

Rogers Ranch Rapids Swim Team Parent Information Bulletin

Introduction

The Rogers Ranch Rapids Summer Swim team is a neighborhood organization dedicated to introducing and fostering a life long appreciation of the sport of swimming. We are unique among area summer clubs in that we are a “true” neighborhood team, open only to residents of the Crosstimber and Falling Brook subdivisions. We compete under the auspices of the Alamo Area Summer Swim League.

The Alamo Area Summer Swim League (AASSL or The League) is governed and managed by the Alamo Area Aquatics Association (AAAA) and was developed to bridge the gap that can come to exist between swimming lessons and Club and / or High School swimming. It is intended to be a relatively low pressure, high excitement introduction to competitive swimming, which can be a very important developmental experience, especially for swimmers age 12 and younger.

The primary goal of the AASSL is to introduce, encourage, and develop a love for the sport of swimming while instilling the values of good sportsmanship, hard work, respect and learning how to win and lose gracefully. In order to accomplish this goal, the AASSL provides, through its Member Teams, quality competitive swimming instruction, competition, and water safety at a level that is designed to be fun for the athletes, parents, and coaches.

Swimming, like life, can and often is, both competitive and fun. Successful operation of the League relies very heavily on volunteers, which includes an Executive Board chaired by the Board Chairman of the AAAA. **Parents are strongly encouraged to “get involved” in some way other than being a spectator. Their help will be appreciated and the organization better for it.**

The AASSL is mostly an electronically administered league. A Summer League Home Page is maintained on the AAAA Web Site at www.aaaa-sa.org and most communication flows through that website and by e-mail. For logistical and geographic reasons, the AASSL is divided into two separate and *completely* independent conferences: One based in the North side Independent School District (NISD) and the other in the North East Independent School District (NEISD).

The Rapids Swim Team is a strictly parent run Not-For-Profit organization. It is run by a Committee with oversight by the Rogers Ranch Swim Club Board. The Rapids Swim Team Committee consists of parents who have volunteered their time and energy to ensure that the program is a success. A considerable amount of time, planning and expense are invested by these team parents through out the year. They can be contacted via the team website.

Chairperson-	Keith Clark
Vice Chairperson-	Megan O’Brien
Secretary-	Michelle Clark
Treasurer-	Robert Russo

Sub-committee Representatives

- Volunteers-Davora Peck
- Marketing/Sponsorship-Jim Jeffery
- Officials-Megan O'Brien
- Social-Amy Cappucio/Dana McKenna
- Concessions (spot available)
- Awards- Helen Knight

How can you help?

Rogers Ranch is known league wide for its professional staff, organized meets, and hospitality. The Rapids are consistently recognized as one of the best teams in the league and its pool is a great place to host a swim meet. This is due to the fact that we have a core group of parents that consistently volunteer and make all the swimmers have a great time. The continued success of our swim team is possible because of our parents. **WE NEED PARENTS TO VOLUNTEER THEIR TIME IN SOME CAPACITY FOR ALL MEETS.**

Who can compete?

The Alamo Area Aquatic Association Summer Swim League (hereafter referred to as the AA/AASSL) is a league consisting of neighbor and private club swim teams. It is a recreational swimming organization that caters primarily to seasonal (summer) only swimmers. Swimmers may participate under the following guidelines. First and foremost, to be eligible for Rogers Ranch Rapids the family must reside in the Crosstimer or Falling Brook subdivisions. Additionally, the family must be current in their HOA fees (both Swim Club and HO). If the family is leasing a home, the original owners must be current in all fees for the rental family to be eligible to compete.

- A. A swimmer's age for the entire Season is determined by her / his age as of June first of the current Season (year).
 1. Swimmers who have reached their 19th birthday by June first of the season may not compete in the AASSL.
- B. Six and under swimmers ***WILL NOT*** be permitted to compete in any ***individual*** event in the North East Championship Meet.
 1. Six and under swimmers may participate in either of the eight and under relays in the North East Championships *provided* they have achieved the necessary qualifying time in the current season.
 2. **Six and under swimmers will participate in their own championship meet at Fair Oaks C.C. at the end of the regular season.**

C. Six and under swimmers *ARE* permitted to compete in any event in any “dual / tri” North East AASSL competition at the discretion of Meet Management.

