

Team Handbook

Woodland Pond Swim Team

Summer 2011

Head Coach

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Assistant Coaches

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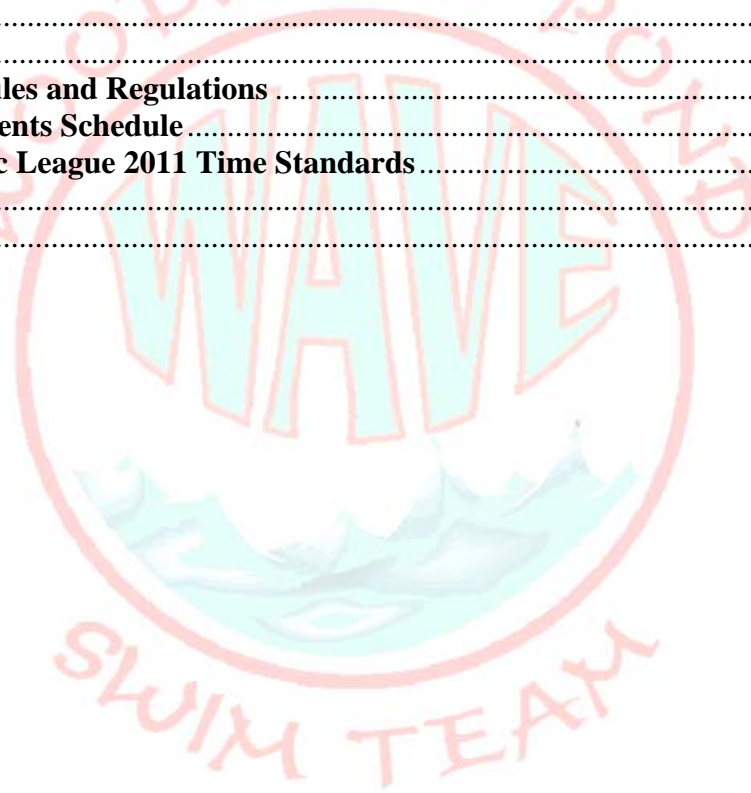
Nicole Justice
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Swim Team Committee Members

Kelly Fisher	796-5486 (H) 304-4495 (M)
Gerry Langelotti	777-9943 (H) 536-7458 (M)
Mindy Mills	743-0544 (H) 640-9799 (M)
Kelly Shaw	768-0237 (H) 892-4166 (M)
Mary Sink	748-0425 (H) 307-6934 (M)
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2011 Meet Schedule

Date	Day	Team	Where	Arrival Time	Warm-Up Time	Meet Start
June 4th	Saturday	Mock Meet	Home	8 am		8:30 am
June 11	Saturday	Hampton Park	Home	7 am	7:15 am	8:00 am
June 21	Tuesday	Chester	Away	5:45 pm	6:00 pm	6:30 pm
June 28	Tuesday	Bayhill Pointe	Home	5:30 pm	5:45 pm	6:30 pm
July 5	Tuesday	Walton Lake	Home	5:30 pm	5:45 pm	6:30 pm
July 12	Tuesday	Tarrington	Away	5:30 pm	5:45 pm	6:30 pm
July 18	Monday	Highlands	Away	5:45 pm	6:00 pm	6:30 pm

2011 Championship Meet at Beulah

- July 29, 2010 Friday (10 and under - Youth, Mites, Midgets)
- July 30, 2010 Saturday (11 and older – Juniors, Intermediates, Seniors)

2011 League Divisions

Division A	Division B	Division C	Division D
Chester	Bayhill Pointe	Beulah	Creekwood
Hampton Park	Highlands	Birkdale	Falling Creek Farms
Queensmill	Tarrington	Founders Bridge	Foxcreek
Salisbury	Walton Lake	Foxcroft	Gregory's Pond
Summer Lake	Woodland Pond	YMCA	Meadowbrook
			Watermill

Instructions to Swimmers: Practice/Season Information

Practice is ESSENTIAL for continued growth and learning in stroke technique and speed. Whether it's at practice or a meet, please be on time and ready to swim.

