



# WENDELL WAVES 2010 SWIM TEAM HANDBOOK

website: [www.wendellswimclub.com](http://www.wendellswimclub.com)

## WELCOME!

The Wendell Swim Team Committee welcomes you to the Wendell Waves! If you are a returning team family, we're glad to have you back. If you're new to the team, we look forward to getting to know you and your swimmers. Our goal is that this handbook should contain all of the information you will need in order to participate on the team, but please feel free to contact any of us regarding any questions or concerns you may have. Or visit our website at [www.wendellswimclub.com](http://www.wendellswimclub.com).

### Swim Team Committee:

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## Welcome NEW SWIMMERS!

If you are considering joining the team for the first time, we are thrilled at the prospect of having you join us! We encourage a fun, friendly environment in which each swimmer will support and cheer on the participation and performance of their team members... so come join the fun!

To gauge your preparation for team membership, we ask you to consider the following:

- **6 and under swimmers** ideally should be able to swim at least **15 yards** while assisted.
- **7 to 10 year old swimmers** should be able to swim across the pool without stopping.
- **11 and older swimmers** should be able to swim two lengths of the pool unassisted (without stopping).

The coaches will assess your child's ability to meet these standards during the first week of practice. If your child is interested in joining the team, but is not yet ready to swim the appropriate amount for his/her age group, we

recommend that you consider signing the child up for swim lessons (private lessons will be available and a list of qualified instructors will be provided) and joining the team at a later date. There is no deadline on when new swimmers can join the team, and as the summer progresses, they can do so for a prorated amount.

## REGISTRATION AND FEES

**Wendell Swim Team Registration Day** will be held on **Sunday, April 25, 2010** at **3:00** in the Wendell Pool Clubhouse. After this date, registrations with fees included must be given to Kristin Leture in person.

A registration fee for each swimmer must be paid in order for that swimmer to be eligible to participate in the first swim meet. If a new member registers and discovers later that they are not quite ready for the swim team, the Wendell Swim Team will reimburse that member. There is a \$10.00 one-time additional fee for first time members to cover the cost of their end-of-season plaque payable with the registration fee.

Total Cost of One-Team Registration is \$45.00 + \$10.00 plaque (for 1<sup>st</sup> year swimmers only)

Total Cost of Two-Team Registrations is \$85.00 (\$45.00 + \$40.00)+ \$10.00 plaque per child (for 1<sup>st</sup> year swimmers only)

Each Additional Team Registration is \$35.00 + \$10.00 plaque (for 1<sup>st</sup> year swimmers only)

## SWIMSUITS, CAPS, and T-SHIRTS

**TEAM SUITS:** The Wendell Swim Team suit style changes every two years, and this is our second year. The suit is a TYR suit called "Poseidon" in *blue* by TYR (there are several color schemes to the Poseidon suit, we have chosen the *blue* color pattern). Although a team suit is not required for a swimmer to participate on the team, purchasing the team suit is one way that we can show team spirit and unity at the meets as we cheer on our team. Team Suits can be ordered directly from Kast-a-Way Swimwear, Inc. A representative from Kast-a-way Swim Wear will be at our team registration day with suits to try on for proper sizing. Team suits can also be ordered online at [www.kastawayswimwear.com](http://www.kastawayswimwear.com) or visiting their store at Pleasant Valley Promenade (919 781-3775). To ensure you are receiving the team discount, please use the Wendell Swim Team ID code "WWAVES" when ordering. Another option would be to purchase a competitive style swim suit from a different company. The suit should reflect our team colors of black and/or blue. See our website for a list of alternative companies.

Kast-a-Way Website Directions:

1. Log on to [www.kastawayswimwear.com](http://www.kastawayswimwear.com)
2. Click in TEAMS in upper right corner
3. Enter the username: WWAVES
4. Enter the password: SWIM
5. Start shopping!

Please keep in mind that the TYR team suit will not last for two seasons if it is worn to the pool frequently. In order to make your suit last longer, please consider purchasing other suits for practices and save the team suits for the meets only.

The **Team Swimsuit Fitting** will be held on registration day, April 25 at 3pm and suits will be available for ordering on that day. If you have never purchased a competitive style suit, the sizing is very different from the sizing of normal clothes. If you miss this opportunity, you can still receive the team discount by ordering your suit directly from the Kast A Way.

