

# Welcome to the NEWPORT TORPEDOES SWIM TEAM 2010

The Newport Swim Team was organized for the specific purpose of fostering education, training, and competition in amateur swimming. We stress individual development, team spirit, competitiveness at each level, and most importantly, enjoying the sport of swimming. Our strengths include spirited, talented, hardworking coaches and parents who work together to create a positive experience for each and every swimmer. The foundation and core strength of our team, however, is our swimmers.

We belong to the Northwest Aquatic League (NWAL) which consists of 17 divisions (over 95 teams). NWAL is the second largest swim organization in America with only the United States Swimming (U.S.S.) having more members. We are governed by their guidelines. Feel free to visit their website at [www.nwal.org](http://www.nwal.org).

Our team provides activities that the whole family may get involved in to make it an enjoyable summer experience. Your Swim Team Board and I look forward to working with all of you to make the TORPEDOES experience in 2010 a complete success.

Registration fees are used mainly to cover coach's salaries, awards, trophies, and equipment. The swim team and swim meets are run entirely by **family participation**. **Each family is expected to work during the swim season to ensure that the season progresses smoothly, meets take place in an orderly manner, and that no one is overly burdened.** Some jobs require training and certification, while others do not. Attached is a list of jobs that must be done to ensure a well run season. Please read through the list and decide which job you will be willing to perform.

We provide a head coach and assistant coaches (if the Board feels necessary) to supervise the swim team. The swim team has hired Heather Schexnayder as head coach. Coaches are paid to coach young people who already know how to swim the basic freestyle. Instruction in diving, turning and swimming the more advanced strokes will be provided in group sessions. It is advisable that parents of young or inexperienced swimmers be present at workouts until their children become more comfortable swimming laps. We welcome parents' comments, suggestions, or complaints and need your help to have a successful season. **However, please do not bother the coaches during practice. If they are talking to you, they are not coaching our 170+ swimmers. Please see them before or after practice, email them, call via phone, or talk to a Board Member (list attached).**

The swim team offers group instruction and conditioning. Because of the large numbers, it is not possible to offer individual lessons. If you want your child to advance more quickly than he or she is able to on the swim team, you should seek out private swim lessons.

Swim practice will consist of morning and/or afternoon dry-land exercises and in-pool practice sessions.

In order to accommodate the school year schedule and the NWAL season starting date, we have to have several different practice schedules. Sorry for any inconvenience.

This year we will have 5 dual meets which take about 6 hours each, and 1 divisional meet which takes about 10 hours. Those swimmers who reach the necessary speed will also be eligible to participate in the invitational meets--All-Stars Ponderosa and any additional meets the coaches feel to be beneficial. The regular season is finished on June 20 with the awards ceremony scheduled for the Monday after Divisionals (June 19, 2010). **IN ORDER TO SWIM AT THE DIVISIONAL MEET SWIMMERS MUST HAVE SUCCESSFULLY SWAM INDIVIDUAL EVENTS IN AT LEAST 2 DUAL MEETS!**

There is a team swim suit which we urge all swimmers to purchase, but it is not mandatory. We also have team shirts. All are optional, but please make sure your child's suit is a **one-piece style**, preferably blue in color, which is designed for competition. The supplier will sell suits one other time at the pool prior to the first meet. Please check our website for date.

Meets consist of events in the 4 basic strokes: freestyle, backstroke, breast stroke and butterfly. Individual Medley (IM) is a combination of all strokes. Children 6 and Under normally only participate in freestyle and back stroke; 7 and Up qualify to swim all 4 strokes if they have mastered the stroke. A swimmer can participate in a maximum of 3 individual events and some will be swimming in relay events. **The coach will decide which events and the number of events a swimmer will participate in depending on their performance at workouts and during meets.**

The Northwest Aquatic League (NWAL) sets up rules for running meets and executing each stroke. A swimmer is expected to follow these rules and if he/she does not, they will be disqualified (DQ) for that one event. Some of the most common mistakes which cause disqualification are as follows:

1. **Backstroke - Turn over before finishing touch.**
2. **Breast Stroke - Arms past the waist during arm stroke, flutter kick, and one hand touch at finish.**
3. **Butterfly - Arms not coming out of the water during arm stroke, flutter kick, and one hand touch at finish.**
4. **Relays - Early starts and improper strokes.**

We participate as a team in swim meets; therefore, we need the efforts of all swimmers to successfully compete. **It is the responsibility of the parents to see that their children attend all meets, including the away meets. REMEMBER that in order to participate in the end of season Divisional Meet the swimmer must have successfully participated in at least 2 dual meets.** Transportation is not provided to any practices or meets. Maps to each of the away meets will be provided.