Attendance:

- You may come to morning and/or afternoon practice. The more you swim, the stronger you will be.
- It is crucial that you let your coach know if you will miss a meet. In addition to telling the coach, a sheet will be posted on the bulletin board at the pool that you must fill out to convey this information. More than a week of notice is requested when possible.
- Do NOT leave a meet early without telling your coach!!

How Do Meets Work?

Meets are important to show how you are improving on a weekly basis.

- Each swimmer will be “seeded” or placed in no more than three individual and one relay event (when possible).
- For each stroke, swimmers are assigned to one of three speed categories based on the times they have achieved. When swimming an event at a meet, the competition is against the other swimmers in the same speed category. Speed categories are named gold, silver and bronze.
- When the coaches are “seeding” the meet (compiling all team data to create the strategy), each swimmer will be placed into an individual and/or relay event with consideration of the swimmer's ability. The coaches will also take into consideration their swimmer's ability in comparison to other swimmers, on both teams, in their age and speed category who will also be participating in that meet.
- Swimmers will need to swim each stroke of an individual event at least once during the regular season in order to qualify to swim that stroke in an individual or relay event at the Championship meet. Championship meets allow for swimmers to swim 5 events which can include 2 relays. Having each swimmer perform all strokes during the regular season maximizes the strategy potential when seeding the Championship meet. A swimmer need not qualify in a stroke to participate in that stroke in a relay at the Championship meet so long as the stroke has been swum once during the regular season. Knowing this information may answer the question as to why a swimmer is scheduled to swim in a stroke that may not be their favorite or their best!
- The bronze category is broken into two parts which will appear on the meet results – “Bronze” and “Qualified”. A bronze swimmer is a swimmer whose time is slower than the time required to compete in the silver division. A “qualified” time is the speed required within the bronze division to qualify to swim that stroke at the Championship meet. A qualified swimmer is still in the bronze category – the term “qualified” only designates the minimum time needed to be eligible to swim that stroke at the Championship meet.
- TRY the events that are given to you and speak with the coach if you have any questions or concerns.
- Points and ribbons are awarded for first through sixth place in each of the gold, silver and bronze categories in individual events and first through third in relay events. Points and placement for individual swimmers and relay events are calculated and posted during the meet for your view. For swimmers who scored points in their speed category, ribbons will be awarded to them at WPST's Spirit and Awards (see calendar for dates and times).
- Eat healthy and rest the day of the meet.
- Be **respectful** and show **good sportsmanship** at all times because your individual behavior reflects upon the Woodland Pond Swim Team.

Inclement Weather:

Safety is our number one priority. WPST follows the National Lightening Safety Institute guidelines which makes it necessary to clear the deck for 30 minutes in a weather event involving thunder or lightening.

- For practices, we will convey any cancellation due to inclement weather via our email system. Since weather is not very predictable it is not always possible to give ample notice. If it is stormy you may call

the pool for up to date information. **We will practice and hold meets in the rain as long as the rain does not hinder visibility in the pool posing a safety issue.

- If weather becomes inclement during a meet:
 - DO NOT LEAVE - once a decision is made someone will let you know it is okay to go.
 - If the meet is postponed it is typically made up the next day. Please be sure to check the website for specific makeup dates and times.
 - If you are unable to attend the rescheduled meet let your coach know as soon as possible.

Team Spirit

- Spirit Awards will be held during the summer to recognize all of your hard work. Plan to make those practices to receive your ribbons from the meets and other special recognitions.
- Other events important to our team spirit (check the calendar for dates):
 - Team Pictures
 - The Team Outing (Water Country)
 - Ice Cream Social
 - Pasta Dinner – a team meal the Wednesday before Championships
 - End of Year Party– our end of season celebration

Volunteer Opportunities

The parents are a critical part of a successful swim team and swim meet. There are many roles, responsibilities and job assignments necessary to run a meet. It is critical that all jobs are filled, the individuals who signed up for the jobs are there on time and complete all the responsibilities associated with the job. Teenage siblings of swim team members are able to work as well. There are many jobs appropriate for teenagers who are willing to help.