FYI:

Pool chemicals and oil residues can be particularly damaging to swimwear containing lycra spandex. To prevent chemical damage to swimwear, rinse your suit in cold water immediately after each use. Do not wash suit with any detergent, you may use Woolite.

**CAPS:** All swim team members asked to wear a team swim cap during the meets. Swim Team Caps are provided free once the registration is paid. Additional caps can be purchased at a cost of \$2.00 per cap.

**T-SHIRTS:** A huge thank you to our corporate sponsors for 2010, whose generous donations have enabled the team to once again provide free t-shirts for the swimmers. All returning swimmers **MUST** have their registration, dues and t-

shirt order form turned in by May 17 (1<sup>st</sup> practice). Any returning swimmer who turns in their paperwork after May 17<sup>th</sup> will NOT be guaranteed a t-shirt as all. Team T-shirts can be ordered at the Parent's Meeting for adults as well. All t-shirts need to be ordered by the May 17 deadline. Family members are encouraged to order team t-shirts as well to promote team spirit. Prices will be available at the Parent's Meeting.

## PRACTICE SCHEDULE

Attendance at practice is essential for all swimmers. It is at practice where swimmers receive the instruction necessary to become proficient and strong swimmers. Our younger swimmers are especially inspired when the older swimmers model good sportsmanship and leadership during practice.

Dates	6&U 7&8 9&10 (AM)	11 and up (AM)	6&U 7&8 9&10 (PM)	11 and up (PM)
5/17 -6/10	None	None	5:45-6:45	6:45 – 7:45
6/11-end	10:00-11:00	9:00-10:00	5:45-6:45	6:45 – 7:45

The first practice on May 17 will start at 6:15 pm.

After the first meet on 6/15, practices are not held on Wednesday mornings or Friday evenings.

We have no minimum number of practices that are required **BUT the more practices your swimmer attends the better the chances are of him/her swimming in a main event which includes the relays.** Exemptions can be granted on a per case basis by the Coach with prior notice given.

Parents, please remember that all swimmers will benefit if the coaches can run practices without external interruptions. Some of the youngest swimmers may easily become distracted by the presence of their parents, so be prepared to move a little farther away from the action if your child is constantly doing things that interrupt his or her focus on the team practice. Examples of this behavior include frequently leaving the pool to seek parental comforting, trying to draw mom or dad into the water to assist the child, or simply horsing around to seek attention. Please give the coach the first opportunity to handle any such misbehavior; she/he will not hesitate to ask you for additional help if they need it.

## INCLEMENT WEATHER PROCEDURES

Practices: If you are uncertain whether or not practice will be held due to inclement weather, first call the Wendell Pool at 365-5226. If you are unable to reach a lifeguard then call any of the Swim Team Committee members.

Meets: Regardless of weather conditions in Wendell, you are to go to the meet whether it is home or away. The TSA Representatives from both teams will make the decision about delaying the meet, postponing the meet or canceling heats. They will try to run the meet if at all possible.

## TEAM PICTURES

Team pictures will be taken this year on **June 8 at 6:30**. Swimmers **MUST** be at the pool in their swimsuits at **6:00**. Regina Harmon of "The Total Connection" will be taking individual and team pictures. Order forms will be available at practices the week before and also that day.

## REGULAR SEASON MEET SCHEDULE

The Wendell Wave Swim Team competes in the Tarheel Swimming Association ([www.tsanc.org](http://www.tsanc.org)). Our TSA season consists of six dual swim meets, split evenly into three home meets and three away meets. Away swim meets will require personal transportation. Maps to the pools hosting these away meets will be available at practice prior to the

away meet, on the bulletin board and online at the TSA website: [www.tsanc.org](http://www.tsanc.org). All six meets will be held on Tuesday evenings. Warm-ups for the home team begin at 5:00 pm and warm-ups for the visiting team begin at 5:30 pm. Although this arrangement is standard practice, it may be reversed for some meets. Our coach will inform you if there is a change. In any case, swimmers should plan to be at the pool at least 15 minutes before our team's designated warm-up time: 4:45 for home meets, and 5:15 for away meets.