Preparation for a meet begins early in the week and all swimmers will be entered in the meet unless they have notified the coach otherwise. Since strategy is used in deciding which swimmers to enter in various events, it is of the utmost importance that the coach knows whether he can depend on each swimmer to be present at the meet. **IF YOU KNOW YOU WILL BE ABSENT ON SATURDAY, PLEASE NOTIFY THE COACH NO LATER THAN PRACTICE ON TUESDAY.** There will be a notebook available at each practice to notify the coach if you are not going to be at a meet. If something comes up after that, let the coach know as soon as possible.

It is also important that each swimmer stays at the meet until it is over. If you are unable to stay for the entire meet, please notify the coach prior to leaving. Even though your child is not listed in a relay, he or she might be used as a substitute and his or her name would not appear on the heat sheet. In this situation, if a swimmer leaves early, three other swimmers would not be allowed to compete.

## **2010 Swim Season**

### **Swimmer Registration**

March 27, 2010                      Saturday                      10:00 a.m. until  
4:30 p.m.                      @  
Newport  
Pool Area (Newport  
Country Club)

**Spring Practices at Newport Subdivision Pool – To be Announced  
(please check website for updates)**

**Summer Practices at Newport Subdivision Pool – To be Announced (please check website for updates)**

## **Swim Meet Schedule for 2010**

**May 8 - Time Trials at Newport Pool**

**May 15 - Home vs. Atascocita Forest**

**May 22 - Away @ Livingston**

**May 29 - Home vs. Summerwood**

**June 5 - Away @ Atascocita Oaks**

**June 12 - Home vs. Fall Creek**

**June 19 – Divisionals @ Summerwood**

## **2010 Swim Team Board Members**

**President: George Elles**

**Team Representative: Dana Hulsey**

**Volunteer Coordinator: Heather Sanders**

**Member at Large: Jennifer Delome**

**Member at Large: Tracy Delome**

**Member at Large: Patti Elles**

**Member at Large: Donna Greer**

**Member at Large: Kathy Griffin**

**Member at Large: Gary Jones**

**Member at Large: Beth King**

**Member at Large: Jerry Satterfield**

**Member at Large: Connie Schexnayder**

**Member at Large: Kay Schexnayder**

**Member at Large: Cathi Whitworth**

**Newport Torpedoes Board Meetings** (Meetings are normally held at Crosby Community Center)

Board of Director meetings are held monthly and are open to the public. Please check the team website for updates as to dates and times.

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# 2010 Newport Torpedoes Coaching Staff

We are pleased to have former Torpedoes swimmers filling all of the coaching positions for the 2010 swim season. We provide a head coach and assistant coaches (if the Board feels necessary) to supervise the swim team. The coaching staff this year will consist of a Head Coach and two assistant coaches as well as coaching helpers.

Coaches are paid to coach young people who already know how to swim the basic freestyle. Instruction in diving, turning and swimming the more advanced strokes will be provided in group sessions. It is advisable that parents of young or inexperienced swimmers be present at workouts until their children become more comfortable swimming laps. We welcome parents' comments, suggestions, concerns or complaints and need your help to have a successful season. However, please do not bother the coaches during practice. If they are talking to you, they are not coaching our 170+ swimmers. Please see them before or after practice, call via phone, or talk to a Board Member (list attached).

**HEAD COACH - Heather Schexnayder**  
**(swim\_queen\_heather@hotmail.com)**

## JOB DESCRIPTIONS OF COACHES

### HEAD COACH

Head coach duties include, but not limited to the following:

1. Promote the Torpedoes Team Philosophy as developed by the board.
2. Management and organization of the team and its' associated practices
3. Prepare meet entry lists in accordance with NWAL rules and Newport Torpedoes Swim Team policies and procedures.
4. Represent the coaching staff at board meetings as required.

5. Responsible for assuring that the coaching staff teaches, develops, and reinforces the positive values of good sportsmanship and team spirit to all members of the swim team.

## ASSISTANT COACHES

Assistant coach duties include, but not limited to the following:

1. Perform practice as designated by the head coach.
2. Maintain high level of enthusiasm for all swimmers by maintaining their own enthusiasm at practice.
3. Assist head coach with meet entry list on daily / weekly basis.
4. Communicate and identify potential problems as necessary to the head coach

## GUIDELINES FOR COACHES

1. Swimming technique is a key to progress and improvement. Sometimes this means that a coach has to get into the water to help the swimmers.
2. Coaches, when not in the water during practices should be walking the deck, instructing the swimmers.
3. Any consultations between coaches and parents will occur outside of practice times.
4. Coaches are to be at practice 15 minutes prior to the first practice.
5. Coaches are expected to be at meets 15 minutes before warm-ups.
6. Coaches are expected to participate in pep rallies and end-of-season awards ceremony and party.

**NOTE:** The Newport Torpedoes Swim Team offers group instruction and conditioning. Because of the large numbers, it is not possible to offer individual lessons. If you want your child to advance more quickly than he or she is able to on the Swim Team, you should seek out private swim lessons.