In order to have all the jobs filled appropriately, we ask each family to work 3 full meets or 6 half meets. This will be required of every family who has a child on the swim team. Sign up for the jobs will take place at the Open House. Families who cannot attend the Open House or have not signed up for their required number of jobs will be contacted by the Meet Coordinator with the open jobs needing to be filled.

We encourage those with smaller children to focus on jobs during the first half of the meet since that is most likely when their children will be swimming.

Below is a list of the jobs required during a swim meet. Many of the jobs require multiple people in each role. Also, some of the jobs require special training or education to fulfill the responsibilities. Those roles have been marked with an *.

Meet Coordinator
Lead Meet Set Up*
Meet Set Up
Lead Meet Take Down
Meet Take Down
Starter*
Announcer
Referee*
Strokes and Turns Judge*
Clerk of Course*
Clerk of Course Seater
Computer Keyer*
Verifier
Sorter
Timing Sheet Runner
DQ Card Runner
Heat Ribbon Presenter
Head Timer
Lane Timer
Head Mite Parent*
Mite Seater
Mite Parent
Concessions Coordinator
Concessions Set Up Manager
Concessions Worker
Concessions Closing Manager
Grill Set Up Manager
Griller
Grill Clean Up Manager
Drink Runner
Heat Sheet Sales

There are also many jobs and activities that happen outside of the swim meet. If you are interested in helping with any of the following, or if you have any questions about the job roles, requirements or responsibilities please email the Swim Team committee at wpwavest@gmail.com

Job Title/Function	2011 Owner
Banquet Planner	
Bulletin Board	Robin Martin(new member), Katy Nicholson, Mary Sink
CAL Fundraiser Coordinator	
Concessions Coordinator & Inventory	Kelly Shaw
Concessions Pre Meet Shopping/Pick Up	Kelly Shaw, Katheryn Vest
Concessions Treasurer	Gerry Langelotti
Heat Sheet Production	Megan Barnett
Ice Cream Social (Day After Last Meet)	Elaine King, Mylan Polino
Meet Enteries into Computer, Preparing enteries for Heat Sheets	Megan Barnett/Robin Martin (first member)
Mock Meet Snacks and Beverages	Kelly Shaw
Pasta Supper Planner	Mylan Polino, Jeanne Coryell, Megan Barnett
Season Kick Off Party Planner	Maura Puleo/Carrie Kerr
Slide Show	Mary Sink
Spirit Wear	Pam Enslin
Swim Team Corporate Sponsorship	Megan Barnett
Swim Team Personal Banner Sponsorship	Mindy Mills
Swim Wear	Maura Puleo
Team Pictures	Elaine King
Water Country Day	Donna Thompson

Odds and Ends

Weekly E-Newsletter– Asst. Coach will be writing a weekly newsletter.

End of Year Slide Show - Photos can be sent to *Mary Sink* at mjandcrsink@yahoo.com throughout the season for inclusion in the show. All photos of practice and meet meetings should be sent by July 29th. Pictures from Champs should be sent promptly after the meet in order to be included.

Spirit Wear Order Deadline is May 15, 2011

Contact *Pam Enslin* at email address: enslen11313@comcast.net for more information.

Instructions to Swimmers: Meet Survival List/Information

Meet Survival List

1. A POSITIVE ATTITUDE
2. Team Suit
3. Goggles
4. Cap
5. A minimum of two towels
6. Sweat suit or jacket and long pants if the weather is questionable
7. Bug spray
8. Healthy food and drinks / Concession Stands are available but bring your favorite snack. (sandwich, crackers, pasta, fruits, Gatorade, water etc)
9. Beach chair

