events to swim that night. "B" meet eligibility is at the discretion of the coaches.

What's It Take to Run a Meet?

It takes about 40 volunteers to run a swim meet, ranging from those who sell refreshments to those who officiate. The Swim Team registration form will include volunteer opportunities and the NVSL offers clinics at the beginning of the season in all areas of officiating. *Every family is expected to donate requested food items for each home meet in addition to volunteering for a job at the meet.* Please do your part when asked. Without volunteers, there would be no swim team. And besides, when every parent is involved, it makes the entire season more fun for all!

Last year we had 80 families (139 swimmers) on the swim team. We would love to include more families this year, and we want the entire HPP membership to know we welcome your support and assistance. We will be hosting three Monday night meets and to prepare the pool, it is necessary to close the pool to regular swimming at 4:45 pm. Even if you don't have a swimmer in your household, we would love to see you cheering on the team. The kids work unbelievably hard and are representing High Point! And if you want to be more involved, why not volunteer to be a timer or sell food or write ribbons? Swim meets require lots of adult assistance and your help would certainly be appreciated. In addition to the Monday meets and a practice meet on 6/14, we will be hosting three Dual meets on Saturday mornings (6/21, 7/12, and 7/19). We try very hard to complete the "A" meets by 11am but sometimes run over by 15 minutes.

What's a Meet Like?

Your first swim meet can be a bewildering experience as you encounter a horde of adults dressed in white, along with two very large groups of splashing, cheering kids. Don't be scared! Once you understand what's going on, the meets are *very* exciting. The individual freestyle events come first, followed by backstroke, breaststroke, and butterfly. 1st, 2nd, and 3rd place finishers are announced on the public address system. Excitement mounts as the cumulative team scores are announced at the conclusion of each stroke. Once the individual events are finished, there's a short break as the coaches assemble the relay teams and give a last round of encouragement. The relay events are the most exciting part of all, so the outcome of the meet is often determined in the *final minutes!!!*

What Other Meets are There?

Divisional Relay Carnival - Wednesday July 9th

All six teams in the division converge on Sideburn Run pool for a meet of only relay races. This is the most fast-paced and exciting meet of the season. Boys and girls compete separately in 22 events (medley relays, freestyle relays, and mixed age relays). The team with the most points is awarded the Division Relay Championship trophy. The 18 fastest relays in each event from all around the league (from all eighteen divisional carnivals held that night around Northern Virginia) are invited back to compete the next week at the All Star Relay meet the following Wednesday.

Individual Divisional Championship - Saturday July 26th

Commonly known as “Divisionals”, this meet is held the Saturday following the 5 dual meets. Each age group competes in Free, Back, Breast, and Fly (No relays.) Swimmers age 9 and above also compete in 100 Individual Medley (IM). No swimmer may swim in more than 2 events. Each team in the division enters two swimmers in each event. The two fastest swimmers from each team in each event are eligible to compete. If either swimmer with the best time does not choose to swim in a given event, the swimmer with the next best time is then given the opportunity, and so on. Seed times are based on Saturday meet results. The fastest 18 swimmers in each event from all the divisional meets around the league are invited to compete the following week at “All Stars”.

When are the Meets?

DAY	DATE	MEET	TIME	WHERE	TYPE of MEET
Saturday	14-Jun	Blue-White Practice Meet	8:00am	HOME	Practice
Monday	16-Jun	"B" meet vs. Donaldson Run	6:00pm	HOME	"B"
Saturday	21-Jun	"A" meet vs. Fox Mill Woods	9:00am	HOME	"A"
Monday	23-Jun	"B" meet vs. McLean	6:00pm	HOME	"B"
Saturday	28-June	"A" meet @ Virginia Run	9:00am	AWAY	"A"
Monday	30-Jun	"B" meet vs Kent Gardens	6:00pm	HOME	"B"
Saturday	5-Jul	"A" meet @ South Run	9:00am	AWAY	"A"
Monday	7-Jul	"B" meet @ Poplar Heights	6:00pm	AWAY	"B"
Wednesday	9-Jul	Relay Carnival @ Wakefield Chapel	6:00pm	AWAY	Divisional Relays
Saturday	12-Jul	"A" meet vs Wayneworld	9:00am	HOME	"A"
Monday	14-Jul	"B" meet @ Tuckahoe	6:00pm	AWAY	"B"
Wednesday	16-Jul	All-Star Relays @ Springboard	6:00pm	AWAY	All-Star Relays
Saturday	19-Jul	"A" meet vs. Wakefield Chapel	9:00am	HOME	"A"
Saturday	26-Jul	Divisional Champs @ Waynewood	9:00am	AWAY	Divisional Champs
Saturday	2-Aug	All-Stars @ Little Rocky Run	9:00am	AWAY	Individual All-Stars

