



# **Wells Branch Armada Swim Team Handbook**

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**Armada Swim Team Information**  
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# Table of Contents

<b>Team History and Philosophy .....</b>	<b>2</b>
<b>Parents' Role in the Wells Branch Armada .....</b>	<b>2</b>
<b>Volunteers .....</b>	<b>3</b>
<b>Fundraising .....</b>	<b>3</b>
Family Spirit Nights .....	3
On-Site Vendors .....	4
Swim-A-Thon .....	4
<b>Swimmer Evaluation and Group Assignments .....</b>	<b>4</b>
<b>What Swimmers Do in Practice .....</b>	<b>5</b>
<b>Competition Structure .....</b>	<b>5</b>
<b>Swimmer Eligibility.....</b>	<b>6</b>
<b>Swim Meets &amp; Events .....</b>	<b>6</b>
<b>Dual and Championship Meets.....</b>	<b>7</b>
Dual Meet: .....	7
Divisional Championship Meet .....	7
NWSC Invitational Meet:.....	7
<b>Entering Meets .....</b>	<b>8</b>
Registering for Swim Meets (OME).....	8
Away Meets .....	8
<b>What Happens at a Meet .....</b>	<b>8</b>
<b>Racing Strokes, Starts and Turns.....</b>	<b>9</b>
FREESTYLE: .....	9
BACKSTROKE: .....	10
BREASTSTROKE: .....	10
BUTTERFLY: .....	10
INDIVIDUAL MEDLEY (IM): .....	10
RELAYS:.....	10
RACING STARTS.....	11
<b>Awards Ceremony .....</b>	<b>11</b>
<b>Personal Equipment Needed.....</b>	<b>12</b>
Team Swimsuit:.....	12
Team T-Shirts: .....	12
Swim Caps: .....	12
Goggles:.....	12

The Wells Branch Armada Swim Team is a 501(c)3 tax-exempt organization. Contributions or gifts may be tax deductible as charitable contributions. The organization's employer identification number (EIN) is 1-74-25716473.

# Team History and Philosophy

The Wells Branch Armada Swim Team was formed in spring of 1989. As we begin our 27<sup>th</sup> year, we look forward to another successful summer of fun, friends and swimming.

## From Article II of the By-Laws

“The objective of this Swim Team shall be to provide an enjoyable summer activity for young swimmers in the Wells Branch and surrounding areas and to help them develop physical fitness, self-discipline, self-confidence, proficiency in competitive swimming strokes, good sportsmanship, and determination to do their best.”

Therefore, the goals of the Wells Branch Armada Swim Team are to help the swimmer enjoy the sport of swimming and make each swimmer the best he can be. It is also our goal to help swimmers develop a sense of community and what it means to be a part of a team.

Swimmers will be taught the art and discipline of swimming, concentrating on technique and efficiency. They will be encouraged to set personal goals and strive to attain them. Self-discipline and motivation, along with becoming masterful at the competitive strokes, will help develop a sense of well-being that builds self-confidence.

Lastly, our goal is to take this opportunity to bolster community spirit and pride in our youth.

## Parents’ Role in the Wells Branch Armada

1. We communicate primarily through emails, e-newsletters, and directly through the **SWIMMERS’ FILE BOX**. Each family has a file folder with the swimmer’s name on it. Any hard copy information that you need will be placed in that file. Please remind your swimmer to check this box **daily** after swim practice. Each swimmer is responsible for all materials, deadlines, etc. that are in their folder. Please also visit our website and read the e-newsletters and any emails sent as well, as these are our main ways of keeping everyone current on team news.
2. **ONLINE MEET ENTRY (OME)** is due each week by the deadline. The OME is to be completely filled out by a parent for your swimmer(s) to be entered in the swim meet. We plan for your child to swim in every meet and you should indicate an absence if your child is unable to attend.
3. **PARENTS** must notify one of the coaches, the Meet Director or another board member, or pit parents ASAP if their child is not going to be able to swim in the swim meet that they have been signed up for. It is understandable that an illness or personal problem may arise; however, communication is crucial to the success of our team and meets.
4. **VOLUNTEERS** each swimmer/family must have one parent volunteer to work one half of each swim meet unless they are not swimming in that one meet. (If this is not possible, please send a message to the volunteer coordinator at [volunteers@wbarmada.org](mailto:volunteers@wbarmada.org).) **Even if your child will not be swimming in any meets, you must volunteer to work one home meet.**
5. Parents are welcome to stay and watch their child(ren) at swim practice. Parents are not allowed on the deck at **ANY TIME**; our insurance will not allow it. If you would like

