



2023 Handbook

Welcome to Oak Ridge Swim Team!

We are so glad to have you as a member of our swim team family. Our mission is to teach proper stroke technique for competition at all age levels, to insure progress in every swimmer, and most importantly, to have fun!

Please take a few moments to review this handbook.

Practices

During practices, swimmers are guided by our coaches to learn proper stroke techniques and develop endurance. Practice is also a great time to build relationships for our team and to learn good sportsmanship.

- Swimmers are encouraged to attend at least attend 3-4 practices per week and must attend at least one practice per week in order to participate in swim meets.
- Plan on arriving for practices approximately 10 minutes early to allow for stretching and self-preparation of practice.
- Be prepared by bringing your goggles, towel, and water bottle to every practice. Always have an extra pair of goggles and an extra swim cap.
- Write your name on your swimsuit (on the label), goggles, and other personal items. Oak Ridge Swim Club is not responsible for lost or stolen items.
- Coaches have a limited amount of time in the pool and need to make the most of practice time. Parents, please wait until after swim practice or meets to communicate with coaches regarding concerns, updates, and comments. Questions can also be emailed to swimteam@orcaswim.org.

Private Coaching

If your child is participating in swim team and you would like to benefit from an individualized practice session, our coaching staff may be available for private lessons. Lessons are either for thirty-minutes or an hour (prices and times are set by each coach). This is a great opportunity to target technique for your swimmer. Please feel free to discuss this option with one of your coaches any time after practice.

Volunteers

Due to the size of our swim team, the size of our facility, and the sizes of our competition, volunteers are a necessity for a smooth meet. "MANY HANDS MAKE LIGHT WORK."

All families must contribute as a volunteer at our swim meets. Volunteer jobs will be divided equally between families. To assist with assignment of duties, all families are

required to sign up for a shift when they sign their swimmers up for a meet.

The meet signups will be emailed out and/or on our website in advance. Volunteering is so easy and can accommodate work schedules, supervision of younger children, etc.

Should a family not volunteer during meets, you will be contacted by our Swim Team Chair and assigned a role at an upcoming meet. You will be responsible for finding someone to take your place. Should you no-show, your swimmer will be removed from the meet. No refunds will be provided should your swimmer be removed due to lack of volunteering.

Volunteer Needs

- Timers: (42 per meet) Responsible for managing a stop watch and recording times for the swimmer in your lane (no training required).
- ORCA Tank: (4 per meet) Responsible for escorting swimmers to Clerk of Course (no training required).
- Clerk of Course: (4 per meet) Responsible for escorting swimmers to the starting block (no training required).
- Runners: (2 per meet) Responsible for collecting time sheets and DQ slips and taking them to the designated areas (no training required).
- Hospitality: (2 per meet) Responsible for providing beverages and snacks to volunteers and judges (no training required).
- Computer Input: (2-4 per meet) Responsible for entering swimmers' times into computer database (training preferred).
- Judges:
 - Starter/Referee- (2-4 per meet) Responsible for administration of the swim meet and for making technical decisions (must attend training). Trainings will be communicated to swim team families in advance.
 - Stroke and Turn Judge- (4-8 per meet) Responsible for recording illegal moves on a stroke, then reporting to the referee (must attend training). Trainings will be communicated to swim team families in advance. It is ideal to have 10-12 Stroke and Turn Judges in inventory for the whole season.
- City Meet Volunteers: Tent Parents, Timers, Clerk of Course are some of the volunteer positions for City Meet. (More information will be provided closer to City Meet date).
- Special Event Volunteers: Support is also needed for the several special events.

Meet Schedule

The Greensboro Community Swim Association (CSA) is responsible for organizing Oak Ridge Swim Club's dual meet schedule and City Meet Schedule. See the CSA website www.greensborocsa.org for meet information, schedules, directions, as well as winning times and team scores throughout the season. Additionally, you can find our team's times and scores on our website, orcaswim.org.

Dual Meets: Dual meet participation helps the coaches determine your swimmer's entries at City Meet and helps establish goals and mark successes. Attendance, promptness, good sportsmanship, and staying together as a team at each meet area are helpful to the team. Swimming is a team and character-building sport!

Dual meets begin promptly at 5:30 pm, with required warm-ups at 4:30 pm. Please arrive NO LATER than 4:15 pm. Meets may run as late as 10:00pm - 10:30pm, depending on size of teams, weather, etc. If you need to arrive late or leave early due to other conflicts, you can let us know when you sign up for the meet or communicate privately with our Head Coach.

Arrive early and be ready for warm-ups. Warm-ups are very important to prevent injury and to establish comfort level with the pool prior to competition. Also arriving early helps the coaches get an accurate headcount of swimmers.

