

**Sand Creek Sea Lions Swim Team
Team Handbook
aka 'Red Book'
2015 Swim Year**

Table of Contents



President's Welcome Letter	3
Head Coach Welcome Letter	5
Sand Creek Swim Board & Coaches	6
General Information	7
Northwest Aquatic League (NWAL), Eligibility, Fees, Skills Evaluation	7
Meet Entries, Family Folders, Communications, Team Suits and Gear, Fund Raisers	8
Volunteers, Team Sponsorship	9
Schedule	10
Practice Reminders	11
Discipline Plan	12
Meet Format	13-14
Swim Meet Information Guide	15-16
Saturday at The Meet	17-18
Parking Guidelines	19
Survival Tips	20
Awards	21-22

President's Letter



Dear Sand Creek Swimmers and Parents,

Welcome to the Sand Creek Sea Lions Swim Team – I am happy to return for a fourth year as Board president, and we are happy to have you join us! The Sea Lions Swim Team had a great 2014 season and we look forward to another season of great competition and fun this year.

Sand Creek is known for our outstanding recreational swim program that specializes in longstanding traditions of swimming skills development, friendly competition, team spirit, personal safety, and outstanding parent volunteers - and we hope you will be pleased with your child's swimming experience this summer.

The goals of the Sand Creek Swim Team include:

- Providing a safe and enjoyable team atmosphere
- Acquiring and improving individual swimming skills
- Developing qualities of good sportsmanship and teamwork
- Blending the qualities of individual improvement with team spirit
- Having lots of fun

We are pleased to provide a staff of excellent coaches that are former Sea Lion swimmers and volunteers. They are a dedicated and energetic group of experienced swimmers committed to improving the skills of all Sea Lion swimmers. We are also proud to announce we have again hired Kim Kelley to run this year's Stroke Camp, along with the first week of practice until the college age coaches' return.

It is important to remember that swimming, although a team sport is also an individual form of athletic competition. We encourage all swimmers to keep track of their times and as the season progresses, with regular attendance at practices and hard work, they should see improvement in their times.

We believe communication between coaches, swimmers, parents and our swim team Board is the key to a smooth swim season. To help with that process, we encourage you to read all the information contained in the Redbook Handbook which is available on the Sand Creek Sea Lions website at www.sandcreeksealions.com. The team website, along with team e-mail blasts and social media outlets, will be our main sources of communication. We will do our best to keep information on practices, functions and meets as accurate and up to date as possible.

Another key to the success of our team is the involvement of parent volunteers. **We absolutely count on every family to help out in some way.** With the variety of volunteer options available, most of us can truly find an enjoyable volunteer assignment. If you need help finding a good fit, please contact any Board member. **We are proud to be the only team in the NWAL East division that does not charge a volunteer deposit (most teams charge \$150-\$300) - but it was noted several times in our parent survey last year that not everyone is volunteering.** The board has voted to defer implementing a deposit system for another

year, choosing first to comment on it in this letter and in the weekly Team Manager Minutes to ensure awareness and openness.

In addition, I wish to thank our team sponsors (you can find a list on our website). Their support helps us defray costs and maintain affordable registration fees. I encourage you to visit the team website for information on becoming a family or corporate sponsor.

Lastly, each year the team holds a fundraiser to further help with team costs and to benefit charities such as Juvenile Diabetes, MD Anderson, and Team Joseph - last year we raised \$2,137 and sent \$1,069 to MD Anderson! This year we have two women currently fighting breast cancer and have again chosen MD Anderson for this year's donation.

Again, we welcome all new and returning swimmers to the 2015 Sand Creek Sea Lion team. We look forward to meeting and working with each of you!

Sincerely,

Matt Brown
Board President

Head Coach's Letter



ARF! ARF! ARF! Hey Sea Lions!

It seems like we just got out of the pool, but the 2015 season is just around the corner. I would like to wish you a warm welcome on behalf of all the coaching staff this season.

Our team is welcoming many new faces to the coaching staff. Coaches Drew, Aaron, Andrew, Brent and Jane are all very eager to start the new season and be a part of the team once again, but this time in a new way! This great group of coaches will be sure to bring excitement and experience to every practice, meet and pep rally throughout the whole season.

The Sand Creek Sea Lions are known for their intensity in the swimming pool, excellent sportsmanship on and off the deck and unrivaled team spirit! This is not just a swim team, this is a family. Last summer, I learned so much about the passion and dedication Sea Lions have for swimming, having fun and making friends. I know I have made many new friends from this team and I see the same bonds being made between all the swimmers. Everyone's team spirit and energy makes every day a great day to be a Sea Lion and our enthusiasm is enough to make anyone jealous. This quality is priceless, and I am thankful that I can coach for this team and provide kids and families a place to enjoy their summer and grow closer together.