to speak with one of the coaches, please leave a note in the coach's file box. They will arrange a time or contact you by phone to discuss your questions or concerns.

6. Swimmers must stay with their age group and pit parents during swim meets. This ensures that they will get to the ready bench area in time for their next event. It is the pit parent's responsibility to see that all swimmers are accounted for. If you take your swimmer, please let the pit parent know.
7. **Rain/Bad Weather:** In case of weather changes, please have a back-up plan for your swimmer (bike riders, walkers, etc.). Everyone must be out of the water during a thunderstorm and if lightning is seen. Swim practice may continue if it is only raining and the coaches feel practice will be beneficial. In case of doubt, you can call the pool and ask the lifeguard if swim practice is on. If the weather changes quickly, and the swimmers must get out of the pool, a coach will remain with them until everyone is picked up.

## Volunteers

A swim meet requires the coordinated efforts of between 70-80 volunteers per team. Circuit rules require each participating club to furnish a specified number of volunteers. It is necessary for us to count on your help and support. We will have one practice meet, six dual meets, plus a Divisional and Invitational meet at the end of the season. For each meet we need one volunteer (18 years and older) per family to work one shift, which is typically one half of a meet.

You will have the opportunity to select volunteer assignments in order of preference. A description of each volunteer position is included [at this link](#). The volunteer coordinator will make every effort to assign you in your chosen position and to assign you to the half of the meet that you select when you register for the meet in Swimtopia. However, sometimes there are a shortage of volunteers in one position and a surplus in another, and we must reassign people to fill our required positions. In this case, **we appreciate your understanding and willingness to work wherever and whichever shift is needed.**

Some positions, such as concessions and meet set-up, are needed for home meets only. If this is your primary volunteer position, you will be assigned to a secondary position for away meets. Also, because of the short duration of the relay event, if you volunteer as a corner judge, you must judge both sets of relays at the first and second half of the meet.

## Fundraising

As a Board, we are committed to keeping registration fees as low as possible. The annual registration fees are not enough to cover the budget, so it is necessary to hold team-wide fundraisers each season.

### Family Spirit Nights

Armada will host Family Spirit Nights at various restaurants or venues during the months leading up to practice, and during the swim practice and meet season. This is an excellent

way for you to meet other families and have some fun! We ask all our families to join us at these events if you are able.

### **On-Site Vendors**

Throughout the practice months and during meets, Armada may request various vendors to set-up outside or around the pool area to sell their goods / services, with Armada receiving a portion of the profits. (Kona Ice for example) If you would like to partake of their services, please enjoy.

### **Swim-A-Thon**

The Swim-A-Thon is the major source of raising funds for the team. Each **family** is expected to raise and/or contribute a minimum of \$50. Participation in the silent auction, raffle, or other fundraising activity, if offered, does not count towards the \$50. Participation in the Swim-A-Thon is defined as seeking sponsors and swimming laps. Your swimmer(s) may swim their laps at any time during this evening. We will have refreshments and prizes, and it is a fun night of swimming. Parents count laps for our swimmers, and we will need additional volunteers to help with set-up, tear-down, and food for the swimmers and families. If your swimmer is unable to swim that night, they may swim their laps at any time prior to collection deadline. You will be responsible for counting their laps.

Swimmers will be given a pledge packet approximately two weeks before the Swim-A-Thon. You as a family can decide how and who you would like to be a sponsor. Some people prefer to donate a set amount, and others donate per lap swum. The Wells Branch Armada Swim team is a 501(c)(3) tax-exempt organization. Contributions can be tax deductible as charitable contributions. Checks should be made out to WBA.