## Who are the Newport Torpedoes?

The Newport Torpedoes is a summer swim team composed of children from age 4 to 18 and their parents residing in the Crosby area as well as other areas not served by a neighborhood swim team. Our team is a member of the Northwest Aquatic League (NWAL) which is the governing body that determines swimming rules and regulations. The TORPEDOES in turn are governed by a board of directors which is elected annually. The Board is responsible for the general direction of the Newport Torpedoes, the hiring of coaches, liaison with Community association, hosting meets, etc.

## **Eligibility**

Children age 4 through 18, primarily from the Crosby area but also including any others eligible under NWAL rules, may be members of the Newport Torpedoes Swim Team. U.S. Swimming members (such as those who swim with Blue Tide) may join our team only if they do not swim in U.S.S. meets during the Summer League season. They may, however, continue to practice with their U.S.S. team if they wish.

**NOTE: ANY NEWPORT TORPEDOE SWIMMER WHO SWIMS IN A U.S.S. MEET DURING THE SUMMER LEAGUE SEASON MAY CAUSE FORFEITURE OF ALL PREVIOUS MEET RESULTS!** Please check with the head coach if you are unsure of the rules.

## **Swimmers with Special Medical Needs**

Newport Torpedoes Swim Team is a community swim team with a large number of individual swimmers and as such is NOT equipped to handle special medical needs children. Prospective swimmers with special medical needs or with disabilities will be presented to the Board of Directors and will be voted on based on a case by case basis.

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## **Registration and Fees**

Registration fees are used mainly to cover coach's salaries, awards, trophies and equipment, maintenance and replacement, NWAL dues and insurance fees, swimmers' entry fees, etc. The swim team and swim meets are run entirely by volunteer parents. Each parent is expected to work during the swim season to ensure that the season progresses smoothly, meets take place in an orderly manner and that no one is overly burdened.

Registration for the 2010 season will be held on May 8<sup>th</sup>, 2010 at the Newport Pool area. Registration for past participants who were mailed a registration package may register by mail to the swim team P.O. Box. All swimmers 14 and under who wish to participate in walk-up registration must be accompanied by a parent or guardian. The last day that a swimmer may register is May 3rd, 2010.

Registration Fees for the 2010 swim season will be:

\$65.00 for the first swimmer

\$45.00 for the second swimmer

\$35.00 for the third swimmer (your fourth, or more, swimmers are free)

## Newport Torpedoes Registration Fees

Registration Fee (per family, non refundable)

\$25

	Swimmers name	Fees
#1		1st Swimmer \$65
#2		2nd Swimmer \$45
#3		3rd Swimmer \$35
#4		Free
#5		Free
#6		Free
	Subtotal registration fees	\$ -

**Total Registration**

\$

-

Check # \_\_\_\_\_

1 swimmer = \$90 (\$65 + \$25)

2 swimmers = \$135 (\$65 + \$45 + \$25)

3 swimmers = \$170 (\$65 + \$45 + \$35 + \$25)

Volunteer Fee \$100 separate check

Check # \_\_\_\_\_

**Registration Fee:** \$25 per family. This fee is non-refundable.

**Family Participation Deposit:** \$90.00 (this check is returned to you when participation requirement is fulfilled)

**ALL FEES MUST BE PAID PRIOR TO SWIMMERS BEING ALLOWED TO PARTICIPATE IN PRACTICE.**

**NSF Check Policy:** If a check presented to the team bounces, the payer will be charged \$25.00 and be required to submit the funds in cash within 14 days of

NSF notification. Following this 14 day grace period, their swimmer(s) will not be allowed to swim until the account is settled. This charge is subject to changes in bank charges. Any person/ family with a history of bounced checks to the Newport Torpedoes Swim Team will be required to pay all transactions in cash.

## **Refunds**

Refunds are rare and are made on a case by case basis. Any swimmer who is a chronic discipline problem, thus compromising the well being of other team members will be withdrawn from the team and no refund will be given. Absolutely no refund will be made after May 8<sup>th</sup> (Time Trials).

## **Rookie Camp**

Newport Torpedoes Swim Team is offering first time swimmers a chance to practice for 3 days during the first week of our normal team practice for a fee of \$25.00. During this time period, our coaches will evaluate all swimmers. Any swimmer who, in the coaches' opinion, is a swimmer that is a danger to himself or herself in the water, may be asked to withdraw and wait until next year. Dismissals from the team following Rookie Camp are made at the head coach's discretion.

Those swimmers that qualify for team membership will have their \$25.00 camp fee applied towards the team registration fee. The balance of the team registration fee and any other unpaid fees will be due at that time.

## **Parents' Meeting**

A general membership meeting for all parents will be held at Newport Subdivision Pool (date to be announced). All parents are encouraged to attend this meeting, to meet the coaches and get an overview of the coming season. At least one parent should be present for new swimmers.