The coaching staff and I look forward to helping the kids excel in the pool at every opportunity. I remember there was no greater feeling than reaching "that time" you were working for all season, whether it was a new personal record or a Ponderosa cut. Our coaching staff will be doing everything we can to help each and every swimmer achieve their best all season!

I am extremely excited for this upcoming season and cannot wait to get back in the water. I look forward to seeing all of you at the pool this summer!

Head Coach Sarah

ARF! ARF! ARF!

Contact Information



Board

Name	Position	E-Mail	Phone
Matt Brown	President *	mbrown281@embarqmail.com	832-527-1556 (m)
Brad Messersmith	Vice President *	blmessersmith@gmail.com	
Nancy Sawyer	Volunteer Coordinator	nttsawyer@yahoo.com	
Elizabeth Green	Computers	ekg2422@hotmail.com	
Debbie Hughes	Computers	debbie.j.hughes@hotmail.com	
Matt Opiela	Equipment Manager	mopiela65@yahoo.com	
Erin Messersmith	Secretary *	erin.messersmith@gmail.com	
Jason Green	Treasurer *	blazergn@hotmail.com	
Carla Ramby	Co-Booster	carlaruck@yahoo.com	
Mary Krebs	Co-Booster	Marylouise12@hotmail.com	
Ashley Adams	Registrar	ashley.adams@insperity.com	
Michelle Kerstein	Ready Bench	mkerstein@zieglercooper.com	
Jason Andrews	Concessions	jdapda@yahoo.com	
Kevin Von Eschen	Concessions	kvoneschen@msn.com	
Heath Rushing	Team Manager	heath.rushing@gmail.com	
Kim Kelley	Team Manager	madmacjac@live.com	
Amy Opiela	NWAL Representative	amyopiela@yahoo.com	
Team E-mail		sandcreeksealions@gmail.com	

* Executive Board

Coaches

Name	Age Group	E-Mail
Sarah Berude (Head Coach)	Ages 7 - 8	seberude@gmail.com
Drew Vincent	Ages 6 and under	ajvincent@crimson.ua.edu
Jane Walton	Ages 6 and under	jwalton5311@gmail.com
Andrew Weinrich	Ages 9 - 10	asweinrich@gmail.com
Aaron Mead	Ages 11 - 12	aaron.mead95@gmail.com
Brent Fluker	Ages 13 and up	bfluker@suddenlink.net

Non-Board Members

Name	Position
Tom Harrington	Announcer
Robert Stuart	Webmaster
TBD	Fundraiser
Darrell Antrich	Head Timer

General Information

www.sandcreeksealions.com

sandcreeksealions@gmail.com

Pool Phone Number – 281-360-2043

Crystal Pool Services (Pool Management Company) – 281-360-2053



Northwest Aquatic League

The Sand Creek Swim Team is one of the 90-plus teams in the Northwest Aquatic League (NWAL). The League has 16 divisions covering much of the Houston area. Teams are placed in divisions based on prior years' performance, size, and location. Sand Creek will swim against some of the largest and best teams in the region, for example: Greentree/Riverchase, Summer Wood, Eagle Springs, Elm Grove, Fosters Mill/King's Point, Kings River, among others. NWAL provides our team with administrative organization, training, certification, and insurance.

Swimmer Eligibility

The following is from the NWAL Official Rules and should in no way be considered complete:

- Children 5 - 18 years of age on or by May 31, who reside in Sand Creek Village or any 'unattached' neighborhoods (ie Kings Crossing Apartments). For any 'attached' neighborhoods, such as Foster's Mill, a special NWAL Waiver must be approved as Foster's Mill is attached to Kings Point. If this approval is received, Foster's Mill, or any other 'attached' neighborhood, may be members of the Sand Creek Swim Team. Note: waivers are required for new families only; families with approved prior year waivers are automatically eligible.
- We will allow 4 year olds to swim if they test water safe at Skills Evaluation, and can swim 25 yards in under one minute by the end of stroke camp (see 'Skills Evaluation' section below for definition of water safe).
- Age group placement is determined by the swimmer's age on May 31 of the current year.
- USS swimmers may be members of the Sand Creek Swim Team provided they do **NOT** participate in USS meets from mid-May to late-June of each swim year.
- A Sand Creek Team member who participates in a USS meet during this time frame is ineligible for any further NWAL competition in the **current and future seasons** unless reinstated by the NWAL Board.