**Failure to turn in your Swim-A-Thon money by the deadline listed in the packet and on the website will make the swimmer ineligible for any Swim-A-Thon prizes awarded based on donation level.**

If a family chooses not to participate, they are required to make a \$50.00 contribution to the Wells Branch Armada swim team. This contribution does not entitle the swimmer to any of the swim-a-thon prizes awarded based on donation level. Failure to make this contribution will result in the swimmer(s) losing their good standing with the Armada Swim Team. They will be unable to continue swimming at meets or receiving any prizes, awards, etc. Any member who is not in good standing will not be able to register for the following season until their obligation is met.

It is our hope, as a Board, that it is understood that the above rules are necessary and fair to everyone on the Armada team. If you have any unusual circumstances that would alter this, please contact a Board member.

## **Swimmer Evaluation and Group Assignments**

Six and under swimmers that are swimming with a swim team for the first year will undergo a try out during their first practice. The purpose of this evaluation is to ensure that younger swimmers have basic swim skills and are comfortable enough in the water to have a successful swim season. Swimmers do not need to be able to swim the length of the pool at

this time, but they must demonstrate the potential to be able to do so by early June. Registration fees may be returned to swimmers that do not pass this evaluation.

Coaches will assign swimmers to a lane within their practice time after an initial evaluation period. This organization of practice groups is tentative in the pre-season. Adjustments may be necessary if the profile of our team proves different than expected. Assignments of individual swimmers to practice groups may change during the season. ***Please be flexible.***

## What Swimmers Do in Practice

Our team training for the summer has been planned with the goal of allowing each swimmer the best opportunity for improvement in their strokes and times. The level of training is appropriate to a summer swim league such as ours and will be adjusted to the abilities of the swimmers. Proper stroke technique will be emphasized.

Optional Stroke and Diving Clinics will be offered periodically from 12:00 – 1:00 p.m. during the months of June and July to swimmers who would benefit from this additional instruction. Since this will be done on a space available basis, swimmers will need to sign up and pay in advance to reserve a slot.

When it is necessary to cancel practices for weather or any other reason, the coaches will cancel the practices. **In the case of bad weather, you may call the pool at (512) 310-1833** to see if practice is being held. Practice cancellations will be emailed and if possible posted on the website. It is impossible for coaches to try and reach swimmers in advance of a change in practice due to bad weather. It is best to use your own judgment in these situations. Swimmers will not be allowed in the pool during a thunderstorm, and must wait for a specified amount of time if thunder and/or lightning are present. Coaches will remain at the pool with swimmers in the event of bad weather during practice. Swimmers will not be left alone. If the swimmer(s) walks or rides a bike to swim practice, please discuss with them what you would like them to do during any of the above-mentioned situations. A telephone at the pool will be available for their use.

## Competition Structure

THE CIRCUIT: In 1990, the WB Armada Swim Team joined the Northwest Swim Circuit (NWSC), a non-profit summer swim league located in the suburban northwest Austin area. Founded in 1977, the Circuit now includes thirteen member clubs with a total of over 2000 swimmers. The Circuit clubs are organized into four Divisions. At the Divisional Championship Meet, the club from each Division scoring the most points will receive a Divisional trophy.

We strongly encourage all swimmers to participate in every swim meet if possible. Meets provide the opportunity for swimmers to gauge their progress and see the results of their hard work during practice. For beginner swimmers, coaches will inform the swimmer and parent when he/she is ready to participate in a swim meet. Each and every swimmer is critical to the team's overall performance and is therefore expected to participate fully in swim meets. It is a team goal to have 100% participation at the Divisional Meet.

AGE GROUPS: Swimmers compete against others within their own age group. In the NWSC the age groups are 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-17. The swimmer's age on May 1 is his/her competitive age for the season. In certain circumstances, the Circuit rules permit a swimmer to "swim up," that is to compete in an age group older than his/her own. Swimmers that do swim up will do so at the **coach's instruction only**. Boys and girls compete in separate events, with the exception of the 6 & Under Freestyle Relay.

