



**Skyline Swim Team**  
**2021 Season Guide**

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# 2021 Important Dates and Meets

**All Dates and Events are subject to change.**

Virtual Stroke and Turn Clinic	Sunday, June 6
Skyline Welcome Back	Sunday, June 6
First day of Practices	Monday, June 7
Conestoga Valley Invitational	Saturday, June 12
Woodridge Classic	Saturday, June 19
Chipotle Fundraiser Night	Monday, June 21
Home Meet – Adamstown	Tuesday, June 22
Photo Day	Thursday, June 24
Home Meet – New Holland	Thursday, June 24
Lititz Springs Invitational	Saturday, June 26
Guppy Gulch	Monday, June 28
Skyline Cup	Tuesday, July 6
Home Meet – Mt. Joy	Thursday, July 8
Away Meet – Lampeter-Strasburg	Tuesday, July 13
Home Meet – Senior Night – Overlook	Thursday, July 15
Manheim Fast and Furious	Saturday, July 17
Away Meet – Woodridge	Tuesday, July 20
Divisionals – Adamstown	Saturday, July 24
Year-End Banquet – Eden Resort	Sunday, July 25
All Leagues – Ephrata	Friday, July 30 (Relays) Saturday, July 31

## Outdoor Practice Times

13 and over	8:30-9:30
11/12	9:30-10:30
9/10	10:30-11:15
8 and under	11:00-11:45

# Skyline Swim Team Parent Board

The Skyline Swim Team Parent Board is made up of parent volunteers. Its role is to help facilitate the necessary requirement to run a swim season and most importantly ensure that the swimmers have fun.

The board members work within the Bylaws established for our team and by the Lancaster Summer Swim League rules. These Bylaws are currently being updated and will be accessible on the website when completed.

## 2021 Skyline Swim Team Parent Board

<b>Co-Presidents</b>	Linda Piper  Cathy Dommel	717-475-6110 <a href="mailto:lsuepiper@gmail.com">lsuepiper@gmail.com</a> 717-572-1389 <a href="mailto:csdommel@comcast.net">csdommel@comcast.net</a>
<b>Treasurer</b>	Sean Rowe	<a href="mailto:srowe@lynchfinancial.com">srowe@lynchfinancial.com</a>
<b>Secretary</b>	Ruby Dhillon	<a href="mailto:ruby.dhillon@gmail.com">ruby.dhillon@gmail.com</a>
<b>Apparel</b>	Julie Boldizar Kim Romano	<a href="mailto:jeboldizar@yahoo.com">jeboldizar@yahoo.com</a> <a href="mailto:skromano@comcast.net">skromano@comcast.net</a>
<b>Concessions</b>	Jody Charles	<a href="mailto:jodyryansarah@hotmail.com">jodyryansarah@hotmail.com</a>
<b>Volunteers</b>	Tanya Stauffer Jody Charles	<a href="mailto:tanyaevolutionfitness@gmail.com">tanyaevolutionfitness@gmail.com</a> <a href="mailto:jodyryansarah@hotmail.com">jodyryansarah@hotmail.com</a>
<b>Swimmer Activities</b>	Joyous Bethel Jill Speizer Faith Skillman Julie Miller	<a href="mailto:newjaybethel@att.net">newjaybethel@att.net</a> <a href="mailto:jillspeizer@gmail.com">jillspeizer@gmail.com</a> <a href="mailto:Faithskillman@gmail.com">Faithskillman@gmail.com</a> <a href="mailto:millers1956@comcast.net">millers1956@comcast.net</a>
<b>Technology</b>	Willie Alberty	<a href="mailto:willie@middletonemusic.com">willie@middletonemusic.com</a>
<b>Skyline Cup</b>	Jill Yingst Yvonne Engroff Jackie Brandsema	<a href="mailto:jemyingst@gmail.com">jemyingst@gmail.com</a> <a href="mailto:yengroff@warwicksd.org">yengroff@warwicksd.org</a> <a href="mailto:Brandsema5@msn.com">Brandsema5@msn.com</a>

# **Coaches**

## **Head Coach: Barb Raasch**

Coach Barb Raasch is a graduate of the Manheim Township High School class of 1982. She joined the Skyline swim team when she was 6 years old and also competed with the Lancaster Aquatic Club (LAC), the Lancaster YMCA, and the University of Pittsburgh, where she attended college. She first started coaching Skyline back in 1981-1984, then after taking a break, returned in 1999 until the present. She also coaches for the Five Star Swim Club (FSSC) and Conestoga Valley High School during the school year.