Fees

- Fees are \$95 for the first child in the family, \$90 for the second child, \$85 for the third child, and \$80 for each additional child. All fees must accompany the registration form. A late fee of \$15.00 per swimmer will be charged after April 15.
- An additional \$25 fee per child is charged for Stroke Camp/Conditioning Camp. **Camps are optional.**
- **NO REFUNDS** will be given unless a child does not qualify for the team or incurs an injury/ illness prior to the Red/Black Meet, preventing the child from participating in the **entire** season.

Skills Evaluation

Skills Evaluation will be held at the YMCA on April 11, 2015 at 9:30am till 10:30am. All **new** 8 and under swimmers are required to demonstrate an ability to cross the length of the pool in a water-safe manner (push off the wall and swim to the first set of flags without assistance, then able to swim the whole length of the pool only with the aid of the lane rope) using any stroke or combination of strokes. The purpose of this evaluation is to determine water safety, not stroke proficiency.

Meet Entries – Assumed Swim Policy

ALL SWIMMERS will automatically be entered into all Dual meets UNLESS they have “signed out”. The Team Unify software (accessed via our website) allows families to enter meets and submit stroke requests through their family account. In addition, the software allows families to ‘sign out’ of a meet on-line if they know they will be gone. If you have questions regarding meet entries, please **e-mail the Computer Clerk, Elizabeth Green, at ekg2422@hotmail.com**. The absolute deadline for ‘signing out’ of a meet will be the Monday prior to the meet (5 days before). If there are any unforeseen last minute changes, families should contact the computer clerk by email immediately.

The above procedure helps coaches adjust their individual and relay entries accordingly for each meet and helps to reduce the mistakes and oversights which last minute changes may cause in our lineups and exchanges with other teams. Your adherence to the deadline and communication with the computer clerk is greatly appreciated!

Family Folders

During the season, each family has their own ‘family folder’ at the pool. These folders, labeled with each family’s last name, contain important information such as awards from the prior weeks meet, picture order forms, etc. These folders will be available during practice every day. Please check this folder often or have your child check it so that your family can have current information about what is going on concerning the team.

Communications

Announcements will be posted at the pool, and on the web page (www.sandcreeksealions.com), along with emails and social media outlets. Additional information may be found on our website by clicking on the tabs for “The Team Manager’s Minutes” and “Head Coach Highlights”. We will send out weekly emails with important dates and times for upcoming events, so please advise us if your e-mail address has changed since registration.

If you have a question or issue, we encourage you to contact the Team Manager or another member of the swim team Board. If you need additional assistance, please contact the President of the Board.

Also, don’t forget to check out our sponsors and our Sea Lion Advertisements when you are in need of service.

Team Suits and Gear

Team suits and ‘gear’ are optional; however, we encourage swimmers to wear a team suit. It gives the swimmer a sense of belonging, fosters team spirit -- and it’s easier to identify our swimmers. Suits will be available for purchase in early May. We will e-mail parents with the time and date. Other Sea Lion accessories such as goggles, caps, bags and T-shirts may be purchased at the same time. **Please remember that swim caps and/or suits denoting another team affiliation are NOT permitted.** You may wear a Sea Lion cap, a decorative cap, or a plain cap.

Team Fund Raisers

In addition to registration fees, the team has other important sources of income. These include the sales of swim accessories, concessions, and heat sheets. All funds raised go toward coach salaries, ribbons, awards, equipment, NWAL dues and insurance, printing and other team expenses. Our largest fundraiser is the annual Swim-a-Long. Along with the Sand Creek Sea Lion team, the Swim-a-Long has benefitted organizations such as Juvenile Diabetes, MD Anderson Cancer Center and Team Joseph Fund in past years. **Please support our team and this worthy cause, even if you are unable to participate on the day of the event!** Your support of these team fund raisers helps keep our registration costs affordable and goes to great charities.

Parent Volunteers

Parent Volunteers are essential to our team. During swim meets we ask EACH FAMILY to volunteer for **AT LEAST** one two hour shift at each meet **PLUS** one concession shift per season. There are many jobs to choose from, and many jobs that have to be done! **Every team in our division charges a volunteer deposit ranging from \$150 - \$300, but the Sea Lions have never needed to implement this policy thanks to our wonderful parent volunteers. However, based off last year's parent survey we are using this year to evaluate if this needs to be implemented for next year - so please volunteer!**

Volunteer schedules will be posted on the website before every meet. Parent volunteers will need to check-in at the Volunteer Check-In table prior to each meet.

Teen Volunteers

During our stroke camp, we offer our older swimmers the opportunity to assist our coaches with the younger / new swimmers. This gives our older Sea Lions valuable coaching experience and volunteer hours. We open this opportunity to swimmers going into the 9th grade and up (due to the time constrictions of the camp).