## Swimmer Eligibility

**Meets are very important for competitive swimmers**, and we encourage all our swimmers to participate in every possible meet, especially the Championship Meets. To be entered in a NWSC meet, a swimmer must meet these requirements:

The swimmer must be a registered Member in Good Standing of the Armada Swim Team.

**No "swim-up" rule:** In 2013, the NWSC voted to eliminate the Swim-Up Rule. Now year-round swimmers can swim with the Armada in their normal age group. Below is the change to the by-laws:

**"Swimmers may practice and/or compete concurrently with other organized swim clubs, swim organizations, and swim camps without affecting their eligibility to practice and compete with Member Clubs."**

Wells Branch Armada expects all swimmers to attend Armada practice a minimum of 3 days per week to participate in meets on Saturdays. If a swimmer has a conflict with practice (camp, VBS, illness) please communicate with the head coach so arrangements can be made to accommodate your family. We believe that attending practice is integral to being part of the team and it will add to your family's enjoyment and overall experience with Wells Branch Armada.

To swim in the Divisional Championship, each swimmer must have competed in at least two NWSC dual meets during the season and have official times in the event(s) they wish to swim. To swim in the Invitational Meet, the swimmer must have swum a qualifying time sometime during the season and have competed in the Divisional Championship Meet the day before.

Based on information you have provided to us, we register the swimmers with the appropriate circuit oversight and obtain insurance. The cost of these items is covered in the registration fee.

## Swim Meets & Events

Swim meets have two types of events for swimmers: individual and relay. NWSC rules permit a swimmer to be entered in a maximum of 3 individual events and 2 relay events per meet.

The standard course is 25 yards. Times from pools of other lengths are standardized to allow accurate time comparisons.

In most age groups six individual events are offered: Short freestyle, backstroke, breaststroke, fly, individual medley (IM), and long freestyle. Swimmers through age 8 do not swim the IM and swimmers in the 6 & Under age group also do not swim the long freestyle. The rest of the swimmers may swim all strokes mentioned above. The 13-17 year olds swim 50 yard events, 100 yards for long freestyle. The 12 and under swimmers swim 25 yard events, 50 yards for the long freestyle. The IM (Individual medley) requires the swimmer to swim one length of each Butterfly, Backstroke, Breaststroke, and Freestyle.

Relay events begin and end the meets. A relay consists of 4 swimmers from the same team swimming in the same lane in succession. Starting the meet is the six and under Freestyle relay (all swimmers swim one length of the pool). All other age groups swim the medley relay which has 4 swimmers doing one "leg" only, a "leg" representing one of the four competitive strokes (first swimmer swims backstroke, second swims breaststroke, third swims butterfly, and the fourth swims freestyle). A "leg" is the same length as a short race: i.e., 25 yards or one length for swimmers 12 and under, and 50 yards or two lengths for swimmers 13 and older. At the end of the meet, all age groups except six and under swim a Freestyle relay. **It is often necessary for coaches to make changes in the relay teams on meet days when an assigned swimmer does not show up. Please understand our coaches make every attempt to be fair to each swimmer and sometimes have to make quick decisions to meet deadlines for the computer.**

## Dual and Championship Meets

A meet schedule of the summer is included in the calendar on the website [at this link](#).

### Dual Meet:

Scoring is 4-2-1 for 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup> in individual events; ribbons are given to the top ten finishers and for personal best times. Relay scoring is 5-3-1, with ribbons to members of 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place relays.

### Divisional Championship Meet

The NWSC swimming season ends with a Divisional Championship Meet held at the Divisional Host Pool. A swimmer must have entered two dual meets and have official times in the events they wish to swim to be eligible. Scoring for the Divisional Championship is based on official times with 9-7-6-5-4-3-2-1 points awarded for 1st through 8th places, respectively. Medals are awarded for 1st-3rd place and ribbons for 4th-12th. Individual high point awards are given to three places in each age group. Team trophies are also awarded. It is an Armada team goal to have a 100% participation rate of our eligible swimmers in this meet.