Coach Barb and her husband, Matt, live in Brownstown. They have 3 children: Tara, Michael, and Karli. All 3 have swum for Skyline. Along with coaching, Barb started working as a Kindergarten Aide at Brownstown Elementary School in 2008. Her husband is the General Manager of Ruby Tuesday in Lancaster.

## **Assistant Coaches:**

**Jennifer Benton-Rowe**

**Jordyn Rowe**

**Jack Sheehan**

**Karli Raasch**

**Ellie Bryce**

# Communicating with Coaches

Coaches are very willing to answer questions or concerns. If you need to speak with them, please do so before or after practice. A note placed in the coaches' file in the mailboxes is a good way to communicate with them. Please notify coaches in writing when you know in advance that your child is unable to attend a meet. This enables them to plan for relays, etc. The meet line-up takes several hours to complete and it would be greatly appreciated if you could notify the coaches one week in advance for dual meets and 2 weeks ahead for Invitationals. During swim meets, the coaches are very busy. It is best if parents avoid calling on them at this time unless absolutely necessary. Solicit help from board members or other parents if possible.

Coach Barb – [raasch05@gmail.com](mailto:raasch05@gmail.com) or 717-203-2115 (use as last resort)

## Lead Crew

The Lead Crew is made up of older, experienced swimmers. They assist coaches during practices, volunteer with set-up and tear-down, help lead cheers at meets, and are available for any questions swimmers might have.

# Communications

## Swimtopia/Website:

This will be the central place for communication for our team. On this site, you will find the schedule and recent news. You can also see sponsors and find links to resources. This will also be where you will sign up for volunteering and concession donations. [www.skylinesharksswim.org](http://www.skylinesharksswim.org)

Don't forget to download the Swimtopia app to receive team push notifications (for weather delays or cancellations), sign up for volunteering, see the calendar and news and more.

## Facebook:

Be sure to like us on Facebook. Our page is Skyline Sharks Swim. Skyline news and information along with photos will be posted here.

## Email:

Our main communication tool is email. Our email address is [skylinesharks@skylinesharksswim.org](mailto:skylinesharks@skylinesharksswim.org). You will receive emails with news and reminders before every meet and throughout the season.

## Mailboxes:

Each family will have their own folder in a rolling mailbox cart that will be located near the snack bar during practices and meets. Please check it on a regular basis. You can also leave messages/notes for coaches in their folder.

**Skyline Pool Office: 717-569-2471**

# Dual Meets

- A dual meet is between 2 teams within our division (Division 1). They are held on Tuesdays and Thursdays in June and July. There is no admission fee.
- Dual meets begin with warmups at 5:15, swim meet start at 6:15 and last around 3 hours.
- There is 1 “live” heat (scoring). The other heats are exhibition heats (non-scoring).
- Each swimmer may swim a maximum of 3 events per meet.
- Event Order:
  - Event #1 – Girls 8 and under 25 Freestyle
  - Event #2 – Boys 8 and under 25 Freestyle
  - Event #3 – Girls 10 and under 25 Freestyle
  - Event #4 – Boys 10 and under 25 Freestyle
  - Event #5 – Girls 12 and under 50 Freestyle
  - Event #6 – Boys 12 and under 50 Freestyle
  - Event #7 – Girls 14 and under 50 Freestyle
  - Event #8 – Boys 14 and under 50 Freestyle
  - Event #9 – Girls Open (15+) 50 Freestyle
  - Event #10 – Boys Open (15+) 50 Freestyle
  - Events #11-20 Backstroke – events in same age order as Events #1-10
  - Events #21-30 Breaststroke – events in same age order as Events #1-10
  - Events #31-40 Butterfly – events in same age order as Events #1-10
  - Events #41-50 Freestyle Relays – events in same age order as Events #1-10
- Dual Meet Scoring
  - 1<sup>st</sup> place – 5 pts.
  - 2<sup>nd</sup> place – 3 pts.
  - 3<sup>rd</sup> place – 1 pt.
  - Relays – 7 pts. for 1<sup>st</sup> place only