Team Sponsorship Details

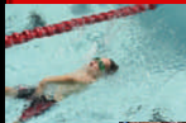
To help defray some of our costs, we rely on the help of our sponsors. We have both company and family focused sponsorship packages. For more information or to secure a sponsorship, please contact the Vice President Brad Messersmith at blmessersmith@gmail.com. Levels of sponsorship are

Sand Creek Sea Lions Swim Team

Kingwood, Texas 77345

www.sandcreeksealions.com

sandcreeksealions@gmail.com


2015 Sea Lions Sponsorship

SPONSORSHIPS ARE AVAILABLE FOR LOCAL BUSINESSES AS WELL AS FOR SEA LION FAMILIES!!!

WHY BECOME A SPONSOR:
Each year approximately 250 swimmers ages 5 – 18 and their families from the Kingwood area gather at the Sand Creek Pool to take part in a time honored tradition of fun and community.

As a non-profit organization, a large portion of the Sea Lions' operating budget is covered by fundraising efforts. By supporting the Sand Creek Sea Lion Swim Team, you help to ensure that this tradition continues.

In addition, if you are a local business you will also gain valuable exposure to parents as well as others around Kingwood to promote your business. Throughout the season, the Sea Lions will host 3-4 home meets. As a Sea Lion sponsor, you will have the opportunity to have your brand/business exposed to both the 100+ Sea Lion families as well as 400+ families from other swim teams throughout the Kingwood area.

Sponsorship levels			
Step 1: Choose your level of sponsorship (Platinum, Gold, Silver, or Bronze)			
Step 2: Choose the sponsorship package you prefer (A, B, or C)			
Platinum	\$1,000	One Package available	
		Ad/name on website Ad/name on heat sheets Name on banner Prominent advertising at meets 1 Team photo	Up to 4 Individual photos Up to 4 swimmer signups \$60 home meet food vouchers Up to 4 swim caps and goggles Home heat sheets 4 private coaching sessions
		Package A	Package B
Gold	\$ 500	2 swimmer signups 1 Team photo 2 Individual photos \$60 home meet food vouchers 2 Swim caps and goggles Home heat sheets Name announced at home meets	Name on banner Prominent advertising at meets Ad/name on website Ad/name on heat sheets Name announced at home meets 2 swimmer signups 1 Team photo 2 Individual photos
			Package C
Silver	\$ 250	1 swimmer signup 1 Team photo 1 Individual photo \$60 home meet food vouchers Name announced at home meets	Ad/name on website Ad/name on heat sheets Plaque with team picture Name announced at home meets
			
Bronze	\$ 125	1 Free swimmer signup 1 Free individual photo 1 Free team photo Name announced at home meets	No package C available
			

For family sponsors, you may be able to use company match for portion of your donation that exceeds value of goods/benefits received. Please consult the provisions of your company's policy for eligibility.

The Sand Creek Sealions is a Section 501(c)3 charitable organization. The amount of the contribution that may be deductible for federal income tax purposes is the excess value contributed by the donor over the value of goods or services received. Consult your tax professional for more information/eligibility.

Schedules



Stroke Camp, spring and summer practices and meet schedules are posted on our website at www.sandcreeksealions.com. They will also be sent via e-mail and social media outlets.

Practice Reminders



Please do not drop off unattended children in the park expecting them to be supervised by swim team volunteers. Children will not be supervised until they are inside the pool gate for their designated practice time.

- **Be on time for practice.** Please arrive 5 minutes before your scheduled practice time.
- **Observe all pool rules.**
- **Parents are not allowed in the enclosed pool area during practice.** There will be scheduled observation times for each age group, so you can get a feel for what the practices involve.
- **Please refrain from holding discussions with the coaches during practice.** If you would like to speak to a coach about your child's progress, please leave a note with your phone number with the team manager at the pool desk. The coach will call you at his/her earliest convenience. For your child's safety, it is critical that all of the coaches remain on deck during practice.
- **Conflict Resolution Procedure:** In the event that a conflict should arise, please discuss it privately with the team manager. If a satisfactory solution cannot be reached, please contact the President of the Board (pg. 4) to arrange a meeting. Under no circumstances will conflicts be resolved at team functions. Please review the "Parent Code of Conduct" signed at registration for more information on this issue. Go to www.sandcreeksealions.com for a direct link to the code of conduct.
- **Consistent daily practice is necessary** for stamina and stroke development.
- **Walk or bike if at all possible** and review greenbelt safety precautions. Cyclists should ride single file and stop at all street crossings. Please use the buddy system.
- **Drop-off/pick up swimmers** on the **pool side** of Timber Shade.
- **In case of stormy weather**, the team will practice unless there is thunder and/or lightning. If it is the day of a meet, it will only be delayed 15 minutes after every thunder and lightning strike.
- **Mark everything you bring with your name.**
- **Always advise coaches about health problems.** Outer ear "swimmer's ear" is common and may be prevented by "blow drying" the ears after swimming or by using ear drops available from a pharmacy. Ear plugs can also be used to help prevent infections of the ear canal.
- **Extended exposure to chlorine** can sometimes cause eye problems. **Goggles should be worn at all times** to reduce eye irritation from over exposure to chlorine. Not only will goggles and caps protect your child from too much chlorine, but they will achieve faster times while wearing them! Swimmers should shower after swimming to remove chlorine from skin and hair.
- **Excellent sunscreens are available.** Please buy the waterproof type and apply it at least 20 minutes before getting in the water.