### NWSC Invitational Meet:

Participation in this event is based on swimmers achieving a qualifying time during a dual or the Divisional meet during the season. The qualifying times are set by the NWSC (Northwest Swim Circuit) and will be posted on the website. Only some of the swimmers from each team will qualify for this event. Deluxe ribbons are awarded to each swimmer competing in the Invitational Meet.

# Entering Meets

## Registering for Swim Meets (OME)

Parents are obligated to use our Online Meet Entry (OME) system each week to sign their swimmer(s) up for Saturday swim meets. Parents must login each week to let us know if their swimmer will be attending the meet, the events they would like to swim, and the position for which the parent would like to volunteer. EVERY family should do this each week by the deadline – even if your swimmer will not be attending the meet.

To physically put together a swim meet all swimmers' names are entered into a computer program that is put together with the opposing team's entries to determine the number of heats per event. Many people are involved in this process and we must insist that everyone comply with the request to sign up in OME each week, to let us know whether or not you plan to swim the meet. It is not acceptable to tell the coach that you forgot and to please find a place for your child to swim in the meet. During an average meet, we will be dealing with 250 swimmers or more.

If a swimmer has submitted an OME and is unable to attend the meet, they must notify the coach immediately. If the coach is not available, please contact the Meet Director or a board member as soon as you determine you will be unable to attend the meet. If you are scheduled for the meet and are placed in a relay, failure to notify the coaches or meet director of your absence, will cause your relay group to also be scratched from the meet.

On meet day...in case of sudden illness, late arrival, or other emergency, please contact the Meet Director and the Volunteer Coordinator **before 7:00 a.m.** Notification is very important in helping everyone involved with the meet. **A swimmer who fails to provide notice by the deadline will be scratched from the meet.**

## Away Meets

Home meets will be held at the Willow Bend Pool, and away meets at the host's pool. For Home Meets at Willow Bend, you will usually be at the pool by 6 a.m. to check in and prepare for warm-ups. Circumstances will sometimes cause these times to change. Please read the e-newsletter each week and check the website frequently for changes.

During the week before an Away Meet, our team e-newsletter will publish directions to the pool and it will be posted on the website.

## What Happens at a Meet

Before many people arrive at a meet, the pool is **physically set up by volunteers**, with lane ropes, starting blocks, furniture, and supplies in place. The Home Meet Director and the Equipment chairperson oversee this. The Meet Director is the chief official and sees that all other officials (volunteers) are lined up and ready to go.

**There will be a Volunteer Check-In table at the entrance of the pool.** All parents must check-in here before the start of the meet regardless of which half of the meet they are working.

**Swimmers must check in with their Pit Parent. Be on time to the meets!!**

Swimmers must usually report to their **pit parent at 6:00 a.m.** (or at the time published in that week's newsletter). If you arrive late at the pool, and your age group is already warming up, **you must still** report to your pit parent first. **Failure to do so may result in your being scratched from a relay or the entire meet.** Your pit parent will mark your arm with the events you are swimming. **Stay in your pit area during the meet.** Please don't go to the restroom or the concession stand without notifying your pit parent, as they are responsible for getting you to the ready bench for each event.

The host team typically enters the pool for warm-up at 6:15 a.m. and the visiting team warms up at 6:50. At 7:30 a.m. the meet begins. The host team is allowed to change these times based on the number of swimmers participating and the number of lanes in the pool – we may change the start time to an earlier or later time. The Divisional meet start times will be different because multiple teams have to warm up.

As the meet progresses, the Announcer will call swimmers to the Ready Bench by event. Pit Parents will escort the swimmers to the Ready Bench as they are called. At the Ready Bench the swimmers are checked in and seated on benches in order by heat and lane. Certain heat and lane assignments may be changed to speed up the running of the meet. A Ready Bench person will escort the swimmers to the blocks.

The Starter begins the race. At most pools, the timer watches automatically start when the starter hits the button to start the race; at some pools manual timers are used and in that case the three timers in each lane start their watches at the sound of the start. During their swim, the swimmers are observed by the Stroke and Turn Judges, who will disqualify swimmers that perform strokes, turns, or finishes illegally. The three timers in each lane stop their watches as soon as any part of the swimmer touches the wall at the end of the race. The three times are then recorded on the printed sheets and the scoring/computer group computes the official time. The order of finish is determined by the official times of all swimmers in the event.