Meet Information

1. Meets can last between three to five hours.
2. After arriving write your event numbers and possibly your lane and heat down on paper or your hand / foot with marker.
3. Prepare for warm-ups with your cap and goggles.
4. Mites and Youth (eight and under) find your mite mom. If you are in a relay you must go to your mite mom right after warm-ups.
5. Remember to participate in the team cheer!
6. Midgets, Juniors, Intermediates, and Seniors (nine and up) report to the Clerk of Course when your event number is called. **Be early not late!** Pay attention to your event in order to not miss your heat.
7. Listen for the starter to call your heat.
8. False Start: If a swimmer moves before the starting signal, that swimmer is charged with a false start. Two false starts charged to the same swimmer results in the swimmer being disqualified in that stroke. If you are in the water and hear a double beep or blast sound from the starter, that is the false start signal and you must stop and return to the wall.
9. **HAVE FUN AND DO NOT WORRY ABOUT OTHERS...TRY YOUR BEST AND BE CONFIDENT WITH YOUR ABILITIES!**

(Almost) Everything You Need To Know About Your Youth or Mite Swimmer

For many of you, this is going to be your first swim team experience and we (the Board) are here to help you survive AND enjoy it! My name is Bridget Posner and I will be the Head Mite Mom this year. My job is to make sure all of your little swimmers are where they need to be when they need to be there. However, I cannot do this alone so I have a few guidelines (and a few openings for extra helpers) to ensure a successful season. With a little planning ahead of time, your child will have a wonderful swimming experience.

Please make sure you pack the following items for every meet:

SEVERAL TOWELS: preferably one for each event that your child swims because they usually don't have time to dry in between swims and it can get chilly. This leads us to the next item.

CLOTHES: sweatpants and shirts are important to have on hand after the sun goes down. Always bring shoes (flip-flops or sandals are fine). Some of the pools are not barefoot friendly.

HEALTHY SNACKS: we definitely want you to patronize our concession stand because it raises a lot of money for the team, however we would like for your children to make healthy choices that won't slow them down in the water. Make sure they drink plenty of water and save the sweet treats and DELICIOUS hamburgers, hotdogs, etc. until AFTER they swim.

ACTIVITIES: please bring something to entertain your child in between their events. It's important for the kids to rest and relax so a board or video game, playing cards, books and crafts help pass the time. Bring a blanket for sitting on as there usually is a shortage of chairs and tables. PLEASE do not allow your child to go to the playground until after they have finished swimming their events for the night. Besides the fact that it really uses up valuable energy needed to swim, many times children miss their events because they could not be found. Unsupervised play on the playgrounds is not recommended especially at away meets.

SWIM GEAR: always make sure you have your child's swim cap and goggles if your child uses them. We encourage EVERYONE to wear the Woodland Pond swim cap or at least a lycra cap for children with long hair. Not all children wear goggles, however if your child ALWAYS wears them at practice PLEASE make sure you pack them. In fact, it is a good idea to have a second pair that your child is comfortable wearing. Goggles can be a very personal thing and many meltdowns have occurred because they didn't have the right pair or their favorite ones broke right before their event. I recommend keeping a spare swimsuit in the car just in case. It doesn't need to be an actual swim team suit. Just make sure it fits well and doesn't have straps that slip.

AND FOR THE PARENTS: most of our meets will occur when the sun is setting which can be hard on the eyes. Bring your sunglasses and hats for the first half of the meet and a jacket for the second half. Bringing chairs is always a good idea just in case. Please make sure you sit in the designated areas only. Don't forget your camera/camcorder to capture those exciting races! We have a WONDERFUL concession stand at the home meets. Please plan on eating dinner with us. (After all YOU aren't the one who has to swim!) It's a great way to support the team. Please bring a Sharpie marker. We use these to write your child's event information on his/her hand. And lastly, please bring plenty of smiles and hugs for your little swimmer. We want them to have fun and not get stressed over the competition.

What to Expect at the Meet:

Now that you've packed up everything you own and brought it to the meet, there are just a few more things to remember.