# Invitational Meets

- Teams must be invited to attend an invitational meet. Several teams attend each meet. It is usually a fundraiser for the host team.
- Most are held on Saturday mornings and may last 5-6 hours.
- There is usually an admission fee for spectators. Most have concession stands. Sometimes there are other items for sale like candy grams, t-shirts, suits, and goggles.
- Invitational Meets are optional. There is a fee per entry, which our team pays ahead of time. **It is expected that once your swimmer is signed up for an Invitational Meet that they will participate. In the event that your swimmer/s end up not participating (unless it is an emergency), you will be charged \$5 for each event your swimmer was entered. You will receive an invoice in your family mailbox and it needs to be paid before the season ends.**
- The order of events is often not the same as dual meets and sometimes includes special events like an Individual Medley (IM) or Medley Relays.

## Invitational Meets - 2021

Conestoga Valley Invitational – Leola Community Pool, Leola - June 12

Woodridge Classic – Woodridge Swim Club, Lititz - June 19

Lititz Springs Invitational – Lititz Springs Pool, Lititz - June 26

Skyline Cup – Skyline Pool (see pg. 19) - July 6

Manheim Fast and Furious Invitational – Manheim Community Pool,  
Manheim - July 17

# **Ribbons and Awards**

## **Dual Meets:**

- Ribbons – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> – for individual events, 1<sup>st</sup> – relays
- Each pool decides if exhibition heat ribbons are awarded.
- Ribbons are collected by coaches and given at practices or put in family mailboxes.
- Personal best ribbons are given when swimmers beat their best times to date.

## **Invitational Meets:**

- Generally medals are given for 1<sup>st</sup>-3<sup>rd</sup> places and ribbons up to 8<sup>th</sup> place, but can vary per meet.
- Trophies are often given to winning teams.

# **Weather**

If the weather is questionable, the referee and coaches will decide whether or not to cancel the meet. It is difficult to reschedule meets, so every effort is made to avoid cancellation. Swim meets will be held in the rain, if no lightning is present. If a meet needs to be delayed due to weather, families will be asked to wait in their vehicles for further instructions. A push notification will go out via the Swimtopia app and through email and the Facebook page.

# Divisionals

Divisionals are the end-of-the season championships for the teams in each division. The location changes every other year. All Skyline swimmers are eligible to participate. The meet usually runs around 6 hours but is broken up into two sessions. The morning is for the older swimmers while the afternoon is for 10 and under. It is generally very crowded at this meet, but an exciting time for all the teams involved.

**2021 Division 1 Meet - Adamstown**

# All-Leagues

All-Leagues is a season-ending, 2-day league championship meet. Only swimmers with LSSL qualifying times will compete in this meet. Relays are held Friday night while the individual events are held on Saturday. Again, Saturday's events are divided into 2 sessions like Divisionals. The All-League meet includes swimmers from all 3 divisions in the Lancaster County Summer Swim League. Friday evening's relays last approximately 3 hours and Saturday's session lasts about 3 hours each.

**2021 All Leagues – Ephrata**

# All-Leagues Qualifying Times

<b>8 and under</b>		
<u>GIRLS</u>	<u>STROKE</u>	<u>BOYS</u>
22.00	FREE	22.00
27.75	BACK	29.00
33.00	BREAST	34.50
28.00	FLY	29.50
<b>9/10</b>		
<u>GIRLS</u>	<u>STROKE</u>	<u>BOYS</u>
17.50	FREE	17.50
22.75	BACK	23.50
25.25	BREAST	25.50
20.00	FLY	21.50
<b>11/12</b>		
<u>GIRLS</u>	<u>STROKE</u>	<u>BOYS</u>
34.00	FREE	35.00
42.50	BACK	44.25
46.00	BREAST	49.50
39.00	FLY	42.50
<b>13/14</b>		
<u>GIRLS</u>	<u>STROKE</u>	<u>BOYS</u>
32.00	FREE	31.25
39.00	BACK	39.50
43.50	BREAST	43.00
36.50	FLY	36.75
<b>OPEN</b>		
<u>GIRLS</u>	<u>STROKE</u>	<u>BOYS</u>
31.50	FREE	27.75
37.50	BACK	33.75
42.50	BREAST	37.25
35.00	FLY	31.00

# Swimmer Meet Expectations

## Before Meets:

- Get plenty of rest
- Stay hydrated – drink lots of water!
- Eat healthy foods and snacks and avoid high-fatty foods and sodas
- Avoid spending time in the sun
- Pack bag (see below)