Discipline Plan



Discipline has never been a major problem for the Sea Lions. However, any organization working with large numbers of children needs to define its policies and procedures for dealing with incidents which may occur. Proper discipline can help prevent injuries and vandalism, and create an atmosphere where team members can concentrate on their swimming and have fun at the same time. Coaches will explain all safety and behavior rules to the swimmers early in the season, so that they understand the rules.

Discipline during Practice

Coaches will maintain discipline at all times during practice sessions and will stop infractions as they arise according to the following procedures:

First time or minor infractions	Swimmer will sit out, swim extra laps, or perform exercises.
Repeated minor offenses or single serious offense	Coach will discuss the situation with the Team Manager, who will call the parent. The parent will be told that if unacceptable behavior continues, the swimmer may be barred from practice or participating in meets.
Repeated offenses after a parent has been called	The Team Manager will make a decision as to whether the child will be barred from practice and/or the next meet and will inform the parent accordingly.

NOTE: At any time, the Team Manager and Coaches reserve the right to bar a child from practice if the infraction compromises the safety of that child, other swimmers, or coaches. If an offense is extremely serious in nature, or in the case of repeated violations, the Team Manager, in conjunction with the Board President and Coaches, reserves the right to remove a child from Swim Team.

Discipline during Swim Meets

Discipline problems during the meets are usually of a different nature, and most often occur in the following situations:

- Wild behavior
- Poor sportsmanship

Coaches are not responsible for discipline problems which arise during a swim meet. It is the Age Group Parents, Clerk of Course, or Ready Bench Volunteers who handle the behavior problems.

Please be advised that age group parents are only responsible for your child when it is time to line them up for their swim and take them to the ready bench. Swimmers must obey coaches and parent volunteers. Any swimmer who refuses to comply will be given a warning. If the behavior does not improve, the swimmer may be suspended from participating in the rest of the meet. The suspension must be approved by the Head Coach or Team Manager and the Head Referee.

Meet Format



Time Trials

Each summer season, swimmers must establish new seed times for use in dual and invitational meets. The Red / Black Fun Meet is intended for this purpose. Swimmers may NOT use times from previous seasons or from other swim organizations. Swimmers lacking properly obtained seed times in a particular stroke event can be eliminated from swimming said event throughout the season. It is against NWAL rules for swimmers to be entered into events with “No Times”. During the Red/Black Fun Meet swimmers will swim every stroke they are capable of doing, so that they will have times on file should the coaching staff need to enter them in any stroke for the good of the team. Older swimmers should swim every stroke even if they don’t expect to swim it during the season. **Every effort should be made to participate in the Red /Black Fun Meet. If circumstances prevent participation, the Team Manager must be notified as soon as possible!**

Dual Meets

The Sea Lions swim against other Division I teams in the Northwest Aquatic League (NWAL). Home and away meets are determined by a draw at an NWAL meeting. (For more information on NWAL and Division Placement, see page 5). Swimmers receive “**official**” times by swimming at a dual meet. Official times are needed for invitational meets.

Summer Champs Meet

Summer Champs is a fund raising meet sponsored by Blue Tide Aquatics. This meet gives swimmers the opportunity to swim with swimmers from other teams in the Kingwood/Humble area. All 12 and under swimmers must meet certain qualifying times in the individual events to enter this meet (13-18 year olds do not need a qualifying time. Qualifying times will be posted when known. Swimmers choose the individual events in which they will swim. Parents pay a nominal entry fee for each event. The team pays the fee for the relay teams.