- Please arrive on time for warm-ups. Warm-ups give the younger swimmers a chance to get ready for the meet. It allows them to get used to water, adjust their caps and goggles and practice diving (jumping) in. This is especially important at the away meets because each pool is set up differently.
- Make sure you know your child's events. The event numbers and strokes will be posted at every meet. Once you find your child's name, please write down their event number and stroke on their hand with a Sharpie marker. It is also helpful to write their name on their shoulder blade so the timers can confirm that the right swimmer is in the right lane. Heat sheets will be sold at the meets and will have the order of events as well as the heat number and lane your child will be swimming in.
- Know Your Mite Moms/Dads (And Become a Mite Mom/Dad Too). Each Youth and Mite event will be assigned a Mite Parent. This parent will be in charge of escorting your child and the other swimmers from that event to the Clerk of Course. The Clerk of Course is the staging area where they will get all of the swimmers lined up and ready to go. It is **EXTREMELY HELPFUL** if you check in with your assigned mite parent at the beginning of the meet. That way, when it's time to go to the Clerk of Course your mite mom/dad will know who and where your child is.
- Ready, Set, Swim! When your mite mom/dad escorts your child to their event, **PLEASE** make sure your child has their swim cap on and has their goggles. (IF they wear goggles, it's always a good idea if you can get your child used to swimming without goggles just in case.) In the beginning, some nervous swimmers might want a parent to come with them to the staging area. We certainly understand if a child is upset, however under normal circumstances it is helpful to have the least amount of people in that area. If you just can't stay away from the excitement, we have plenty of openings for mite moms/dads. This way, you can be near your child **AND** help with the meet at the same time. It should be noted that some children do **MUCH** better without their parents "hovering" right before they swim. Please don't take it personally; you're just making them nervous!
- Hooray! They Did It! Don't forget to give your swimmer a dry towel with lots of hugs and praise. A lot of the younger swimmers only participate in one event and are finished early in the meet. We encourage you to stay around and cheer on the older swimmers. Our little ones have some of the best team spirit. It also allows them to see proper technique for strokes and starts. (And it gives you time to grab something from our **WONDERFUL** concession stand!) Did I say it was **WONDERFUL**?
- One last thing; if you know you are not going to be at a meet, **PLEASE** let the coaches know so they don't enter your child. If your child is sick on the day of the meet, or has to leave a meet early, it is very important to let a coach and an available mite mom/dad know. This will keep us from searching endlessly for your child before their assigned event.

I hope you found this information helpful. If you have any questions or if you would like to volunteer as a mite mom/dad please call or e-mail me. Home 590-0723 Cell 370-3547 Posner6@aol.com



Meet Directions

Thursday, June 21, 2011

Chester

Directions: From WPSRC

- Turn Right out of the neighborhood onto Beach Road.
- Turn Right onto Ironbridge Rd.
- Follow Ironbridge/Rt. 10 thru Chester until you reach Chester Road (Vogue Florist is on the left corner, Community Bank and Sibley's is on the Right).
- Turn left onto Chester Road and follow for 0.3 miles. The pool is on the left. Parking is usually on the right side of Chester Road.

Tuesday, July 12, 2011

Tarrington

Directions: From WPSRC

- Turn Left out of the neighborhood onto Beach Road.
- Turn Right onto Spring Run.
- Turn Right onto Qualla Road.
- Turn Left onto Courthouse Rd.
- Stay straight when Courthouse turns into Huguenot Road.
- Turn Left onto Robious Road.
- Turn into Tarrington Subdivision onto Ashwell Drive
- Drive around the two circles.
- Turn left onto Sherfield Road.
- Turn left into parking lot

Monday, July 18, 2011

Highlands

Directions: From WPSRC

- Take the back entrance/exit out of the neighborhood.
- Turn left onto Nash Rd
- Turn right on Highland Glen Dr.
- Pool parking lot is on the left behind the Sales Center

Team Sponsorship

- Deadline for all Corporate Team Sponsorship & Advertising Requests: June 1, 2011
 - Deadline for all Personal Team Sponsorship Requests: June 1, 2011
- Deadline for CHAMPS Heat Sheet Ads: July 19, 2011
 - Please make all checks payable to: WPST
 - Please mail Corporate Team Sponsorship checks to WP Swim Team Sponsorship – Megan Barnett, 10703 Old Squaws Lane, Chesterfield, VA 23838
 - Please mail all Personal Team Sponsorship Requests to: WP Swim Team Sponsorship - Mindy Mills, 5830 Kingsland Road, Richmond, VA 23237