Please do not schedule family vacations or camps during Saturday “A” meets. When swimmers miss the Saturday meets, it hurts the entire team. There are plenty of other times during the summer to travel, so please keep the swim team in mind. If you absolutely must miss a weekend, please try to have it be for the Blue-White (6/14) meet or earlier, or Divisionals (7/26) or after. The heart of the season is Saturday 6/21 through Saturday 7/19. Almost every loss (or tie) High Point has suffered over the last few years have been because of key absences that hurt the team. Also, keep in mind that just because your child may have not been a major contributor to the team last year, it certainly doesn’t mean they won’t swim a lot on Saturdays this year! Plus, EVERYONE IS VALUABLE. We need every single swimmer present at “A”

meets, even if they're not swimming, for cheering and support. Every single child, regardless of skill level or experience, is extremely important to the team!!!

What about those people in white & blue? They're the meet officials, and they make it all possible. Each team provides half the officials for the meet. NVSL rules require white as the color to be worn by all officials, with Navy blue shorts/skirts/pants. There are quite a few official jobs that parents must help with – some require training, others can be learned “on the job.”

The **Clerk of Course** gets the swimmers to the right lanes for the right event.

The **Referee** is the chief official for the swim meet. He/She is responsible for the conduct of the meet and is the final authority on the interpretation and enforcement of all swimming rules.

The **Starter** is responsible for insuring that all swimmers are given a fair start.

Stroke & Turn Judges are responsible for insuring that all swimmers obey the rules for the stroke they're swimming. They can disqualify (DQ) a swimmer if they see a violation of the rules.

Relay Take-Off Judges make sure that each swimmer in a relay touches the wall before the next swimmer takes off.

Timers are the people at the end of each lane who determine each swimmer's official time for the race. Bring a timer is an ideal entry-level job for new parents. If you can start and stop a stop-watch, you can be a timer. We even provide the watch. Times are recorded on cards that go to the table workers.

Table Workers determine the order of finish for each event, score the meet, and prepare ribbons.

The **Team Rep** organizes the meet and cheers for our swimmers!

Referees, starters, and stroke and turn judges all must attend training given by the NVSL at least once every three years in order to remain eligible as officials. There is no swimming ability/experience needed.

How Can I Become a Meet Official?

Tell a Team Rep (Lisa Harwood, Cyd Little, or Susan Shaheen) that you are interested! Clerk of Course, Relay Takeoff Judges, Timers, and Table Workers do not require formal training. A few minutes of instruction from our existing officials is all that is required. Stroke-and-Turn Judges, Starters, and Referees, however, DO require some training, which the NVSL offers clinics for.

How Should I Behave at Meets?

Listen to the coaches and meet officials! All swimmers and family members are expected to abide by the pool rules at all times during meets and practices. Teams visiting our pool for a meet are our guests and we want them to feel welcome. HPP swimmers are strongly encouraged – and expected! – to cheer for their teammates, but rude or obnoxious behavior is unacceptable. During meets, our team will be assigned to a specific team area where swimmers must stay unless they are reporting to the Clerk of Course or waiting to swim. After they swim, swimmers should report immediately back to the team area and talk to their coaches. Please tell your children to remain in the team area at all times! They should not be elsewhere talking to their parents because the coaches need to be able to find them quickly AND

they need to be cheering their teammates on from the team area! After every meet, home OR away, HPP swimmers are expected to clean up their team area before leaving.

How Should I Prepare for Meets?

The two nights before a meet is your last chance to “fuel up” for competition. Good choices for these evenings meals (Thursday and Friday nights, for “A” meets) are spaghetti with meat sauce, noodles, broiled or baked (not fried!) chicken or fish, fresh vegetables and fruits, and LOTS OF WATER! On the day of the meet, swimmers will be at the pool for about 3 hours (counting warm-ups and competition) so pack a water bottle, **SUNSCREEN**, granola/fruit/Power bars, fruit, bagels, pretzels, Gatorade, etc. While the home pool sells a variety of snacks, the less nutritious items like pizza, hot dogs, nachos, and soda should be saved for **AFTER** the meets, not during. Swimmers cannot swim fast if their stomachs are filled with junkfood! After every home “A” meet, stick around for lunch with all of the swim team families! Hot dogs, hamburgers, chicken sandwiches, nachos, and more will be for sale!