Divisional Meet

All of the teams in our division gather in one location to swim against one another. Swimmers must participate in at least two Divisional NWAL-sanctioned Dual meets during the regular dual-meet season to qualify for Divisionals. In addition, swimmers must achieve an official swim time for a particular stroke at one of those meets or an invitational meet in order to swim in that event at Divisionals. Swim times from time trials (such as the Red/Black Fun Meet) will not be accepted. Each team is allowed a limited number of entries. The coaches select swimmers from each age group to represent the Sea Lions in individual events and relays.

All Star Invitational Meet

During this two-day meet, swimmers from the 90+ NWAL teams gather in one location to swim against each other. Swimmers must meet certain qualifying times in their individual events to enter this meet. Relay teams do not require qualifying times. Qualifying times will be posted when they become available. Parents pay a nominal fee for each event. The team pays the entry fee for the relay teams.

Ponderosa Invitational Meet

During this two-day meet, the fastest swimmers from the 90+ NWAL teams gather in one location to swim against each other. Swimmers must meet qualifying times in their individual events to enter this meet. Parents pay a nominal entry fee for each event. Relay teams do not require qualifying times. Therefore, it is possible for a swimmer without a Ponderosa qualifying time to be selected to swim on a relay team. The Ponderosa relay teams are normally posted on the Sunday prior to the Ponderosa Invitational Meet. The team pays the entry fee for the relay teams.

Swim Meet Information Guide



Seeding and Heats

Swimmers are seeded according to their best time in each event. Events are arranged with the swimmers with the slowest times in the first heat. Each heat thereafter has the next six swimmers based on their swim times. The last heat always has the swimmers with the fastest times.

All NWAL Dual and Divisional meets use the 3 - 2 rule; which allows swimmers to participate in a maximum of three individual events and two relays. The coaches decide which events each swimmer will enter. The coaches enter swimmers in events based on their performance at practice and at previous meets, and the competitive needs of the team. Swimmers may inform the team of their preference for a specific event by e-mailing the computer clerk at ekg2422@hotmail.com or via Team Unify. **The coaches will make every effort to balance a swimmer's needs and preferences with the needs of the team.**

IMPORTANT NOTE: If you know you cannot swim in a meet, you must contact Elizabeth Green at ekg2422@hotmail.com or via Team Unify.

Scoring

Points in individual events of dual meets are awarded for the first three places. Points are 5-3-1 for the first through third places, respectively. ***Points in relay events are awarded 5 for first place and 2 for second place. You cannot get both 1st and 2nd place points; however, if you do win both, the winning teams scores 5 points and the opponent scores zero points.***

Order of Events for Dual and Divisional Meets

Events 1- 4	13-14 and 15-18 100 freestyle
Events 5-6	6 & Under Free Relay
Events 7 - 16	Medley Relays
Events 17 - 28	Freestyle
Events 29 - 38	Breaststroke
Events 39 - 40	6 & Under Backstroke
Events 41 - 48	Individual Medley
Events 49 - 58	Backstroke
Events 59 - 68	Butterfly
Events 69 - 78	Free Relay

Events start with the youngest girls in each classification and work up through the age groups, alternating girls and boys. The exception is the 6 & under backstroke (Events 35 and 36), which is moved ahead of the individual medley events. By mutual consent of the teams participating, the 6 & under backstroke is frequently moved even higher, ahead of Event 33.

Length of Course

Age	Event	Length (yards)	Comments
6 & Under	Free, Back	25	
	Free Relay	100	4 swimmers; 25 yds each
7 & 8	All Strokes	25	
	Free Relay	100	4 swimmers; 25 yds each
9 & 10	Medley Relay	100	4 swimmers; 25 yds each
	All Strokes	25	
	Individual Medley	100	
	Free Relay	100	4 swimmers; 25 yds each
11 - 18	Medley Relay	100	4 swimmers; 25 yds each
	All Strokes	50	
	Individual Medley	100	
	Free Relay	200	4 swimmers; 50 yds each
	Medley Relay	200	4 swimmers; 50 yds each
13 - 18	Freestyle	50 and 100	

Saturday at the Meet



Before the Meet

- Equipment manager and volunteers set up the equipment.
- Parking Control directs cars to Deerwood Elementary School parking lot.
- All swimmers check-in at the team check-in table by the posted "circle-in" time.
- All parent volunteers check-in at the team check-in table.
- 12 & under swimmers "circle in" with their age group parent(s) at 7:00 a.m., & prepare to warm-up.
- Swimmers 13 & up "circle in" on a posted list.
- The concession crew begins to set up and sell. The concession remains open throughout the meet.
- The coaches conduct swimmer warm-ups in the pool.
- The clerk of course holds a scratch meeting to make adjustments based on "no shows."
- Officials meet for final instructions from the referee.
- The timers meet for final instructions and lane assignments from the head timer.
- Age group parents gather their swimmers for the first few events.
- The announcer calls swimmers in the first few events to the ready bench, where swimmers are organized so that they are on the blocks and ready at 8:30 a.m.
- The announcer welcomes the visiting team. The National Anthem is played.
- At 8:30 a.m. the meet begins.