## Packing for Meets:

- Caps and goggles – come with suit already on
- Towels – more than 1 (some pack 1 for each event and warmup)
- Sweats and t-shirt
- Blanket, extra towel, chair to sit on
- Sunscreen if daytime meet
- Water bottle, healthy snacks and/or meal
- Activities – books, cards or games, crafts

## Arrival/Warmups:

- Sign in or check in with coaches
- Confirm events you are swimming
- Receive warmup instructions from coaches
- Meet with coaches and Lead Crew after warmups for team meeting and cheers
- Use bathroom, visit concessions, etc. – be ready by 6:00 for National Anthem and beginning of meet
- Remain with team – swimmers are not to be on playground or athletic courts

## **During the Meet:**

- Remain on Skyline side unless using bathroom or visiting concessions briefly
- Conserve energy and stay warm – no running around
- Report to staging area when called
- Ask timer for times and report to coach immediately following race
- Act appropriately (older swimmers be mindful of younger swimmers)
- Be respectful of the facilities, workers, lifeguards, parent volunteers, coaches, and officials
- Keep track of your belongings
- Support fellow swimmers – cheer them on!
- Be quiet at the start of every race, when referee blows the whistle
- Remain until end of swim meet and cheer on teammates if possible
- NO ONE MAY APPROACH THE SCORING TABLE AT ANY TIME – ONLY COACHES!
- BE RESPONSIBLE! BE READY TO REPORT TO STAGING AREA IN PLENTY OF TIME FOR YOUR EVENT. DON'T MAKE PARENT VOLUNTEERS OR COACHES SEARCH FOR YOU!

## **During Race:**

- Remain quiet at the start and in staging area
- Listen for name to be announced
- Swim hard! Do your best!
- Wait for all swimmers in heat to finish before exiting the pool. Shake hands with lanes next to you.
- Ask timers for time and say thank you. Report time to coach.
- IF YOU HEAR STARTER CONTINUOUSLY BEEPING – STOP!

## **End of Meet:**

- Report to team for meeting and cheer
- Gather belongings and clean up trash

# Parent Expectations

## Practices:

- Have your swimmer arrive approximately 10 mins before practice begins. They should come already dressed in their suit.
- Parents and siblings may not be on the pool deck during practices.
- Parents of 8 and unders are encouraged to remain in the facility and stay in the grass area during practices
- If you need to speak to a coach, please do so before or after practices or leave a note in their mailbox.

## During Meets:

- Arrive at pool at least 15 mins before scheduled warm-ups
- Help your child sign-in and find a place to sit
- At Invitationals, purchase a Heat Sheet or visit Meet Mobile to see swimmer's schedule of events. If you notice a mistake, please speak to the coach immediately.
- Remember to demonstrate good sportsmanship
- Come prepared with chairs, snacks, weather gear, etc.
- Check to see if your child is swimming in a relay at the end of the meet
- Supervise younger children – no recreational swimming, baby pool, etc.
- Remember that swim meets are run by certified officials. Clock times are not official and may be adjusted if a swimmer is disqualified.
- Please make sure your child is ready to be staged for their event.
- VOLUNTEER! (See pg. 16-18) If volunteering, please report on time. You will be able to see your child swim.

## After Meet:

- Gather belongings and clean up trash
- If able, please ask someone where you can help tear down.

# Volunteer Job Descriptions

The success of the swim team is a TEAM effort for both the children and the parents. Parents are essential to the running of swim meets. You will be asked to sign up to help out at the swim meets. Home meets require more volunteers than away meets.

Many jobs require no experience but only a willingness to help. These include: meet set-up and tear-down, working at the concession stand, staging swimmers for their events, timers, runners for time sheets, and filling out ribbons. Other jobs require some training such as scorers, stroke and turn judges, and finish judges. Most jobs during a meet are divided into two shifts. The first shift will begin when the meet starts and last through the end of the backstroke event. The second shift will begin with the breaststroke and end with the freestyle relays.

When arriving at the home meets, volunteers will be asked to check in with the volunteer coordinator.

## **Announcer (Home) – 1 or 2 per meet**

Reads the names of swimmers in each event along with other public announcements as needed. Also works with Starter/Referee to keep the meet moving quickly and smoothly.