What Should I Bring to Practice and Meets?

- Water Bottle - every single day, kids should have one at practice
- Goggles, suit, training suit (for practice and/or warm-ups), drag suit
- Towel (extra towel for meets)
- Dry clothes
- Healthy snacks – Granola bars, fruit, crackers, bagels, Gatorade, etc.

Who Are the Team Reps?

The Team Reps are available to address your questions and concerns. This year our HPP Team Reps are:

Cyd Little - 703.856.8550 (cell) 703.534.6112 (home)

clittle@alittleadvice.com

Lisa Harwood - 703-981-8967 (cell) 703-237-3812 (home)

lisaharwood@comcast.net

Please e-mail Susan Shaheen to volunteer. Her Email is s.shaheen@verizon.net **We need your help!**

Who Are the Coaches?

We are excited to welcome back three of last years’ coaches for another great year. **Katie Rock** and **Meaghan Yost** were last year’s assistant coaches, and this year they will be our co-head coaches. **Mike Devlin** was one of our junior dolphin coaches last year and this year will be the assistant coach. All three are proud alumni of the High Point Swim Team and have a combined **32** years of NVSL swimming and coaching experience! .

Katie Rock can be contacted at katie.r.rock@gmail.com: **Meaghan Yost** at mey1123@mail.ecu.edu: and **Mike Devlin** at mdevlin@vt.edu.

Who Should I Talk To With Concerns of Questions?

If you have any questions or concerns, please talk to Cyd, Lisa, or Susan, our Team Rep, first. If she can’t help, she will direct you to the coaches. But please do not approach the coaches during meets or practices. They are busy coaching **YOUR CHILDREN!** If you need to schedule an appointment, feel free to drop them an email and they will gladly set something up.

How Do I Join the Team?

Each year we hold two informational/sign-up meetings. The first will be at the Falls Church Rec Center on May 18th from 3 to 5 PM. The second, the “Deck Meeting” at the pool on the day after Memorial Day, Tuesday May 27th at 6:00pm (right after practice ends). Pizza and drinks will be available for sale. These are the best time to learn about the swim team, meet the coaches, find out about purchasing a team suit, and register your swimmer(s) for the team. Team suits are not required, but if you want to purchase one for your swimmer, a representative from SportFair (in Arlington) will be available for your kids to try suits on (DeckMeeting only). There will also be order forms and sizing kits available in the HPP office if you don’t purchase it at the deck meeting. A “Speedo” or “Jammer” type suit is highly recommended for practices and meets for agility, comfort, and SPEED! This year we will also have “Spirit Packs” available which will include shorts, sweat pants, hooded sweatshirts, etc. The spirit pack order deadline will be the week of the Deck Meeting..

How Much Does It Cost?

Family membership dues for the HPP Swim Team are as follows:

One swimmer	\$75
Two swimmers	\$135
Three swimmers	\$175
Add \$10 per swimmer, for swimmers after 3rd	

For example, a family with two swimmers would pay \$135. Considering the great coaching, fun, and exercise the kids get, plus their team t-shirts, caps, and trophies, this is truly a great bargain!

When Do We Practice?

Swim practice begins the day after Memorial Day (Tuesday May 27th) and continues through July. Your practice time depends on your age. Practices are on weekday afternoons until area schools close for the summer. After that, all groups have morning practice times. Practicing regularly is the best way to improve your swimming. It’s also crucial for swimmers to get in shape as soon as possible so please be on time at practices and start coming right away! If you can’t meet the practice time for your age group (because of camp, for example), ask the coaches about attending practice at another time. The team tries to accommodate schedule conflicts as much as possible.

Practice Schedule

	<u>AGE GROUP</u>	<u>TIME</u>
<i>Before schools have let out (Weekdays 5/29-6/20)</i>	13 & Up	3:15 – 4:30pm
	9-12	4:15 – 5:30pm
	8 & Under	5:30 – 6:00pm
<i>After schools have let out (Beginning Monday 6/23)</i>	13 & Up	7:30 – 9:00am
	11-12	8:45 – 10:00am
	9-10	9:45 - 10:45am
	8 & Under	10:30 – 11:00am

Parents are welcome to attend practices, but we ask that you remain off the deck (outside the blue line) during practice. If there’s a concern you would like to discuss with the coaches, please schedule an

appointment with them via email. Also, during morning practices (when the pool is not yet open), keep in mind that the Coaches are busy coaching and are not responsible to babysit your kids (i.e. the younger kids waiting around for the next practice).

What Else Do We Do for *FUN*?