D. Swimmers who may have *ever* achieved a USA Swimming Sectional time, short or long course, in any event or who may do so during any AASSL Season may not participate in *ANY* NE AASSL competition at any time or under any circumstances.

1. Please refer to Appendix D.
2. Teams who *knowingly or unknowingly* enter Sectional Qualified swimmers in *any* North East AASSL competition will be banned from the North East Championships.
 - 1) No appeals of such bans will be considered.

E. Swimmers who may achieve a 2012 – 2013 TAGS time, short or long course, *prior to June 1, 2013* course *MAY NOT* participate in ANY NE AASSL individual or relay event in the North East Championships for which they have a TAGS Time (Please refer to Appendix C).

- a. Swimmers who achieve TAGS times AFTER May 31, 2013 may participate fully in the North East Championships.
- b. In the dual / tri meets they may swim in their TAGS qualified individual event(s), be entered and seeded with their seasonal lifetime best times, *but* must swim in *exhibition* status and therefore will not score.
- c. Teams who *knowingly or unknowingly* enter TAGS qualified swimmers to score in prohibited events will be banned from participation in the North East Championships.

Young swimmers coming aboard for the first time must be able to swim one length of the pool (25 yards) demonstrating reasonable swimming skills in one of the four competitive strokes. These swimmers will try out on TBD. Swimmers lacking these skills will be recommended for lessons and can join thru 6/08 when their skills have improved. The Rapids is a competitive swim team and we teach the fundamentals and strategies of competitive swimming. Team members must already have a suitable base of knowledge on which to build. The rest of the team will report on Monday May 13th.

How long does the season last?

The 2013 summer league season begins with the first practice on Monday May13th and ends with Championship on ??day, July ???, a total of ?? weeks. Rogers Ranch will compete in 4 dual meets (please see the schedule posted on the website), 2 of which will be swam at home and two away meets. In addition there is a Summer League Championship for those who qualify. Meets are typically swum on Monday evenings but there are exceptions to this rule. The coaching staff respectfully requests that you make every effort to schedule your vacations after July 7th. Rogers Ranch Rapids needs your swimmer in order to compete successfully against other clubs. **It is critical that the coaching staff be advised at least one week in advance by checking in through the website if your child will not be competing in a dual meet. Everyone understands emergencies happen, but the coaches and officials spend many hours composing the line ups for meets and simply deciding not to attend is disrespectful to the coaches and the rest of the swimmers.**

Swim Practice Information

Practices are structured according to age group. During the first two weeks the groupings are larger as the pool time is restricted. The groups are 6&Unders, 7-10, and 11 &ups. You should bring your child at the scheduled time for their age group **UNLESS INSTRUCTED TO DO OTHERWISE BY THE COACHES**. During the first few practices, the coaches will hand out plain white swim caps. You will be asked to write your swimmers name on each side of the cap and they must wear them during practice (girls and boys). This is to help the coaches with instruction. It is very hard to identify kids when they all have their faces covered with goggles and looking at the bottom of the pool! The other piece of equipment that is essential for the first day of practice is a pair of goggles. It is recommend that your swimmer has a spare pair of goggles with them for emergencies. After the first week, practices will include the use of swim fins. These are sized according to shoe size and can be purchased from a swim store such as SwimFreak.

Once public school ends for the summer break, the swim practice schedule shifts to the morning. The age groups are 6&U, 7-8, 9-10, and 11&ups. **AGAIN UNLESS INSTRUCTED BY THE COACHES, YOUR CHILD SHOULD ATTEND THE PRACTICE TIMES THAT CORRESPOND TO THEIR AGE**. At this time the practice groups will be restructured by age and ability. The groups will become smaller providing increased opportunity for instruction and focus on technique.

SWIM EQUIPMENT

REQUIRED EQUIPMENT:

- Swim suit (jammers for boys, one piece racing suit for girls). RR Rapids offers a team suit that can be purchased for a discounted price through Swim Freak
- Swim cap, one blue team cap is included with the team registration. Replacement caps can be purchased if needed
- Goggles
- Fins

SWIM MEETS

How are the meets structured?

A. The North East Championship Meets are formatted, seeded and swam according to the standard USA Swimming guidelines for age groups, i.e., 8 and under (relays only), 6&U (Freestyle and Backstroke events only), 7 and 8, 9 and 10, 11 and 12, 13 and 14, and 15 through 18. Girls always swim events first in the age group category.