## **Team Suits and T-shirts**

Wearing a team uniform gives a child a sense of belonging to the team and also fosters team spirit. It is also easier to identify our swimmers and cheer for them during a race if they are wearing team suits. We urge all swimmers to purchase our team suit, but it is not mandatory. Team suit designs are changed every two years. Our supplier will be selling swim suits, caps and goggles of competition quality at registration and one additional time during practice at the pool (date to be announced).

Swim Suits are available through D&J Sports (800-460-swim ; [djsports.com](http://djsports.com))

Team T-shirts will be available for purchase throughout the season. The wearing of team T-shirts by both parents and children helps to develop team spirit and team identity. We will also have swim caps and goggles available. Only NEWPORT TORPEDOES swim caps or non-team specified caps can be worn during a meet. Swims caps with other team logos on them are not allowed per NWAL rules.

Team suits and shirts are all optional, but please make sure your child's suit is one-piece style, preferably blue in color, which is designed for competition.

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## Spring and Summer Practice Guidelines

Spring practice begins (date to be determined) and continues throughout June until school ends.

Time Trials (our first swim meet) will be May 8<sup>th</sup>.

Dual meets (a meet where we swim against another team) will be held every Saturday beginning May 15<sup>th</sup> and continuing through June 12<sup>th</sup>.

We hold dual meets with the five other teams in our division. We end our season with the Divisional Meet where all six teams in the Division compete for the Championship. **In order for a swimmer to be eligible to swim at the Divisional Meet, Swimmers must have participated in at least two dual meets.**

Those swimmers who reach NWAL specified qualifying times will also be eligible to participate in the Invitational meets (All-Stars and Ponderosa). These Invitational meets are held a week after Divisionals. These two meets draw swimmers from all NWAL divisions.

Swimming is a TEAM as well as an individual sport. Swimmers are expected to attend daily practice sessions. We realize that there will be conflicts with end-of-school activities, scouts, other sports, and family or church activities, and there are times when your child may be ill. All of these are considered excused absences. PLEASE INFORM THE COACHES ABOUT YOUR ABSENCES - AHEAD OF TIME, IF POSSIBLE. Daily attendance will be taken.

### Practice Procedures

1. Swimmers may begin arriving ten minutes prior to start of practice for their age group. Parents MAY NOT leave unattended children for swim practice earlier than ten minutes prior to the start of their practice. Any unsupervised children will be asked to leave the pool area.
2. Once checked in, all swimmers **MUST** wait inside the pool deck area **sitting on their towel until invited to the practice area by the coaches.** There are no exceptions unless authorized by a coach.
3. Parents, siblings, friends and visitors must watch practice away from the pool area, not at the pool side. Also, parents should refrain from talking to or distracting swimmers or coaches in any way during practice.
4. Come prepared. Each swimmer should come to practice wearing a swimsuit. They should also have a towel, goggles and swim cap.
5. **We recommend that you wear a practice suit to practices.** Team suits should be worn only for meets; they will fade and wear out if worn to daily practice. Girls should wear one piece suits; boys should wear appropriate swim trunks. No shorts.
6. Leave valuables at home.
7. Don't eat large heavy meals before practice and try not to eat within 30 minutes prior to your practice time.
8. If you ride your bike to practice, please lock it up. **DO NOT BLOCK THE POOL ENTRANCE WITH YOUR BICYCLE!** Swimmers under age 10 must have a note on file with the swim team to be released unsupervised to go home after practice. A list of approved swimmers will be kept by the coaches at the pool. We are not responsible for loss and/or damages to bicycles or other transportation.
9. Inside the bathroom areas there is to be no yelling, horseplay, carrying of water in or out of the bathroom, and/or climbing on stalls, sinks or toilets.
10. Inside the pool areas there is to be no running or horseplay; no roller blading or bike riding; no glass containers; no hanging around deep-end or lifeguard stands; and, no climbing on gate, fence, columns or trash cans.
11. Swimmers who become behavior problems will be asked by the coach and/or board member to sit out of practice.
12. Young children who accompany their parents to practice should be kept out of the pool and away from the deck area, including and especially the baby

pool. Please remember the coaches are responsible for every swimmer in the pool. They cannot instruct those swimmers if they are talking to parents or small children.

13. No pets are allowed inside the pool fence area. No exceptions!

The board and coaches reserve the right to modify the above guidelines as necessary to insure the safety and comfort of swimmers and non-swimmers alike. To that extent, parents are asked to please monitor their children at all times.

