

Blue Dolphins Swim Team Handbook

The mission of the Blue Dolphin Swim Team is to create a structured but fun learning experience. Through practice and competition each swimmer will be challenged to grow as an individual, team, and community member.

Dear Swimmers & Parents,

Welcome to the Anna Blue Dolphin Swim Team. Please take the time to read this handbook, the information it contains will hopefully help you to become more familiar with summer league swimming and give you directions to every pool in the SISL league. If you have any questions, please feel free to call any of the board members listed on the website (www.bdolphins.com) or find us at the pool most mornings. All of us were new parents at one time and know how confusing it can be. We hope you have an enjoyable summer.

RULES

1. Recommended practice is at least 3 times per week. Coaches' approval is needed for fewer than 3 practices a week. Excused absences: sickness, family vacations, attending camps, Bible School, other planned functions.

THE COACH MUST BE NOTIFIED IN ADVANCE FOR EXCUSED ABSENCES.

2. Give the coach 3 days notice if you are unable to attend a meet. Much planning goes into scheduling events and your unannounced absence could prevent other swimmers from swimming in events. In case of sudden illness or other unforeseeable problems, you must notify a coach or board member at least ½ hour prior to warm-ups. Failure to comply with this rule will result in a swimmer's ineligibility to participate in the next meet.

3. Parents are not allowed inside the fence at practices or meets unless they are scheduled to work.

4. In compliance with SISL rules, a swimmer must swim in no less than three meets to be eligible to swim in Championships.

5. Swimmers are given a 2 week trial period. If you or your child decide swimming is not for them, your registration fee will be refunded (less \$25 city fee). If it is your decision not to swim, please notify the coaches as soon as possible.

6. All swimmers must be at the meet in time for warm-ups or they will be scratched from the meet. This rule applies to dual meets as well as Invitational meets.

7. All swimmers are expected to follow the coaches' instruction, remain on pool deck during practice and meets, respect the coaches, other swimmers, parent volunteers, and the equipment.

Any problem behavior from a swimmer will result in disciplinary action from the Blue Dolphin coach.

PARENT/COACHES MEETINGS

The Coaches will be available to talk with parents concerning their swimmer every Wednesday morning at 10:30. Please do not try to discuss your swimmer with the coaches before or during a meet or during practice, they will not have all the information on hand to adequately address your concerns.

BULLETIN BOARD

Please review the bulletin board on a daily basis. Meet line-ups and the parent volunteer list for the posted meet will be available for review approximately 2 days prior to the upcoming meet. If there are parent jobs that still need to be filled, please sign up to help. We will not be able to start the meet unless all jobs are filled. The bulletin board is also available for parent concerns or questions. Please feel free to use it.

FAMILY FOLDER

Each family has a folder in the Blue Dolphin file box. Ribbons and other information will be in your family folder. Please remind your child/children to ask for the contents of their folder.

SOUTHERN ILLINOIS SWIM LEAGUE (SISL)

The Southern Illinois Swim League consists of seven teams: Anna, Carbondale, DuQuoin, Herrin, Marion, Mt. Vernon, and Salem. Representatives from each swim team make up a Council.

The Council establishes the summer meet schedule, arranges for the Championships, and maintains up-to-date records of all league events. Each team must compete against every other league team at least once during a regular season in a dual or tri-meet.

STROKES USED IN COMPETITIVE SWIMMING

FREESTYLE: An alternating overhead stroke done face down with breathing accomplished by turning the head to either side with the reaching stroke. Any kick is acceptable though the flutter kick is traditionally used. Any turn is allowed although the flip turn is the fastest.

NOTE: Freestyle technically refers to a swimmer being allowed to use any means to get through the water other than backstroke, breaststroke, or butterfly. The swimmer must touch the wall at turns and at the finish, and not touch the bottom of the pool with their feet during the swim.

BACKSTROKE: A stroke done on the back with an alternating stroke. The return stroke over the water with one hand entering the water above the ear. A flutter kick is used with the exceptions at the start and turns where a dolphin kick (both legs and feet parallel) is allowed. The start is in the water. Upon completion of each length, some

part of the swimmer must touch the wall. A swimmer must have returned to a position on the back upon leaving the wall.