Swimmer Essentials: LABEL EVERYTHING & ALWAYS KEEP YOUR THINGS TOGETHER (a bag is suggested), swimsuits, goggles, towels, team shirt, swim cap, & snacks (light carbs, fruit, protein, are recommended. No sodas or greasy foods).

After each event, stay in the pool until all swimmers have finished the race.

Shake hands or congratulate all competitors before (but quickly) exiting the water.

Do not wear other team insignia on cap, swimsuit, goggles, etc. during summer swim (ex: high school team, year-round team). Wearing of such items will result in a disqualification.

Express team pride BUT with great sportsmanship. Do not speak ill of other teams, their coaches, their swimmers, their parents and please watch your language. You are representing our club and we require the upmost in behavior. Oak Ridge Swim Team swimmers may be asked to leave a meet for inappropriate behavior. No refunds will be provided.

Talk to your coaches before you leave the meet. Do not leave without notifying your coach.

Line-ups: Every swimmer's full participation is important to the success of our team. Each swimmer can swim a maximum of three individual events and up to two relays, based on the coaches' discretion. Often coaches will assign a swimmer an event that may not be

his/her personal favorite. Coaches do this to give a swimmer experience or maximize the team's scoring potential. Please encourage your swimmer to do his/her best, even when swimming a stroke that may not be his/her favorite. We also ask that parents not contact our coach and request for a certain stroke for their child. It is imperative to our overall program that we obtain times for all strokes and races.

Absences: There is a multitude of data entry that the coaches are responsible for submitting well in advance for swim meets. It is important that your coaches know of any potential absences from meets well in advance. If your child is sick and unable to compete, please email or speak directly with your coaches as soon as possible prior to the meet.

If a swimmer has not notified a coach that he/she will not be present the day of a meet, the coaches will assume that the swimmer is attending and will schedule accordingly. When swimmers do not show up for a meet, or leave early, and have not notified a coach, it severely affects the outcome of a meet. Often, a "no show" can completely eliminate a relay team, which lets three other teammates down who have been waiting to swim with the swimmer who didn't show up or left early.

Scoring: For dual meets, points are given for the top four places for individual swimmers and top two places for relays for each age and event. Though it is fun to have the fastest swimmer on your team, consistently taking 2nd and 3rd places can earn just as many points. Relays are worth more points and can often decide the outcome of a swim meet. This is why it is so important to your team that you not miss an event or a relay - your team needs you!

Disqualifications (DQs): CSA trained officials, called Stroke and Turn Judges and Referees, monitor swimmers to determine that they are using proper/legal starts, strokes, turns, and finishes. When an infraction is observed by a judge (and confirmed by the referee), the swimmer is DQ'd. If that swimmer placed 1st - 4th, the place forfeited to the next fastest legal swimmer. Because of this, it is likely that a second or even third place finisher can end up in first place, however slow he/she swims. In training, coaches encourage swimmers to first learn to swim the stroke legally, then tweak their technique to swim faster.

While it can be disappointing to be DQ'd, these rules level the playing field and are for the swimmers' benefit. Coaches teach proper stroke, turns, and finishes, but it can be a lot for a new swimmer to retain this information under pressure at a meet. DQs are normal and frequent for any team at the beginning of a summer season, and generally diminish closer to City Meet. As part of the learning process, DQ's motivate swimmers to pay close attention to their coaches' training and instruction and prepare them for City Meet. We will review DQ slips with swimmers at practices following meets.

Ribbons: Ribbons are awarded for the top ten places at dual meets, with points being earned for 1st - 4th place and top two relays. The News and Record prints team scores and individual triple event winners. All age group winners and times can generally be found on

the CSA website a day or so after each meet, as well as our website.

City Meet

City Meet refers to the Greensboro Community Swim Association's Swimming Championship, in which more than 2,000 swimmers, ages ranging from 5 to 18. Member clubs compete against one another at the Greensboro Aquatic Center (GAC). Points earned at City Meet determine the following year's ranking and competition for dual meets.

Each team is assigned an area in the Coliseum Special Events Center, where swimmers check in and check out between their events. A "tent parent" will be assigned to manage swimmer check ins. The team provides some refreshments (by sign-up) for the swimmers. The team is also responsible for providing meals to its coaches every day of City Meets as hospitality is not provided for them by the Association.

Swimmers are NOT allowed to leave the tent area without specific permission from the tent parent - THIS INCLUDES OLDER SWIMMERS. City Meet is a huge event and it is very easy to lose track of people, time, and location. We realize that many swimmers have friends on other swim teams, but swimmers should wait to socialize until after all of their events are completed. If our parents cannot find you for your race, the race will go on without you and the scratch hurts our team's results.

Swimmers are encouraged to bring an extra towel, a chair, or a blanket to sit on as well. Do not bring electronics and leave in our tent area unattended. CSA and Oak Ridge are not responsible for lost or stolen items. Our tent area is open to the general public and can result in items going missing.