Compliance with the above Practice Guidelines is monitored daily by Newport Torpedoes Swim Team Board of Directors and coaches. One verbal warning is issued for violations and recorded for information purposes only. Subsequent infractions are recorded and reported to coaches and/or swim team board. Repeated violations will involve consequences to the individual and possibly even to the team or age group as a whole. For example, individuals who choose to disregard a verbal warning could be asked to leave the pool area entirely. Repeated non-compliance or further damage to pool area facilities could result in the age group's loss of deck privileges such as waiting inside the gate and/or bathroom access during other practice times.

## **Health and Safety**

There are several precautions that all parents and swimmers should take to insure a safe and healthy swim season:

1. Always advise the coaches about any health problems.
2. Outer ear infections can commonly occur in swimmers if precautions are not taken. After each swim session, ear drops such as "Auro-dri" or other Swim ear solution should be used.
3. Extended exposure to chlorine can sometimes cause problems. Goggles can be worn to prevent eye irritation. Swimmers should shower after swimming to remove chlorine from skin and hair; special shampoos are available. Also, to prolong the life of a swim suit, it should be rinsed after each use.
4. Excellent sunscreens are available. If your child needs a sunscreen, buy the waterproof type and apply it at least 20-30 minutes before getting into the water.
5. All normal Pool Rules, such as "no running, no horseplay", etc. should be observed.

## **Lost and Found**

Parents, please help your swimmers keep track of their personal belongings. Please label your swimmers' belongings, especially common ones such as goggles, swim caps and team shirts.

## **Help Keep Our Pool Beautiful**

We are grateful to the New Newport Property Owners Association of Newport for the use of their pool for our practices and meets. The swim team is required to pay a deposit for the use of the Newport swimming pool and are required to keep the pool area clean. It is our policy that we always leave the pool area cleaner than we found it. Please pick up the trash in your area before you leave, both after practices and after meets.

## **Alcohol and Tobacco Policy**

There will be no alcohol at any swim function and no tobacco of any nature inside the pool area.

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## **Family Participation Deposit**

The swim team and swim meets are run entirely by volunteer parents. Each parent is expected to work during the swim season to ensure that the season progresses smoothly, meets take place in an orderly manner and that no one is overly burdened.

From the Starter to the Score Keeper it takes a lot of people to put on a swim meet. **\*\*Approximately 300 volunteer hours per meet!!!\*\*** Parental involvement is essential if the meets are to run smoothly and finish in a timely manner. To encourage participation each family is required to leave a deposit of \$90.00 at registration. This check will be returned when the family has participated in **six** volunteer sessions over the course of the season. Just as in past years, when a family member (not a swimmer) has completed a shift for a volunteer job during the meets, report to the Newport Torpedoes Volunteer Coordinator to receive your family participation credit(s). At the end of the season, six volunteer sessions buys back the deposit check.

Anyone participating for more than the required six sessions will earn a ticket for a prize drawing at the end of the year.

In order to make the volunteer system fair and insure that each family has the opportunity to experience several volunteer positions, we have established guidelines for volunteer jobs.

## **Family Participation Guidelines**

Each family must participate for at least 6 shifts during the swim season. Newport Torpedoes Board of Directors reserves the right to override the number of shifts per meet you qualify for.

Each family is allowed one participation session per meet (Concessions, Meet Set-Up and Meet Tear Down exceptions are detailed below).

Each family is allowed only 1 family participation credit per season for the job of "Sign In" attendant.

Family members participating in working Concessions will receive 2 credits per shift worked.

**Meet Set-Up and Meet Tear Down participation is considered separately from other participation positions. Any family member participating in Meet Set-Up and/or Meet Tear Down will receive one participation credit. They are still eligible to participate in regular meet positions (listed below) and receive participation credits for that position as well.**

Experience has shown that the meets seem to go faster and are a lot more fun if you participate. If you would like to be involved and participate but aren't sure how to sign up, please call a Board member (not the coaches) for assistance.

**Each person participating for more than the required 6 credits for the season will receive one extra credit for each participation over the requirement. A drawing will be held from the extra credit earnings at the End of the Year Party / Awards Ceremony for designated prize(s) so be sure to record your participations.**

## **Team Information Updates**

Please check the team website regularly for announcements.

## **Funding**

Our expenses each season include coaches' salaries, pool usage deposits, equipment maintenance and replacement, NWAL dues and insurance fees, swimmers' entry fees, ribbons, medals, trophies, etc. Registration fees cover only about 70% of the money we spend on each swimmer. We earn the balance through swim meet concessions - operated by parent volunteers at home meets.

## **Team Pictures**

Team pictures and individual pictures will be taken (date to be announced).

There will not be regular practices on the date team pictures are taken.

## **End-of-the-Year Party / Awards Ceremony**

The TORPEDOES swim team holds a team party and awards ceremony on the Monday following Divisionals (June 21, 2010).

This party is an enjoyable way to end the season, and we invite all of you to attend. You'll receive more information about it later in the season.

The annual election of Board Members also takes place at the ceremony. Nominations may be made from the floor. All swimmers' parents or guardians may take part in the voting.