On the five Friday nights before “A” (dual) meets, you’ve probably noticed the kids and coaches making lots of noise (and sometimes looking weird) over in the picnic area near the snack bar. At 5:30pm there is a Pep Rally to get the swimmers pumped for the next morning’s meet.

Other fun events include Game Days, a Progressive Dinner for the teenagers (Saturday 6/14), a Swim Team Awards pot-luck Banquet, an awesome end-of-season Slide Show, and best of all, great friendships and memories. Also, parents are encouraged to partake in Parent Happy Hours during all pep rallies. Bring snacks and beverages and come get to know your HPP friends! Also, after every home Saturday “A” meet, stick around and have lunch at the pool! (Hot dogs, hamburgers, nachos, fruit, candy, and drinks for sale!)

SPECIAL EVENTS SCHEDULE

<u>Date</u>	<u>Event</u>	<u>Time</u>
6/7	Raft Night	6-9pm
6/15	Breakfast Dip	10am-1pm
6/20	Pep Rally (Pasta Pot Luck)/Happy Hour	5:30
6/21	Raft Night	6-9pm
6/27	Pep Rally/Happy Hour (Car Decorating)	5:30
6/29	Breakfast Dip	10am-1pm
7/2	Team bowling trip or ice skating	12:30 (tba)
7/4	NO PRACTICE (4 th of July)	
7/4	Swim Team/parent Olympics	10:00am
7/4	Pep Rally/Happy Hour (Olympics)	5:30
7/5	Raft Night	6-9pm
7/11	Pep Rally/Happy Hour (Posters or cake bake)	5:30
7/12	Team Picture (wear blue team tshirt)	7:30am (DON'T BE LATE!!!)
7/12	13 & Over Progressive Dinner	6:00
7/13	Breakfast Dip	10am-1pm
7/18	Pep Rally/Happy Hour (Lip Sync)	5:30
7/19	Raft Night	6-9pm
7/19	Senior Day Celebrations (before the A meet)	8:30 AM
7/23	Kings Dominion Trip (families welcome!)	tba
7/25	Happy Hour/Volunteer Recognition	7:00pm
7/26	Pot-Luck Dinner/Awards/Slide Show	6:00pm

What Kind of Recognition Do the Kids Get?

Swimmers receive ribbons for their participation in meets (1st-6th Place in “A” and “B” meets and “Heat Winners” ribbons in “B” meets). The Coaches also recognize “Swimmers of the Week” w/ special awards and their picture on the bulletin board. The Team Record Board (located on the wall, near the Ladies locker room) is updated each week with the fastest times. Plaques are issued to 1st-6th place winners at the Divisional Championship meet. Finally, the coaches recognize certain swimmers (at the

end-of-season Awards Banquet) for achievement, effort, team spirit, and good sportsmanship. In addition, all swimmers receive team t-shirts, caps, and participation trophies.

Spirit Packs

This year we may be offering a large collection of HPP memorabilia, including (but not limited to) sweatshirts, sweatpants, warm-up (pants and jacket), hats, visors, mesh shorts, long and short-sleeve t-shirts, polos (mens and womens), backpacks, towels, and a Dri-Fit t-shirt, among other things. So in addition to the team-issued t-shirt and cap, here is another opportunity to sport your High Point spirit with pride! (Nothing is mandatory, but the gear Also, it's not just for swimmers! Parents and siblings are encouraged to buy gear too (especially the white polos and visors/hats for officials!) Spirit Pack order forms will be available at the Rec Center & Deck Meeting sign-ups from **Beth Langdon**. **The likely last date to order will be June 30th.**

Do We Have a Website?

Absolutely! Check out www.nvsl.nvpools.com. This site gives you the latest results, schedules, standings, swimmer's times, league rankings, and much more. We will be reporting meet highlights, posting team photos, and other fun stuff.

What If I Still Have a Question?

Please call or email the Team Reps (Cyd Little or Lisa Harwood) if you have any questions, concerns, or offers of help. In addition to our Team Reps, there are several other sources of information about the swim season. Every registered family will receive an NVSL Handbook, which describes swimming in the NVSL, rules, league records, directions, etc. We also have a crate in the snack bar with family folders, where we will distribute weekly handouts, directions to away meets, ribbons, and other important communication. Check your folder frequently! We will also be trying to communicate via email so please include your email address(es) and spell them out very clearly and concisely on your registration form so we don't have a lot of emails bouncing back. The Swim Team Bulletin Board is on the bathhouse wall; please check it often for important information during the swim season.

Let's work together to make 2008 High Point's best season ever!

GO DOLPHINS!!!!!!