## **Computer Operator (Home) – 1 or 2 per meet -TRAINING REQ. URGENT NEED THIS YEAR – WILL BE TRAINED**

Works on the computer using the Meet Manager Software. Before the meet, the computer operator will make any necessary changes and will print timing sheets for timers and heat sheets for coaches, officials, and announcer. During the meet, the computer operator will collect timing and finishing sheets from the runners and will compare to the computer for any major discrepancies. At the end of each event, the computer operator will print the results to give to scorers and labels to give to ribbons.

## **Concessions (Home) – This year only 5-6 per meet.**

Helps with sales and distribution of meals and snacks. Scheduled in 30 min. increments.



### **End of Meet Snack (Home) – 1 per meet**

Purchases end of meet treat and hands out to swimmers at exit as meet is wrapping up.

### **Finishing Judge (Home and Away) – 2 per meet - TRAINING**

Stands at end of pool and records the finish order at the end of live heats. Confirms with other team judge and official. Records on sheet that is collected by runner. Each judge works ½ of meet.

### **Head Timer (Home) – 1 or 2 per meet**

Runs an extra stopwatch and acts as a back-up to the primary lane timers.

### **Hospitality (Home) – 1 or 2 per meet**

Provides water and checks on any additional needs for officials, coaches, lifeguards, and timers during meet.

### **Ribbons (Home) – 4 per meet (2 each half)**

Receives labels from the scoring table or fills out ribbons for top 3 winners of each race. At the end of the meet, gives ribbons to coaches.

### **Runner (Home) – 4 per meet (2 each half)**

Before the meet, takes timing cards from scoring table to the deck to give to timers. After each race, the runner collects the timing cards from the timers and also the finishing judge slips and returns to the scoring table. One runner does lanes 1-4 and the other runner does lanes 5-8.

### **Scoring (Home and Away) – 2-3 per meet – SOME TRAINING**

Reviews each event, checks the scores, provides other team's scorers information, checks for meet records, and provides announcer and ribbon table the results.

## **Set Up and Tear Down (Home) – THE MORE THE BETTER!**

Arrive when the pool closes at 4:00 if possible to prepare the pool area for the meet. This includes: installing swim blocks, hanging backstroke flags, setting up tables, running cables and setting up touchpads and sound system, etc. Immediately following the meet, volunteers are needed to tear down everything and store in shed.

## **Staging (Home and Away) – 4 per meet (2 each half)**

Helps organize swimmers for their heats by getting them lined up in their lanes. Assists with walking younger swimmers to starting deck. Makes sure swimmers have caps and goggles.

## **Stroke and Turn Judge (Home and Away) – 4 per meet (2 each half) **Special Training – Virtual Clinic on June 6****

Recognize, disqualify, and notify the starter/head official when illegal strokes or turns have been made. Two are needed per meet from each team.

## **Timers (Home and Away) – 12-16 per meet (6-8 each half)**

Uses a stopwatch to record the time for the swimmer in your assigned lane. There are 2 timers per lane (1 from each team). Timers work ½ meet and switch after backstroke. There is a brief information meeting before the meet begins.

## **Timing System (Home) – 1-2 per meet      **TRAINING REQ****

Assist in running the Colorado touchpad timing system console. Training/shadowing required for new volunteers.

# **Skyline Charity Cup**

The Skyline Charity Cup is our annual invitational meet held usually the first week of July. We invite other teams to participate to raise funds for local charities. It is a fun night where the older swimmers look forward to swimming 25s and the famous Banana Boat Race! Even parents can swim during the Mommas and Poppa's relay event. It is a friendly showcase of competition, camaraderie, and charity.

Age groups and other teams put together gift baskets which are raffled during the event. Candy-grams and concessions are available as well.

## **Additional Volunteer Jobs for Skyline Cup**

### **Admissions – 2-4 people**

Collects admission fees and sells heat sheets at entrance. Two-four are needed before and during the beginning of the meet.

### **Candy-gram Sales – 2-4 people**

Sell and deliver Candy-grams during event.

### **Hot Heat Prize Distributor – 2 people (1 per ½)**

Distribute awards to the winners of "Hot Heats".

### **Parking – 2-4 people**

Direct parking in the Skyline lot and the lot near the bank. Two-four are needed before and during the beginning of the meet.

### **Gift Baskets – 6 people (3 per ½)**

Sell tickets and monitor the gift basket area during the meet.