## **Awards**

All qualifying swimmers will receive a trophy (swimmers must attend 2 of 5 dual meets to qualify).

In addition, the TORPEDOES give various awards to swimmers for outstanding individual achievement and hard work during the season. Recognition of outstanding parent volunteers is also made.

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## **Duration of the Meet**

Dual Meets will be held every Saturday during the season.

Meets generally begin at 8:30 a.m.; however, your swimmer will have to be at the pool earlier than that for roll call and warm-ups. Check the website for the exact warm-up times.

Meets generally end between 12:00 and 2:00 p.m. Your swimmer will have been working very hard all week to prepare for the meet and this is the time he or she will be able to proudly display his or her progress and abilities to you.

## **Sign-In**

Swimmers must check in with the Sign-Up Attendant at each meet on the Saturday morning of each meet by 7:30 a.m. At sign-in swimmers will receive their events and event numbers at that time.

Swimmers who have not reported in by 8:00 am will be scratched from their events.

## **Supervision of Swimmers During Meets**

Parents, you **CANNOT** just drop your child off at a meet. You must arrange for an adult to be responsible for your child if you cannot be present during a meet.

**The Swim Team is not a baby-sitting service.** If a swimmer is found to be without adult supervision during a meet, consequences including but not limited to verbal warnings, monetary fines, suspension from upcoming meets (including invitationals) and/or removal from the team may be imposed.

It is the parents responsibility to make sure their swimmer reports to the Ready Bench when their event is called. The parents working the Ready Bench will **NOT** hunt for swimmers. If a swimmer cannot be found when their event is called he / she will miss the race.

Parents of very young swimmers are encouraged to have their child(ren) stay with them between events. Swimmers should be reminded that the pool area is not the place for wild behavior or horseplay. To be at their best, swimmers should rest and stay out of the sun between events.

You will know it is time for your swimmer to line up when the announcer calls your child's event number to the Ready Bench. Parents of swimmers 10 and under are ultimately responsible for their swimmers reporting to the Ready Bench at the appropriate time. For swimmers 11 and older - it is the swimmer's own responsibility to report to the Ready Bench. However, if you know your older swimmer gets distracted easily - we suggest you help them get there on time to avoid disappointment.

After final lane assignments are made on the ready bench - swimmers arriving late will already be scratched from that event and will not be seeded - as per swimming league rules.

Swimmer families should consider bringing a tarp for shade during the meet and between events. Swimmers should also bring an old blanket or spread to lie on, their team suit, goggles, cap, towel, snacks, energy bars, fruit and drinks, and dry clothing to wear on the way home. They should also bring something such as a game or book to occupy the time between their events. **SWIMMERS SHOULD REMAIN IN THE POOL AREA AT ALL TIMES.**

## **As the Meet Progresses**

Your child's events will be spread out over the meet. Relay swimmer substitutions happen often and sometimes at the last minute. Make sure you are

aware of the last possible relay your swimmer could qualify for. Please DO NOT leave the swim meet before this time - YOUR TEAM MAY NEED YOU! Although your swimmer might be finished swimming before the meet is over, please stay for the whole meet. The other swimmers on the team need your encouragement, and it is really fun to be around when the final score is announced and we win!!! Our swimmers get to see and appreciate how their individual effort has contributed to the team score, and they can be very proud of their part in the victory. When we win, the kids really do go wild. Of course, there are times when we will lose; then your swimmer will have the opportunity to show good sportsmanship and congratulate the winner.

Maps to the "Away" meets will be available at the pool prior to the meet as well as listed on our web site.

### **What to Bring for the Kids -**

1. Wear your team suit and shirt
2. Swim cap and goggles
3. Towels
4. Old blanket for swimmer to lie on
5. Tarps or large umbrella for shade area
6. Fruit juice, energy drinks and lots of water
7. Money for concessions
8. Snacks, lunch (see below for suggestions)
9. Cards, travel games, books, etc.
10. Swim Ear Drops

### **CLEARLY LABEL ALL ITEMS WITH YOUR NAME**

### **What Parents Need at a Swim Meet**

1. Lawn chairs
2. Sun hats
3. Sunscreen

4. Umbrellas
5. Money
6. A Good Book

## **FOOD**

Dinner the Night Before - High carbohydrate diet like pasta, pizza, baked potatoes and rice.

Breakfast on Meet Mornings - Pancakes, French toast, muffins, toast, cereals, low-fat dairy products, fruit. Nothing with much sugar or fat. Donuts are for the adults and non-swimmers.

Lunch during Meet - Sandwich without mayonnaise or butter. Peanut butter and jelly is fine, but use less peanut butter. Low-fat luncheon meats and cheeses. Avoid fried foods, nuts or seeds. Snacks and fruit juices, fresh or dried fruits, Low-fat crackers, pretzels, popcorn, fig bars or oatmeal cookies. Swimmers should avoid fats and proteins, both of which take a long time to digest.