BREASTSTROKE: A stroke accomplished on the breast with arms and legs mirroring each other. The arm stroke, except on starts and turns, must terminate before the hips. The hands and arms push forward together up the center of the body to full extension then turn outward and down with arms bending at the elbow pulling as much water as possible while also taking a breath. The head must break the surface of the water on each stroke. The kick is simultaneous with the extension of the arms and is a whip or frog type kick. The touch of the turns and finish must be with both hands simultaneously.

BUTTERFLY: Again a mirroring stroke accomplished face down. The pull portion of the stroke is a modified S stroke with the return over the water, with the hands entering the water straight over the head a few inches apart. Breathing takes place at the start of the return stroke and at the same time as the power dolphin kick. There is generally another kick at the start of the pull. The touch at the turns and finish must be simultaneous.

INDIVIDUAL MEDLEY: (I.M.) In this event the swimmer swims four different strokes starting with butterfly and continuing with backstroke, breaststroke, and freestyle in that order. Turns, when changing from one stroke to another, are somewhat specialized and will not be described here.

RELAYS: There are both Medley and Freestyle relays. There are four legs to each relay. In the Medley the order of strokes are backstroke, breaststroke, butterfly, and freestyle; which, if you will note, are different than the order of the I.M.

AGE GROUPS

The competitive age groups and the distance each age group swims are as follows: (This is also the order they swim each event.)

- 6 & under 25 meters
- 8 & under 25 - 50 meters
- 9 & 10 25 - 100 meters
- 11 & 12 50 - 100 meters
- 13 & 14 50 - 100 meters
- 15 through 18 50 - 100 meters

All age groups are segregated by sex. Any swimmer, usually for the benefit of the team, can "swim up" to an older age group, but cannot swim down to a younger group. The Blue Dolphin Swim Team's policy on "swimming up" is as follows: All events in any age group will be filled by swimmers of that age group first. If there are vacancies because of a shortage of swimmers in any age group, then younger swimmers may fill the vacant spots. A younger swimmer will not "bump" an older swimmer because of a faster time.

ORDER OF EVENTS

The order of events at meets is as follows:

(There are no 6 & under relays, I.M., breaststroke or butterfly. The 6 & under events do not score points for the team.)

MEDLEY RELAYS events 1-10
BUTTERFLY events 11-20
FREESTYLE events 21-30
I.M. events 31-38

BACKSTROKE events 39-48
DIS. FREESTYLE events 49-58
BREASTSTROKE events 59-68
FREESTYLE RELAYS events 69-78

There is one heat per event that counts for points. Heats are made up of six swimmers, three from the home team and three from the visiting team. The fastest swimmers are usually put in the point heats. There may also, at the coaches discretion, be exhibition heats that are timed but do not count for points. A swimmer can swim a maximum of three individual and two relay races that count for points per meet. There are no specific rules on exhibition swimming; these races are agreed upon by both coaches.

Swimming is an individual sport for the most part; goals should be set and hopefully met.

Swimming style, stamina, minds and strength go hand in hand with lowering times. It is a good idea for both swimmers and parents to know the swimmer's fastest times. A swimmer is racing the clock as well as the swimmer in the next lane. Taking time off a specific race can be enough for an otherwise scoreless meet.

SPORTSMANSHIP is an important part of any athletic activity. The swimmers on the Blue Dolphin Swim Team are expected to behave in a sportsman-like manner at all times. Cheering on teammates, shaking hands with your opponents after a race and adhering to the rules and coaches' direction are all part of a code the Blue Dolphins like to keep.

ATTENTION PARENTS!

Because of our small membership, we ask that ALL PARENTS assist with conducting meets. We need at least 22 parents to help run every meet and that is with everyone working the full meet.

Please help by filling one of the many jobs. It is very beneficial to the success of the Blue Dolphin Swim Team for all parents to play an active role in different aspects of the working and planning of the season.

If your swimmer is participating in the meet, you must work at the meet. Each family will be charged \$10/meet fee for any meet where the swimmer participates and no family member works during the meet.

MEET DESCRIPTION

Times, attendance at practice, behavior, and attitude are all considered when assigning swimmers to races. The coaches shall have the ultimate discretion of assigning swimmers to events at all meets.