The schedule varies annually, but typically if a swimmer competes on the first day, every event is a "final" meaning it is only swam once.

Swimmers who compete on Saturday and Sunday will have "preliminaries" in the mornings, which will establish the 20 fastest swimmers/times in each age group. These 20 swimmers will compete again at the "finals" in the afternoon session.

Relays are also scheduled throughout City Meet and typically take place in the afternoon sessions.

Each club comes up with a fun theme for their club at the beginning of the swim season. During City Meets, swimmers from every swim club are encouraged to participate in the parade that takes place on the GAC pool deck showcasing their team pride with said theme. The date and time will be announced at a later date.

While City Meet is essentially a large dual meet, rules are more-strict to ensure smooth administration. We will have a pre-City Meet meeting to share more specific details, review rules, and expectations. The date and time of this meeting will be announced later

in the season.

Warm-ups: City Meet warm-up times and lanes are assigned in shifts by the CSA; swimmers and parents will be notified of times and lanes prior to the meet.

Etiquette: DO NOT forget your ORCA pride! Remember to practice good sportsmanship and respect fellow swimmers, other teams, parents, coaches, and officials.

Definitions

Freestyle (Free) - Technically, a swimmer can swim about any way possible to finish, as long as he/she touches the wall to turn and finish, without stopping to stand or touch the bottom of the pool. Any part of the body can touch the wall on the finish (hands, head, arm, etc.).

Back Stroke (Back) - Swimming on the back, shoulders do not pass vertical, except on the turn when the wall is touched (this is a flip turn and requires continuous motion), with simultaneous scissor kicks with legs. Any part of the body can touch the wall on the finish (hands, head, arm, etc.).

Breast Stroke (Breast) - Stroke requiring simultaneous arm pulls underwater, but not below the waist, and simultaneous “frog” kicks (not flutter or scissor kicks). Swimmer must touch the wall with both hands simultaneously.

Butterfly (Fly) - Stroke requiring simultaneous arms with a pull under the water and a recovery stroke over the water, with simultaneous “dolphin” kick with the legs. Swimmer must touch the wall with both hands simultaneously.

Individual Medley (IM) - An individual event that includes all four strokes in order: Fly, Back, Breast, Free.

Medley Relay - A team event with four swimmers each swimming a stroke in order: Back, Breast, Fly, Free.

Freestyle Relay - A team event with four swimmers each swimming freestyle.

Starting Block - Raised, inclined base at the end of each lane.

Starts - Term used for beginning the race. Swimmer is on the “block” or in the water for Backstroke, once a referee calls “take your mark”, there should be no movement (not even adjusting, goggles, swaying, talking, etc.) until the start horn.

Disqualification (DQ) - Term used to denote that a swimmer has not complied with stroke standards and race/time are not included in the final tally. Disqualification is shown by an official raising one arm over their head to signal to the referee that a DQ has occurred.

Finish - Swimmer must touch the wall, with any body part for Freestyle or Back Stroke, but swimmer must touch simultaneous with both hands for Breast Stroke and Fly.

Whistles - Short whistle blows by the referee mean that the swimmer should get ready and approach the starting block. Long whistle blows mean that the swimmer should step up on the starting block or jump in the water for Back Stroke.

Heats - The division of an event where there are too many swimmers to compete at the same time.

Heat Sheets - The pre-meet printed listing of swimmers' events. These sheets vary in accuracy such as heats and lane assignments are subject to change throughout the meet. (Oak Ridge Swim Team parents will need to print their own heat sheets and bring to dual meets. CSA sells heat sheets at City Meet for \$5 a session, cash only.)

Dual Meet - Type of meet where two teams compete against each other.

Tri Meet - Type of meet where three teams compete against each other.

Dryland - Swim team practice that takes place out of the pool (running, stretching, other exercises)

False Start - When a swimmer leaves the starting block before the horn. One false start will disqualify a swimmer or relay team, although a starter or referee may disallow the false start due to unusual circumstances.

Year-round Competitive Swim

If you are interested in swimming beyond the summer, we have several clubs in the area. All of the following swim clubs will have booths set up at City Meet so you can meet their staff and ask questions.

- Greensboro Community
- YMCA (GCY)
- Greensboro Swimming Association (GSA)
- STAR Aquatics Swim Fanatics
- Enfinity Swimming
- Just to name a few.....

**Oak Ridge Swim Club does not endorse any one particular swim program over the other.*

Visit the CSA (Greensboro Community Swim Association), www.greensborocsa.org, for more information about the wonderful world of swimming.

Contact Us

Coach's Name and Email: Sadie Covington, swimteam@orcaswim.org

Swim Team Committee: swimteam@orcaswim.org

Website: orcaswim.org

REMIND: remind.com/join and enter code ge6e49 or text 81010 @ge6e49