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## **THE LINE-UP**

### Signing Out

The coaches make the line-ups for each meet on the Monday before (5 days in advance). All swimmers will be entered in the meet unless they have notified the Coaches otherwise. Since strategy is used in deciding which swimmers to enter in various events, it is of the utmost importance that the Coaches know whether they can depend on each swimmer to be present at the meet. They **MUST** know who will not be attending the meet, so please let them know by signing the page for the specific meet in the binder at the pool by Monday of the week of the meet. If something unexpected happens during the week before the meet that will keep you from going, let the Coaches know as soon as possible.

Be sure you have your swimmer at the pool **ON TIME FOR WARM-UPS**. Warm-ups are not only important to prepare the swimmer for the morning's races but they are also the time during which the Coaches must verify attendance and make final line-up changes.

### Seeding and Heats -

Swimmers are seeded according to their best time in an event. Events are swum in heats with the six slowest swimmers in the first heat of an event, the next six

faster swimmers in the second heat, and so on. The last heat of an event always has the fastest swimmers in it. Scores and times will be posted during the meet.

If your swimmer is disqualified for an incorrect stroke during his/her swim, an official will tell him as he/she is leaving the water.

It is very important that each swimmer stays at the meet until it is over. If you are unable to stay for the entire meet, please notify the Coach prior to leaving. Even though your child is not listed in a Relay, he/she might be used as an alternate and his/her name would not appear on the heat sheet. In this situation, if a swimmer leaves early, three other swimmers would not be allowed to compete.

## **Ribbons**

Swimmers receive ribbons for their accomplishments.

Heat Ribbons - our division gives Heat Ribbons in each heat for those children 8 and under. These ribbons are given out at the end of each heat as the swimmers exit the water. Swimmers may also request their time after each heat.

Meet Ribbons - the six fastest swimmers in each event are awarded a Meet Ribbon. Swimmers on the relay teams also receive a first, second and third place ribbons. Meet Ribbons are usually handed out at the first regular practice session after the meet.

We try to ensure that each swimmer feel as good about their swim as possible.

## **Times**

A link to NWAL's website will be posed on our website after each meet so that you may view the official times for the meet. You will want to keep track of your swimmers' times so they can see their individual progress. Every child cannot always be a winner in a race but every child can be a winner in the race to improve strokes and times. You should remind your child of this quite often, and praise your swimmer when he or she has progressed.

## **Events**

The Norwest Aquatic League (NWAL) sets up rules for running meets and executing each stroke. A swimmer is expected to follow these rules and if he/she does not, they will be disqualified (DQ) for that one event. Meets consist of events in the 4 basic strokes: freestyle, backstroke, breast stroke and butterfly. Individual Medley (IM) is a combination of all strokes. Some of the most common mistakes which cause disqualification are as follows:

- 1. Backstroke – Turn over before finishing touch.**

2. **Breast Stroke – Arms past the waist during arm stroke, flutter kick, and one hand touch at finish.**
3. **Butterfly – Arms not coming out of the water during arm stroke, flutter kick, and one hand touch at finish.**
4. **Relays – Early starts and improper strokes.**

Swimmers may participate in a total of five events in a meet (a maximum of three Individual events and two Relays.) The Coach will decide which events and the number of events a swimmer will participate in depending on their performance at workouts and during meets.

Children 6 and Under normally only participate in freestyle and backstroke; 7 and Up qualify to swim all 4 strokes if they have mastered the stroke. Most younger and first time swimmers may swim in fewer than five events until they are more sure in the water and comfortable with the whole meet experience.

Total team entries for the Divisional meet may be limited in which case swimmers may not be entered in their normal number of events. ) The Coach will decide which events and the number of events a swimmer will participate in for the meet.

#### Order of Events -

Event No.	Event/Stroke
1-2	13-14 100 Freestyle
3-4	15-18 100 Freestyle
5-6	6 & Under Free Relay
7-16	Medley Relays
17-28	Freestyle
29-38	Breast Stroke
39-40	6 & Under Backstroke
41-48	Individual Medley
49-58	Back Stroke
59-68	Butterfly
69-78	Free Relays (except 6 & Under)

Events start with the youngest age groups in each classification and work up, alternating boys then girls.

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## Scoring

Scoring at Dual Meets is as follows:

1. \*\*Individual events: 5-3-1 (1st, 2nd, 3rd places, respectively).
2. \*\*Relays: 5-2 (only one place scores per team).

\*\*Scoring at the Divisional Meet (6 teams) is: 7-5-4-3-2-1 (1st through 6th places respectively).