1. **Dual Meet** - A dual meet is run with the home team and one other team as scheduled. There will be 3 swimmers from each team in each event for points (8 &

Under and up) and the remaining swimmers will swim for times and the opportunity to swim in point positions usually in accordance with their times.

2. **Invitational** - An invitational meet may consist only of freestyle events as in Mt. Vernon Sprints or events in all strokes. This is an all day meet, held on Saturday, with teams in our league and teams outside our league attending. There is a charge per event (approx. \$1.50) for each swimmer competing in Invitational meets. When a swimmer signs up to attend an invitational meet they are making a commitment to be at the meet and agreeing to pay the entry fees.
3. **Championships** - An all day meet, held at the end of the season, with the teams of SISL only. This meet consist of all the events in a regular dual meet. Three swimmers in each event in the 10 & under age groups and two swimmers in each event in 11 & older age groups may attend thismeet. There are no exhibition heats in Championships or an Invitational meet.

MEET JOBS

Dolphin Dugout

The Dugout is where the swimmers wait during a meet for their turn to swim. They may do whatever they want within this area as long as they clean up after themselves and do not harm others. Each swimmer is expected to sign in with the Dugout Chairperson at the beginning of each meet. Swimmer's parents are asked to leave their child(ren) in the Dugout and enjoy the meet from the stands unless they are working the meet or need to talk to their child(ren) for any reason. Each swimmer is called by name when their events are announced and sent to the Bullpen for line up to await their events. Swimmers should stay in the Dugout until their name is called to go to the Bullpen. If they leave for bathroom breaks or to get snacks, they need to let a Dugout worker know where they are going. At the end of the meet, **EVERYONE IS EXPECTED TO HELP CLEAN UP THE DUGOUT AREA**. Please make the swimmers aware of this fact. If a parent has a question as to what events their child is swimming, please check the board.

BULLPEN

The Bullpen is located near the starting blocks. Bullpen workers arrange the swimmers according to lanes and events. They also tell the swimmers when their event is at the block.

CONCESSIONS

The Blue Dolphins will have a concession stand at all home meets.

SET UP

This group sets up the home meet before swimmers arrive. Jobs include putting in the lane ropes, setting up the starting blocks, putting up the backstroke flags, setting up scoring tables, setting up and checking the PA system, and Bullpen benches

RIBBON WRITERS

Ribbon writers are responsible for putting labels on the swimmer's ribbons and filing the ribbons in a file box. Each swimmer receives a ribbon for each event they successfully complete.

SCORERS (Training required)

Each team provides 2 scorers for each meet. They tabulate the running score throughout the meet via pink and blue slips that are turned in by the runners. Points are awarded for 1st, 2nd, and 3rd place in each event.

TIMERS

There are 2 timers for each lane at each meet. At least one of those will be from the opposing team. There are also back-up timers available during the entire meet. Each use a stopwatch and the home team timer usually records the swimmer's time on the pink or blue slip. This determines the place of each swimmer and the points awarded each team for an event. Each meet will require at least 14 timers.

STROKE JUDGES (Training required)

Stroke judges observe all swimmers for proper strokes, turns and finishes. They are responsible for determining disqualification for improper methods. Stroke Judges **must** attend a training class at the beginning of each season.

RUNNERS

Runners are responsible for getting the pink and blue slips from each swimmer to the timers and then to the scoring table.

END OF YEAR AWARDS

SWIMMER OF THE YEAR - One person will be selected by the coaches as swimmer of the year. How you perform at meets and attitude throughout the season will be taken into consideration. A plaque will be given to the recipient of this award.

LAST YEAR SWIMMERS - Those swimmers who will be leaving the team because of their age (18) will receive a plaque with the number of years they swam for the team.

PARTICIPATION AWARD - This award will be given to every swimmer participating on the team in recognition of your hard work and dedication to the Blue Dolphin Swim Team.