During the Meet

- **For safety reasons, you must provide for the continuous adult supervision of your children before, during and after the meet.** Age group parents and older minor siblings cannot be held responsible for children dropped off at the meet. The age group parent's function is to line up the swimmers and get them to the ready bench in time to swim. **Age group parents are not babysitters.** Please ensure that you or a responsible adult you designate is on site to supervise your children at all times. We have had valid safety concerns in this area in the past.
- The announcer reminds swimmers when to report to the ready bench for each event.
- The ready bench volunteers position them in the correct heat and lane.
- The clerk of course may need to re-seed heats if swimmers fail to report to the ready bench.
- The swimmers sit on the ready bench until it is time for their heat.
- The referee indicates when the course is ready for the next race.
- The starter reminds the swimmers of the event/distance. A loud beep and strobe light are activated by the electronic starter.
- The timers start their watches at the flash of the strobe light.
- The stroke and turn officials (NWAL-certified) observe the swimmers to make sure that their strokes, turns, touches, and relay starts are legal. They signal any disqualification (DQ) to the referee who then records it.
- The timers stop their watches when the swimmer in their lane touches the wall.
- The scribes record the swimmer's time on the card and circle the median time.

- Coaches greet and congratulate swimmers behind the finish line.
- The runners take the scribe sheets to the computer table.
- The computer staff records the swimmer's times and award team points for the top three finishers in individual events and for the first and second place finishers in the relays (first only if a team wins both first and second place in a relay).
- The ribbon writers receive data and labels from the computer table to prepare the appropriate heat and place ribbons for the swimmers.
- The record keepers record all times for computer input and check to see if team and/or pool records have been broken. Results are posted in the pool area.
- All of these events are happening at once in a controlled sequence, and the electronic starter sounds off starting a new race every one-two minutes. There are 74 events in a meet and some events have as many as 10 heats.
- **To better allow our coaches to connect with and get to know all of the swimmers in a safe and fun environment, we will not be allowing swimmers (of any age) to 'hang on coaches' during practices or meets.** If you see your own child behaving in this manner, please correct this behavior, so that the coaches do not feel uncomfortable. Coaches will have lots of time to greet and congratulate swimmers behind the finish line and in the park during meets. Prolonged lingering in the 'Coaches tent area' is not acceptable.
- Swimmers and parents should be aware that failure to stay in the team area may result in missing an event or being substituted in a relay.

After the Meet

- Everyone helps by picking up garbage and gathering belongings.
- Take-down crews go to work to make the pool ready to open to Sand Creek residents as quickly as possible.
- Swim times for every swimmer in every event are entered in a computer.
- Meet reports, coaching diagnostic reports and improvement reports are printed.

Meet results will be posted on our web site www.sandcreeksealions.com.

Parking Guidelines



Parking at Home Meets

Parking is NOT permitted at the pool.

Please walk or ride your bike to the pool. If you must drive, please park at Deerwood Elementary School and walk to the pool (carpooling if possible). This restriction is designed to minimize the inconvenience to neighbors who live near the pool and to provide access for emergency vehicles. The Swim Team will use our “No Parking” signs on Timber Shade, Mulberry Grove, Walnut Hills and Manor Glen as a reminder. Parking is also prohibited on unmarked streets. Please drop-off/pick up swimmers on the pool side of Timber Shade.

Parking at Away Meets

Similar parking restrictions may apply at other pools. The *Sea Lions Web Site* will inform you before each “away” meet about parking arrangements for our team.

Parking and Dropping Off for Practices

For your swimmer’s safety, and as a courtesy to your Sand Creek neighbors who live near the pool, parking is **not recommended** along curbs on either side of Timber Shade during practices. Once the parking spaces at the pool are taken, you must drive to Deerwood Elementary. We encourage swimmers and families to walk or ride a bike to practice. If you must drive your swimmer to practice, head south on Timber Shade and drop him/her off on the pool side of the street. **Brief stops for swimmer drop off are allowed.** To pick up your swimmer after practice, you should park your car at Deerwood Elementary and walk to the pool. You may not park along the street to wait for your swimmer. **Remember, these rules are for the safety of all swimmers.**

Meet Security

For home meets, the team provides an off-duty police officer during the hours 6:30am till 9:30am to help with traffic control.