**\*\*Current changes by NWAL will supersede this list.**

Length of Course by Age Group (Distances would be meters at some pools)

6 & Under, 7 - 8	Free, Back - 25 yards
	Free Relay - 100 yards
8 and under	Breast, Fly - 25 yards
	Medley Relay - 100 yards
9 - 10	Free, Back, Breast, Fly - 25 yards
	Freestyle & Medley Relay - 100 yards
10 and under	Individual Medley - 100 yards
11&12, 13-14, 15-18	Free, Back, Breast, Fly - 50 yards
	Individual Medley - 100 yards
	Freestyle and Medley Relay - 200 yards
13-14, 15-18	Free - 100

## Philosophy

The overall philosophy for the NEWPORT TORPEDOES is to promote swimming as a recreational activity and to foster both a competitive team spirit and individual improvement. Within this philosophy we have two goals:

1. The goal for the dual meets should be INDIVIDUAL IMPROVEMENT.
2. The goal for Divisionals is a TEAM WIN.

The goal for each swimmer for the season should be Self-Improvement.

Each swimmer MUST compete in at least 2 meets to attend Divisionals.

### **Post Divisional Invitationals**

These meets are held after the regular season ends. Swimmers qualify for participation in these meets by meeting posted qualifying times in each event. Since these meets are large and represent the best swimmers in all the NWAL divisions, it is an honor for swimmers to represent our team. If your swimmer qualifies for any of the post season Invitationals, he/she will be asked to participate. Qualifying swimmers that commit to the invitational meets will be informed as to their entry fees. Once you have made the commitment to swim, please do not back out. In addition to wasted entry fees, it will also cause difficulties for the coaches as they plan for relays.

### **Appendix A - Volunteer Positions**

The swim team and swim meets are run entirely by volunteer parents. Each parent is expected to work during the swim season to ensure that the season progresses smoothly, meets take place in an orderly manner and that no one is overly burdened.

#### **Meet Official**

All necessary training is provided by NWAL. Please see a board member for further information.

Clerk of Course: In charge of seeding and organizing the swimmers in the proper swimming order including on the ready bench. Experience and training is required for this position; you should be an assistant for at least one season.

Referee: The official in charge of the swim meet. The Referee has the final decision regarding disputes involving rules and regulations.

Starter: Starts each heat with a starting gun or horn and calls false starts for improper starts.

Stroke & Turn Judges: Ensure that the swimmers perform the strokes and turns of each event correctly. Can disqualify a swimmer for using improper stroke or turn techniques.

## **General Meet Personnel**

No experience is necessary for most of the following positions and very little training outside of "on the job" training.

Announcer: Uses the PA system to announce events, scores, team and pool records, and other general meet information.

Ready Bench: Sits the swimmers on the Ready Benches in the order they will be swimming. Ensures they move to the starting lanes when their heats are called. Works with the Clerk of Course.

Ribbon Personnel: Sit at the scorers table and label swimmer and event information on the back of Meet Ribbons.

Runners: Delivers computer generated swimmer line-ups to Scribes, Ready Bench, Meet Referee, Coaches. Gathers and delivers computer printout ready bench cards from swimmers to Clerk of Course (Data Entry Personnel).

Scribes: Sit at the end of each lane and record the finishing times on the computer printouts for each swimmer in that lane.

Data Entry: Sit at the scorers table and tabulate score after each event (enter data into the computer and check its' accuracy). 10-key experience is a definite plus!

Head Timer: Prior to meet go over timing guidelines with participating timers. Once the meet starts, stand at the starting end of the pool and signal the head referee when all timers are ready. Start spare stopwatches at the beginning of each heat in case of a malfunction with one of the timers stopwatches or a problem with a lane.

Timers: Stand at the end of each lane with a stop watch and clock the swimmer's time (3 Timers per lane). Tell the finishing time to the Scribe.

Equipment Setup / Take Down: Help set up and tear down the pool and team areas during home meets.

Concessions: Set up, prepare, and sell refreshments at home meets (earns 2 volunteer credits per shift).

Swim Shop: In-Charge of selling caps, goggles, shirts, etc. at practices and meets.

Swimmer Sign-In Attendant: At the pool by assigned warm-up time to sign swimmers in as they arrive, (only one family participation credit per swim season).

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## **Parking at Meets**

Parking is limited around the Newport pool. Parking is allowed in the parking lot immediately around the pool area and the outer area of the parking lot at the Country Club (the areas closest to the pool). No swimming parking is allowed in the immediate Country Club Golf area. Limited parking is allowed on Country Club Drive. Please do not block driveways, mailboxes or intersections; please allow at least one car length from these areas.

**THERE IS ABSOLUTELY NO PARKING ON THE GRASS!**

Please use your better judgment when parking and remember to allow room for easy access of emergency vehicles.

These rules apply to both Newport swimmers as well as the visiting team.

Your cooperation with this parking policy is required to help the Torpedoes develop and maintain good neighbor relations. Additionally, please respect the parking issues at away meets.

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