Disqualifications (DQs)

Every swimmer will at some time receive a DQ. This is done when a swimmer is not swimming a stroke correctly. A DQ slip will be given to the coach when this happens. The DQ slip will be marked with the reason the DQ was given. A sample DQ slip is show below:

Disqualification Report

Breaststroke

During Start _____ Swim _____ Turn _____ Finish _____

10 Kick: Alternating _____ Butterfly _____ Scissors _____

11 Arms: Non-simultaneous _____ Two strokes

under _____

12 Elbows Recovered Over Water _____

14 Cycle: Head Not Up _____ Double Pull/Kicks _____

15 Touch: One Hand _____ Non-Simultaneous _____

16 Not Toward The Breast Off Wall _____

17 Other _____

Butterfly

During Start _____ Swim _____ Turn _____ Finish _____

20 Kick: Alternating _____ Breast _____ Scissors _____

21 Arms: Non-Simultaneous _____ Underwater

Recovery _____

23 Touch: One Hand _____ Non-Simultaneous _____

24 Not Toward The Breast Off Wall _____

25 Head Did Not Break Surface By 15M _____

26 Other _____

Backstroke

During Start _____ Swim _____ Turn _____ Finish _____

30 Toes Over Lip Of Gutter After Start _____

31 Head Did Not Break Surface By 15M _____

32 Not On Back Off Wall _____

33 No Touch At Turn _____

34 Past Vertical At Turn:

Non-Continuous Turning Action _____

Independent Kicks _____ Strokes _____

35 Shoulders Past Vertical _____

36

Other _____

Individual Medley

41 Strokes Infraction # _____

42 Out of Sequence _____

Freestyle

50 No Touch Turn # _____

51 Head Did Not Break Surface By 15M _____

Relays

70 Stroke Infraction # _____ Swimmer # _____

71 Early Take Off Swimmer # _____

Other

60 False Start _____

61 Delay of Meet _____

62 Did Not Finish _____

Directions to Out Of Town Meets

CALVERT CITY – ETA 1hr 15 min

123 Country Club Lane, Calvert City, KY

(270) 395-5831

Take Route 146 east toward Vienna, Exit onto I-24 East toward Paducah. In Kentucky, take exit 25B on Purchase Parkway north. Continue as road becomes Oak Park Blvd. After approx 1.4 miles, turn right onto 5th Ave SE. Take the first left onto Country Club Lane.

CARBONDALE -- ETA: 30 min.

625 S Lewis Ln, Carbondale, IL 62901

(618) 490-1073

Take Route 51 north to Carbondale. After entering Carbondale, turn right onto East Grand Ave. Turn left onto S Lewis Lane and take the first right into Doug Lee Park. The pool is at the end of the road.

DUQUOIN -- ETA: 1 hr. 10 min.

640 West Park Street

(618) 542-8942

Take Route 51 north through Carbondale. Route 51 turns left. DO NOT turn on Route 51 when it turns left in DuQuoin, but continue north on Washington Street. Cross Main St, then turn left one block north off Main St. on Park St. Follow Park St. to end - the pool is on your right.

HERRIN -- ETA: 50 min.

1010 North 5th Street

(618) 942-3548

Take I-57 north to Route 13 west exit. Go west on Route 13 to Route 148. Turn right. Stay on Route 148 through Herrin to the last stoplight (Herrin St.). Turn right and go approx. 6-7 blocks to the City Park (it will be on your left). The pool is located in the City Park.

MARION -- ETA: 40 min.

500 E Thompson Street

(618) 993-3940

Take I-57 north to Route 13 east exit. Stay on Route 13 through town to the east side (you will go through 3 stoplights and pass the City Cemetery). Approx. 7 blocks from cemetery on your left will be the City Park. You can see the pool from the street.

MT. VERNON -- ETA: 1 hr. 15 min.

1700 S34th St, Mt.Vernon, IL 62864

(618) 241-0691

Take I-57 north to the Mt. Vernon – Veteran’s Parkway exit (Exit 94). Turn right (east) on Veteran’s Memorial Drive then make a right onto South 34th Street.

SALEM -- ETA: 1 hr. 40 min.

1287 Gar Drive

(618) 548-7792

Take I-57 north to Salem (#116) exit. Go left on Route 50 through 3 stoplights (will be in center of town, will see courthouse). Go left on Broadway. Go approx. 1 mile. The pool is in the City Park.