Our regular season meet schedule is as follows:

June 15	Away vs Jewish Comm. Center
June 22	Home vs Carlyle & Chatsworth
June 29	Home vs. Blackhorse Run
July 6	Away vs. Brier Creek
July 13	Away vs Lakemont
July 20	Home vs. Banbury Run

After each home meet, plan to stay and enjoy pizza and leftover concessions with the team. Prices will be available prior to the first home meet.

## SWIM MEET CONCESSION SALES

Last year's concession sales were very successful and proved to be a major source of revenue for the swim team. The team will host the concession stand during the three home swim meets. Hot dogs, hamburgers, and other items will be available for sale. All families are asked to contribute items for resale. In addition, four volunteers will be needed to work at each of the home meets.

## TEAM ACTIVITIES

The team party will be on Friday, July 9. We have reserved the pool from 7pm until 11:00pm for the team. Mark your calendars and plan to come! There will be more details to come! Plan to bring a side dish/dessert and drink to accompany the pizza.

## END-OF-SEASON AWARDS CELEBRATION

The End-of-Season Awards Celebration is planned for **July 24<sup>th</sup> (Saturday)** at the Wendell Swim Pool. Please mark your calendar and plan to attend this event to recognize every swimmer who contributed to the success of the season. This event is pot-luck so bring your favorite dish and a drink. More information about the celebration will be posted on the bulletin board at a later date. Parents of returning swimmers, there is no additional cost for the awards celebration but for first time swimmers, there is a additional \$10.00 to cover the cost of the plaque payable with the registration fee.

## OPTIONAL MEET

### **TSA Championship** (sponsored by New Wave at TAC) **July 11**

TSA is a competition between all TSA swim teams at one pool. The meets lasts the entire day and is divided into two sessions. This is a long meet! You need to bring the necessary items for a normal swim meet plus lots of sunscreen. More information will be posted closer to date. **This meet is optional.**

# SWIM MEET EVENTS AND SCORING PROCEDURES

1. Team members swim the following distances:

6 & under:	15 yards (finish line marked by a rope – Kid-Catchers are used)
7 to 10:	25 yards (or meters)
11 to 18:	50 yards (or meters)

2. Team members swim the following strokes in the order listed from the youngest to the oldest swimmers. A swimmer's age group is defined by his or her age as of June 1<sup>st</sup> of the current season. Boys swim before girls in the same age bracket:

6 and under:	freestyle, backstroke, breaststroke
7 and up:	medley relay, freestyle, backstroke, breaststroke, butterfly, freestyle relay

The medley relay begins the meet and the freestyle relay ends the meet.

3. Swimmers who are 6 and under may swim a maximum of 2 individual main events and will be strongly encouraged to swim in one of the heats of the third stroke. Swimmers 7-18 may swim a maximum of 3 individual main events and will also be strongly encouraged to swim in heats in remaining events. Swimming the heats provides extra practice and experience for the swimmer. Swimmers may also participate in one or both of their age group's relay races; relay events do not count against the individual-event limits. Swimmers' times will be recorded in all heats, with results being used by the coaches to help determine who will swim the main events the following weeks. **Main event swimmers are determined by practice attendance, attitude and times.**
4. All team members swim in every meet. However, if a meet is delayed or interrupted for any reason (thunderstorm, etc.), the teams' TSA representatives may decide, in the interest of time, to swim only main events.
5. All events are important and are vital to the team. All events will be timed this year including both relays and the heat events.
6. Ribbons are awarded for all individual events. Only 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places are available for the relays.
7. If a swimmer false-starts twice, he or she will be disqualified from the event. If a swimmer is disqualified for any reason, he/she can receive a participant ribbon, but will not score or receive a place ribbon.
8. All swimmers under 12 years of age will be swimming every event either in the main or in a heat. The coach can change this policy as she/he sees fit due to the length of a meet or a close meet. These swimmers need the practice of swimming in a competition setting. Plus each will be timed to show their improvement from meet to meet.
9. Two of the main event positions will be swum by our fastest swimmers who **attend practice regularly and have a positive team spirit**. Since swimming in a main is an honor, those swimmers who display unsportsmanlike behavior either at practice or at a meet will forfeit swimming in a main event in the next meet. The third main event position will be swum by a swimmer who the coaches feel has earned the opportunity.