C. Swimmers who have reached their 19th birthday by June 1st of the season may not compete in the AASSL North East Championships.

D. The meets will be scored and awarded to eight (8) places.

1. Individual events will be scored and single age groups, i. e., 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17 and 18.
2. Relays will be scored and awarded in traditional age groups. Relays age groups consist of the following age groups: 8 and under, 9-10, 11-12, 13-14, 15-18

3. Swimmers may compete in 4 events, 2 individuals and 2 relays. There are two types of relays: Medley Relays consists of 4 swimmers each swimming a different stroke in a set order, and Freestyle Relays consist of 4 swimmers , each swimming freestyle. Participants for the relays are selected based on their times (the four fastest being on the “A”, the next 4 fastest on the “B”, etc). There are occasional exceptions to this rule based on the Coaches discretion. The coach’s decision is final.

It is critical that parents communicate with the staff in the event they cannot attend the meet ASAP. Swimmers who consistently fail to comply with team regulations will not be placed on relays.

The following is the order of individual and relay events for dual meets:

2012 North East AASSL Dual / Tri Meet Order of Events

Girls #	Age Group	Distance(yards)	Stroke	Boys #
1	8 and Under	100	Medley Relay	2
3	9 and 10	100	Medley Relay	4
5	11 and 12	200	Medley Relay	6
7	13 and 14	200	Medley Relay	8
9	15 – 18	200	Medley Relay	10
11	6 and Under	25	Freestyle	12
13	7 and 8	25	Butterfly	14
15	9 and 10	25	Butterfly	16
17	11 and 12	50	Butterfly	18
19	13 and 14	50	Butterfly	20
21	15 – 18	50	Butterfly	22
23	6 and Under	25	Backstroke	24
25	7 and 8	25	Backstroke	26
27	9 and 10	25	Backstroke	28
29	11 and 12	50	Backstroke	30
31	13 and 14	50	Backstroke	32
33	15 – 18	50	Backstroke	34
35	7 and 8	25	Breaststroke	36
37	9 and 10	25	Breaststroke	38
39	11 and 12	50	Breaststroke	40
41	13 and 14	50	Breaststroke	42
43	15 – 18	50	Breaststroke	44
45	7 and 8	25	Freestyle	46
47	9 and 10	25	Freestyle	48
49	11 and 12	50	Freestyle	50
51	13 and 14	50	Freestyle	52
53	15 – 18	50	Freestyle	54
55	7 and 8	100	Individual Medley	56
57	9 and 10	100	Individual Medley	58
59	11 and 12	100	Individual Medley	60
61	13 and 14	100	Individual Medley	62
63	15 – 18	100	Individual Medley	64
65	8 and Under	100	Freestyle Relay	66
67	9 and 10	100	Freestyle Relay	68
69	11 and 12	200	Freestyle Relay	70
71	13 and 14	200	Freestyle Relay	72

SWIM MEET ETTIQUETE

The following are a list of practices that are recommended you follow in order to help your swimmer achieve their goals by having them ready to compete.

DO...

- participate in all of the meets.
- read the meet entry report which is posted on the website and at the pool prior to the meet carefully to ensure you know what your child is swimming.
- inform the coaching staff if your child is entered in > 4 events.
- Inform the coaching staff if your child is entered in only 1 event
- consult with coaching staff to determine event selection and seeding times where needed.
- download the location maps from the Rogers Ranch Rapids web site.
- check the team website for Psych sheets and possible last minute changes to the meet.
- pack your swimmers bag ahead of time to ensure that it contains a competitive team suit, team cap, team t-shirt, appropriate clothing, 2 pair of goggles, two towels, and activities like playing cards, etc. it is recommended that swimmers do not bring electronic devices but it us up to parental discretion. Leave the bag by the door so you don't forget it.
- provide healthy and nutritious meals on the day of a meet for your swimmer.
- Hydrate your swimmer prior to the swim meet. Water is the best source of hydration
- bring snacks and sport drinks when allowed in a small personal cooler. There will be team water coolers available to refill water bottles to ensure good hydration
- try and carpool whenever possible.
- arrive 15 minutes prior to the start of warm up so as to allow your swimmer to stretch and get ready in a non hurried manner and report to the warm up lanes on time.
- buy a heat sheet and always bring a highlighter, pencil or pen and a permanent marker.
- draw the checkerboard graphic on your swimmer's body (usually thigh or forearm/hand) so they know their event, heat and lane numbers. This consists of a crossword puzzle graphic with the event, heat and lane # in the squares. For example if your child is swimming 7-8 25 Freestyle and 7-8 25 Breaststroke you would look for their name in the Heat sheet under the event numbers. They will be seeded in a heat and placed in a lane. For Breast it is Event 35, and they are in Heat 2, Lane 7. For Free it is Event 45, they are in Heat 4, Lane 2. The Box would look like this:

E	H	L	
35	2	7	25 Br
45	4	2	25 Fr

- NO OTHER BODY MARKINGS OF ANY SORT ARE ALLOWED such as “eat My bubbles”.

- write your child's last name on their back to help keep swimmers organized in the ready bench area
- VOLUNTEER in some capacity at each meet.
- Have your swimmer sure check-in when they arrive at the meet by highlighting their names on the check-in board.
- ensure that your swimmer(s) stay in the designated team tent area. The tents are organized according to age group. If your swimmer is not sitting with the rest of the team, it is very hard for the ready bench workers to find your swimmer, it increases the likelihood they will miss their race. It is ultimately the swimmers responsibility to be ready for the event.
- See the coaching staff before and after swimming.
- hydrate after each event; remove your swimmers swim cap so as to prevent possible over heating.
- check the posted results at the pool and record them in your swim meet record book.
- cheer and have fun watching your swimmer compete. They have worked hard to get ready.
- praise them for a job well done. Your job is to love them. Let the coaches coach them.

DON'T...

- sit in restricted areas, use the baby pool during meets, or park illegally.
- go onto the restricted area of the pool deck unless you are authorized.
- Mark your swimmers body with any phrases or other designs as this is against AASSL rules and regulations
- **leave the meet with out checking out with the coaching staff and making sure your swimmer is not on a relay. This is very disrespectful to the other 3 swimmers on that relay team.**
- distract your swimmer when they are behind the block.
- yell or use flash photography at the start of the race.
- approach an official if your swimmer is disqualified; let the coaching staff do it.
- allow your swimmer run around at a meet as they can get injured

Communications

The best source for team information is the Rogers Ranch Rapids website (rrrapids/swimtopia.com).

- The best source for league information is at aaaa-sa.org under the summer league menu. Some of the data in this memo is from the AASSL Rule book which can be viewed or downloaded from this site.
- The best way to contact the coaching staff is via e-mail unless it is an emergency in which case the phone is fine. The Staff contact data and numbers are as follows:

- Head Coach Morgan Duin 210-748-2638 morganduin@yahoo.com
- Assistant Coach Sofie Walker 210-392-2192 sofie18419@yahoo.com

Competitive Swimming Instruction

The coaching staff offers a vast amount of competitive and coaching experience. All swimmers in the program are exposed to the four competitive strokes as well as starts and turns. Swimmers who have advanced skills will focus on competitive skills that will advance their abilities to compete at the club and high school level.

For those interested in further instruction, private lessons may be offered on a fee basis by the coaching staff. These lessons must be scheduled with the individual coach. Families seeking private instruction must bring the coach into the facility as a guest and comply with pool regulations. Siblings may take a lesson together. NO SMALL GROUP INSTRUCTION BY THE STAFF IS ALLOWED.

Conclusion

The Rapids Swim team welcomes you and you children aboard for a summer of fun in the sun. The benefits offered by summer swimming programs are numerous and include some of the best summertime memories for its participants. Benefits include:

- A source of exercise that improves muscular coordination.
- Develops and builds confidence.
- Promotes physical and mental skills by reinforcing sequential thinking skills.
- Quite often the first experience in competition for its participants and teaches the values associated with winning, losing and good sportsmanship.
- Reinforces the relationship between hard work and results.
- A co-educational sport and allows both sexes to work and compete together.
- Older swimmers serve as role models for the younger swimmers.
- A great way for neighborhood children attending public and/or private to get acquainted.
- It is a great way for new members to the community to meet other families.
- Unifies the community.

- A source of employment for teen agers who have participated in the program.
- Ultimately, it is “FUN”.

Please remember that the *“goal of sport is to win the competition; the purpose of sport is to have fun”*. We do not always win but we always have fun. See ya’ll around the pool deck this summer.