Survival Tips



Swimmers

- **Swimmers should remain in the area at all times** to allow the age group parents to get the swimmers to their events at the correct times.
- **Report on time.** At home, warm ups begin at 7:15 a.m. The website www.sandcreeksealions.com will provide information for away meets.
- **Circle in.** Swimmers 13 and up must circle their name on the posted entry list. Swimmers 12 and under must circle in and report to an age group parent as soon as you arrive.
- **Team area.** At home, our team area will be outside the fenced area under the trees. When we're away, look for your age group parent. Swimmers should rest between events.
- **Warm up** with your age group when the coaches instruct you. Warm ups are especially important for 11 and up swimmers at away meets, as it's their only chance to gauge their turns in an unfamiliar pool before competition.
- **Check the event board periodically** to see if you need to report to the staging area by the ready bench.
- **If you miss the final ready bench call** for your event, you will be scratched from the event.
- **Stay at the meet.** If you must leave, please tell your age group parent and the clerk of course.
- **Swimmer's Checklist:** sunscreen, swimsuit, goggles, swim cap, T-shirt, shorts, shoes, two towels (sitting and drying), nutritious snacks, concession money, books, music, games, etc.

Parents

- **Check on your swimmer(s)** periodically to make sure that they remain in the area, are behaving, and are drinking lots of fluids!
- **Stay busy.** There is a lot of down time at meets when your swimmer(s) is not in an event. Volunteer for one of the many jobs that need to be done. Bring something to read.
- **Meet your neighbors.** Being a part of the Sand Creek Swim Team is a wonderful way to meet new friends. Please introduce yourself whether you were with the team last year or are new to us this year, and get acquainted with your Sand Creek neighbors.
- **No smoking!** Smoking is not permitted in the pool area. If you must smoke, please stay away from the swimmers.
- **Praise your swimmer.** Give him/her a pat on the back and leave the coaching to the experts.
- **Parent's Checklist:** lawn chairs, hat, sunglasses, sunscreen, money for concessions, shoes that can get wet, camera, etc.

Awards



The Sand Creek Swim Team feels that swimmers should be encouraged to work hard and to improve as well as to win. This is done through positive reinforcement by coaches at practices and meets, and through weekly awards.

Weekly Super Sea Lion Spirit Recognition will be given each week by the coaches usually during the pep rallies to all Sea Lions who demonstrate the Super Sea Lion characteristics of good attendance, hard work and great attitude. There is no limit to the number of times a swimmer can achieve this award during the season.

Heat Ribbons are given at home meets to all 10-and-under swimmers for places 1-6 in all individual and relay events. At away meets, we will follow the heat ribbon policy of the host team. The age group parents will advise parents before a meet if the ribbon policy is different from ours. This will give parents an opportunity to explain the situation to their swimmers.

Place Ribbons are given by all teams in dual meets to each swimmer finishing in the first six places overall (in each individual event) and to the first, second and third place relay team. These are prepared by the ribbon writers during the meet and placed in the swimmer's "family folder" the following week. Meet results will be posted at the meet as well as on our web site, www.sandcreeksealions.com.

Most Improved Sea Lion of the Week – Recognition is awarded to a boy and girl from each age group for the most improvement of their previous best times from a dual meet.

Team Target Time – All 14-and-under swimmers who attain the team target time will receive recognition. This is limited to one per stroke per season. Team target times represent a realistic goal for all swimmers to strive for and are based on the team's times from the previous year.

All Star Invitational Meet Qualifier – All 14 and under swimmers who attain an All Star qualifying time will receive recognition which is limited to one per stroke per season. Swimmers representing Sand Creek on an All Star relay team will also receive recognition.

Ponderosa Invitational Meet Qualifier – All swimmers who attain a Ponderosa qualifying time will receive recognition which is limited to one per stroke per season. Swimmers representing Sand Creek on a Ponderosa relay team will also receive recognition.

Team and Sand Creek Pool Record Breakers – Every swimmer who sets a new team or Sand Creek pool record will receive a special ribbon at the Awards Ceremony.

Awards Ceremony – Every Sea Lion who swims in at least **two dual meets** will receive a **trophy** at the end-of-season ceremony. Special recognition will be given in each age group to the girl and boy High Point Scorer, Most Improved, and Super Sea Lion. **Any trophy not picked up**

within one week after the Awards Ceremony will be returned for team credit. Towels are also awarded to swimmers who have been with the team 5, 10 and 15 years.

Awards Times – Times used for the awards are tabulated using only official times from the dual meets, divisional meet or NWAL sanctioned invitationals. **Red/Black Fun Meet times will not be used.**



www.sandcreeksealions.com