# COMMUNICATIONS:

## WENDELL WAVES WEBSITE

Please visit our website for team updates, meet scores, double and triple winner results and pictures from the meets. Julie Riddle and Ann Luck are our webmasters and will be updating the website many times throughout the summer. If you have any questions regarding the website, please contact them.

## WENDELL WAVES YAHOO GROUP

For the 2010 swim season, the Swim Team Committee will be running a Yahoo Group for the parents of the swimmers. This group will be one of three main ways to communicate with parents. The purpose of this group is one way communication. There will be only emails sent from the Swim Team Committee for the sole purpose of notifying parents of dates, reminders, changes and other information regarding the Swim Team. NO emails will be posted for any other reason.

## WENDELL WAVES BULLETIN BOARD

Please visit our bulletin board next to the Women's Bathroom at the pool.

All of these forms of communication will contain the same information. Please regularly check the one of your choosing!

## *Junior Coaches Program*

This year we will be continuing our Junior Coach program. Having the older swimmers help the young ones has proven to be extremely beneficial for everyone. Applications and details will be made available soon after practice begins. Carol Gates will be working with the coaches to coordinate this project. If you need volunteer hours for a transcript/college application, this is a great way to earn those hours and give back to the swim team!

# VOLUNTEERS

**Meet Officials: otherwise known as PARENTS**  
**Parents run the meet so NO PARENTS = NO MEET**

There are many volunteer opportunities during the season. By being a volunteer, you show support for our team and also have fun. **Each family is required to work a minimum of three meets.** The meet is run TOTALLY BY VOLUNTEERS! If we don't have volunteers, then we don't have a meet!

***It takes a minimum of 26 parents to run a home meet and a minimum of 23 parents to run an away meet.***

Below is an explanation of each volunteer job:

- **Clerk of Course** – These two individuals help the swimmers line up as the coach have assigned them. If a swimmer in the main heat swims out of his or her heat or in the wrong lane, he or she is automatically disqualified. Each team is responsible for one clerk of course and one assistant per meet.
- **Announcer/Starter** – The only requirement is a good voice and a thorough understanding of the order of events. We need one announcer/starter per home swim meet.
- **Place Judges** – There are six place judges for each meet and they only judge the main heats. The judges determine the 1<sup>st</sup> through 6<sup>th</sup> place swimmers and handle any disputes about how the swimmers place. Each team provides three place judges per meet.
- **Timers** – There will be one timer per lane. Each timer is responsible for recording the swimmers' time. All events will be timed.
- **Recorder** – This volunteer records the places in the main heat and submits the record to the official scoring table. We need one recorder for each home meet.
- **Heat Ribbon Distributors** – These individuals hand out heat winner and participant ribbons to the swimmers who did not swim in the main heats. We need two volunteers for each home meet.
- **Ribbon Writers** – These individuals take the place information from the scorer and record it onto the ribbons. We need two volunteers per home meet.
- **Runner** – These volunteers watch the stroke and turn judges and deliver DQ slips and main heat sheets to the scorers' table. We need two volunteers for each swim meet.
- **Scorer** – These volunteers are responsible for recording the swimmers' times, placements, DQs and keeping a running tally of points per team. We need one scorer per swim meet.
- **Stroke and Turn Judges** – The judges watch the swimmers and determine if they are properly swimming each stroke. The judges are required to attend an annual Stroke and Turn Clinic. Each team will provide one stroke and turn judge per meet.
- **Parent Supervisors/Kid Pushers** – Involves chaperoning a specific age group at the meets and getting the swimmers to the Clerk of Course when called. We need two parent supervisors per meet.
- **Concession Sales** – This involves monitoring the concession table during the home swim meets. The concession sales are a fundraiser for the team. We need four volunteers per home meet.
- **Hospitality** – This individual works with the concession stand to provide ice water to all volunteers during the swim meet. We need one volunteer per home meet.
- **Set-up/clean up Committee** – These individuals assist the WSC lifeguards in the rearranging of the pool deck, the set up of the items necessary for the meet (backstroke flags, etc) and assist the guards in restoring the pool deck to normalcy after the meet. Our swimmers will be STRONGLY encouraged to help with the clean-up of the pool deck after each home and away meet.