As the swimmers return to their team area, the official results of the event are recorded at the Scoring Table, and team points are awarded accordingly. These results are passed along to the Awards Table, where the names and times of the swimmers are placed on appropriate ribbons, which are sorted by club for later distribution to the swimmers. The results of each event are posted on a bulletin board, the team website, and Meet Mobil and or Meet Bop as available.

## **Racing Strokes, Starts and Turns**

NWSC has adopted the start, stroke, and turn rules of USA Swimming. The following stroke descriptions are for general use only. Swimmers will be taught specific technique.

Four strokes are swum in competition, each with its own rules enforced by Stroke Judges, who walk the deck observing the swimmers during a race. Breaking the rules results in disqualification (DQ) in the event.

### **FREESTYLE:**

The swimmer may swim any style. As in other races, the swimmer cannot propel himself along using the side, bottom, or lane ropes.

Unlike other strokes, a hand-touch is not required in Freestyle events. An experienced swimmer will do a “flip turn,” touching the wall only with his/her feet as he/she pushes off for the next lap. A beginning swimmer may do an “Open” turn touching with a single hand, using it to spin him/herself around to begin the next lap.

### **BACKSTROKE:**

The only additional requirement for backstroke is that the swimmer remains on his/her back throughout the race, except as provided for in the rules covering turns. No particular arm or leg motions are specified. To aid swimmers in locating the end of the pool, flags are suspended overhead, five yards from each end of the pool.

During a turn, the swimmer may touch the wall with some part of his/her body or may flip onto his/her stomach immediately prior to executing the turn. In either case, the swimmer then may use either of two turns, a flip turn or a touch turn. There is a danger of DQ when turning onto the stomach to initiate a backstroke turn and/or when using a flip turn. In any case, the swimmer must have returned to his/her back by the time the feet leave the wall.

At the finish, the swimmer must touch the wall on his/her back.

### **BREASTSTROKE:**

This is the oldest stroke and the most encrusted with rules. It is also the slowest of the competitive strokes. The swimmer must remain on his/her breast. Except for a proper breaststroke pull-out (including at most one dolphin kick, one breaststroke pull, and one breaststroke kick) after the start or turn, the swimmer’s head must break the surface at least once during each arm cycle. The arms pull back symmetrically, recovering forward on or beneath the surface. The legs do a type of frog kick, again symmetrically, without a scissors, dolphin, or flutter kick motion. At each wall, a swimmer must touch with both hands simultaneously.

### **BUTTERFLY:**

This stroke is seldom seen outside competitive swimming, but when done well it is the most beautiful to watch. It evolved out of the Breaststroke about 60 years ago, and in speed is already second only to Freestyle. The major differences between Butterfly and Breaststroke are that in Fly the arms recover forward above the surface of the water, and the feet kick up and down together in a kick known as the dolphin kick. The feet must not kick separately or do a scissors or frog kick. Touch rules are as in Breaststroke.

### **INDIVIDUAL MEDLEY (IM):**

This event is for swimmers from age 9-17. The IM requires the swimmer to swim one length of each of Butterfly, Backstroke, Breaststroke and Freestyle, in that order. There are special rules regarding turns during a transition from one stroke to another in an IM: the swimmer must touch the wall as required for a finish (i.e., as swimmer cannot flip onto the stomach on the backstroke leg immediately prior to initiating the turn to transition to the breaststroke).

### **RELAYS:**

Relays are important team-building events. Many considerations apply when the coaches are deciding on relay swimmers. Normally, the swimmers’ fastest times in individual events are decisive – not always. Good relay swimmers must develop special skills. Occasionally a

swimmer with a slightly slower time will excel at those skills, and respond particularly well to relay membership, thus faster split times.

Most swimmers enjoy relays and want to swim in them. During the course of the season, the coaches will attempt to strike a balance between giving many swimmers an opportunity to participate on relays, seeking the best combinations of swimmers in each age group to represent our club, and allowing our top relays a chance to compete together in preparation for the Divisional Championship Meet.