## HELPFUL HINTS FOR SWIMMERS AND THEIR PARENTS

- ❑ Swim meets start promptly at 6:00 pm and generally last until 9:00-10:30 pm. The 6 and under swimmers can leave after the breaststroke since they do not swim in the butterfly or relay events. As you leave the meet, *please* clean your area, whether at our pool or at a visiting pool. Clean-up is everyone's responsibility. It only takes a few people to get the job done quickly.
- ❑ If your child will miss a meet or will be late arriving at a meet, please sign your child's name on the poster located near the bulletin board.
- ❑ If a swim meet is postponed on Tuesday night, the TSA representatives may decide to resume the meet where it stopped on the following evening, at the same location and time. (If the breaststroke event has been completed, a decision can be made to declare the meet complete on Tuesday night.) Please let the coaches know if you cannot make the rescheduled Wednesday meet. If you were scheduled to volunteer in some capacity during the meet, you also need to notify the Volunteer Coordinator that you will be unable to assist during the rescheduled meet.
- ❑ Swimmers should always be at the appropriate pool at the assigned time each Tuesday afternoon of a meet. Warm-ups for the home team begin at 5:00 pm and warm-ups for the visiting team begin at 5:30 pm. Although this arrangement is standard practice, it may be reversed for some meets. Our coaches will inform you if there is a change. In any case, swimmers should plan to be at the pool at least 15 minutes before our team's designated warm-up time: 4:45 for home meets, and 5:15 for away meets.
- ❑ This year, we will be assigning swimmer numbers to all members of the team, not just to 6-and-under swimmers. These numbers make it easier for the timers to record times accurately. If you can, please write your swimmer's number on his or her shoulders in black marker before each meet. You can find their numbers on the timing charts on the Swim Team bulletin board.
- ❑ You may want to bring lawn chairs with you to both the home and away meets. Some pools do not have enough pool furniture to accommodate all the attendees at a typical swim meet.
- ❑ Label all of your child(ren)'s swim items.
- ❑ Your swimmers should sit in the team area to build team unity. This also allows those assisting the Clerk of Course to locate swimmers, thereby making the meet run more efficiently.
- ❑ Please bear in mind that when we visit other pools, we are their guests, and we should behave accordingly. Likewise, when we have home meets, let's all try to be polite and gracious hosts. Remember that all of us (swimmers, coaches and parents) are representatives of the Wendell Wave Swim Team wherever we go.
- ❑ Please note that TSA rules prohibit smoking and consuming alcohol at any TSA swim meet.
- ❑ Remember to bring snacks and liquids to drink in a cooler for each swim meet.

# CHARACTERISTICS OF SUCCESSFUL SWIMMERS

Successful swimmers. . .

- ✓ Listen to their coaches
- ✓ Work hard at practice
- ✓ Attend as many practices as possible
- ✓ Always want to improve
- ✓ Think of the team first
- ✓ Treat their teammates, coaches and opponents with respect
- ✓ Ask questions
- ✓ Cheer for their teammates at swim meets
- ✓ Are motivated from within to work hard
- ✓ Are open-minded to new ideas
- ✓ Enjoy themselves in all aspects of life

## TIPS FROM THE COACHES

- ❑ **Practice** – It is strongly recommended that swimmers attend at least one practice daily. Regular attendance is the key to improvement and overall success.
- ❑ **Weekly meets** – Please try to attend every meet. We depend on all of our swimmers each week. It is preferable that you stay for the entire meet to support your team. If you must leave a swim meet early, please see the coach before you leave to determine if you are needed for a relay team. Remember, if you are unable to attend a meet, please let the coaches know, in writing, as soon as you can.
- ❑ **Eating habits** – Monday night supper should be high in carbohydrates, such as meat and potatoes, spaghetti, macaroni and other pasta and wheat dishes. Tuesday evening supper should be light and healthy. Snacks eaten during the meet should be light, such as fruit, crackers, popsicles and juice. Juice or water is the drink of choice. Carbonated drinks are strongly discouraged. **NO HEAVY FOODS BEFORE OR DURING THE SWIM MEETS.**
- ❑ **Absences** – If you are planning to miss a meet, please let the coach know as soon as you know. If you have an unplanned absence, please let the coaches know as soon as possible. If your swimmer doesn't show up for a meet without notifying the coaches, in the next meet he or she will only swim heat events.