## **RACING STARTS**

All but the Backstroke events require the forward start – swimmers standing on the blocks or the deck, facing the water, their toes on the edge. The Backstroke events and the Medley Relay (which begins with a Backstroke leg) have the swimmers starting in the water with their back to the course with both feet, including the toes, under the surface of the water. Swimmers must await permission from the Starter before entering the pool for these events.

In both type of starts, the Starter will announce the event and give swimmers the command “Swimmers Take Your Mark!” When all the swimmers have assumed their starting position and ceased moving, the Starter pushes the start button that sounds a beep (or blows the whistle or uses a horn or other device) to start the race. If a swimmer fails to respond promptly to the command, or fails to stop moving, or begins moving again before the sound of the start, this will cause a false start to be called. If the start sound has sounded, the Starter will recall the heat by sounding the beeper/horn/whistle repeatedly. A rope will be dropped across all lanes at mid-pool. The first false start in a heat is called on the field. Any swimmer in that heat false starting thereafter is disqualified.

In relay events, swimmers other than the lead man may roll on their starts, so long as their feet do not completely leave the starting block before the incoming swimmer touches. Swimmers who have finished swimming their legs must immediately get out of the water and may not re-enter the pool.

If the pool is less than four feet deep, swimmers in the 100 yard relays will have to do an in-water start, leaving one hand on the edge of the pool until the incoming swimmer touches.

## **Awards Ceremony**

An end-of-season awards ceremony will be held around the last week of the season. At this event, all swimmers will receive a participation award. In each age group, awards will also be given to the High Point Winners\*, team record holders, and Coaches Award Winners. Swim-A-Thon prizes are also awarded.

\* The team requires that any swimmer earning a high-point award has at least attempted every event offered for their age group in at least one dual meet during the season. Points earned at the Red, White, and Blue Meet or any Time Trials meets (if applicable) do not count toward the high point totals. For more about this rule, including explanation of why it exists, please visit our [FAQ](#).

# Personal Equipment Needed

## Team Swimsuit:

A racing swimsuit is required for team meets and practices. Racing suits are very lightweight, even when wet, and do not drag against the water like ordinary suits. Racing swimsuits with the official Armada Team Colors (red, white and royal blue), while not required, are recommended for the program. In any case, boys cannot wear “baggies” and girls’ suits must be one piece. Official Armada Team suits will be available for purchase during yearly summer registration.

## Team T-Shirts:

An Armada team t-shirt is included in your registration fee. The team t-shirt is an important part of fostering team pride and spirit. The t-shirt also has a safety aspect: prevention of sunburn during the hours of a swim meet. Swimmers should wear them during all team functions. Team t-shirts for parents, families, and friends can be pre-ordered during registration.

## Swim Caps:

An Armada team swim cap will be provided to all female swimmers and they should wear them at practices and meets. Caps are also available to any boy who wants one. A boy whose hair is long enough when wet to impair his vision must wear a cap. Boys who wish to wear a swim cap should let us know at registration to be sure we order the correct amount. There will be a limited amount of caps available for purchase from the swim shop if a swimmer’s cap is lost or damaged.

There are advantages to swim caps. First, for swimmers with long hair, they allow the swimmer to perform the competitive strokes properly, without the hassle of hair everywhere. Second, they reduce damage to swimmer’s hair from chlorine in water. And third, they provide team recognition, as the cap is the very visible part of a swimmer in the water. Swim caps will last longer, especially the custom printing, if you dry and powder the cap immediately after use and before folding. Baby powder or talcum may be used. Do not rub the print and don’t leave swim caps lying in direct sunlight. It will shorten the life of the caps.

## Goggles:

Although not required, goggles are highly desirable. They improve the swimmer’s vision in the water and eliminate eye irritation caused by pool chemicals. Several styles are available through the Armada Swim Shop as well as local sporting goods stores. Check the fit carefully before purchasing. Poorly fitting goggles leak, and leaky goggles are worse than no goggles because they distract the swimmer’s performance.