Business Team Sponsorship and Advertising: \$250

- 48" x 30" Banner
 - To be displayed at all three swim meets hosted by WP
 - Banner includes your logo, tagline, website or phone number and a message to the team (all logos must be received in either .pdf, .ai, or .eps format)
- Heat Sheet Listing
 - Your company name and location will be listed on the Corporate Sponsorship list in the Heat Sheets for all three swim meets hosted by WP
- Announcement During Meets
 - Your company will be announced as a team sponsor two times during each swim meet hosted by WP: once at the beginning and once at half time
- Returning Business Team Sponsorship and Advertising \$125

Note: See WPS&RC Swim Team Website for a 2011 schedule. <http://www.wpsrc.org/SwimTeam.htm>

Personalized Banner Sponsorship \$50

- 20" x 16" Banner
 - To be displayed at all three swim meets hosted by WP and the Championship meet
 - To include your personal message to the team, coach or an individual swimmer
 - Will be white with a choice of red, black or blue text color and a choice of font style
- Reduced fee for display in upcoming seasons

CHAMPS Heat Sheet Ads

- A great way to raise funds for both the Chesterfield Aquatic League and your swim team is through Heat Sheet Advertisements. The proceeds of all advertising earnings are split 50/50 between CAL and the team selling the ad.
- Ads can be for businesses, personal or just for fun. Many families purchase an ad to praise swimmers for their dedication during the summer, to encourage them for Champs, as a thanks to the coaches
- If you have any questions, please contact Megan Barnett, the WP Wave representative at meganbarnett@comcast.net
- Please make checks payable to the WPST

2011 Chesterfield Aquatic League Annual College Scholarship

The Chesterfield Aquatic League (CAL) is excited to announce that it will award two \$1,000 scholarships in 2011. One of the awards will go to a graduating high school senior girl and the other to a graduating high school senior boy. The scholarships will be awarded to the individuals that best exemplify leadership, dedication to team, educational excellence and concern for community.

Complete applications must be submitted to Tim Faherty not later than July 1, 2011. Submissions may be made electronically to tsfaherty@verizon.net, via U.S. mail to 11913 Longfellow Drive, Midlothian, Virginia 23112, or in person at any CAL function.

The scholarships will be presented at CHAMPS.

*Please check with the CAL website for more up to date information including instructions and application:
Swimcal.org

CAL Swim Meet Rules and Regulations

- Each swimmer may swim in no more than three events per meet plus a relay. All swimmers may swim all meets.
- The meet will consist of Gold, Silver and Bronze heats for all events, combined if necessary, including relays.
- Swimmers will be designated as Gold, Silver or Bronze in each event they enter according to his/her fastest time in that stroke. There is no limit to the number of swimmers a team may have in Gold, Silver or Bronze individual events (does not hold for relays).
- Each club may enter relays in each age group category as follows: two Gold, three Silver and unlimited Bronze in freestyle and the same in medley relays if offered.
- Relays for 11 and over events may be mixed but must have at least two girls (that is, boys-girls may be 2-2, 1-3, 0-4). Relays for 10 and under events can have any mix of gender (including all boys and girls). Relays may be swum in any boy/girl order. Gold relays must have one swimmer with a Gold time in freestyle for a freestyle relay or a Gold time in the stroke he/she is swimming in a medley relay. Silver relays must have one swimmer with a Silver time in freestyle for a freestyle relay or a Silver time in the stroke he/she is swimming in a medley relay. Gold swimmers cannot swim in a Silver relay. Bronze relays can have only bronze swimmers in freestyle relay or bronze swimmers in the strokes he/she is swimming in a medley relay. Relays can only be swum as gold or silver if the swimmer is gold or silver at the beginning of the meet. Relay status cannot be changed if gold or silver is achieved during the same meet.
- A swimmer may swim in only one freestyle relay or one medley relay if offered in a dual meet.
 - Swimmers must swim in their age group. However, a mite or youth may swim an event as a mite/midget if that particular event is not offered to the mites or youth. Younger swimmers may swim in a relay in an older age group if the younger swimmers are needed to form the only relay in the older age group. This cannot be done if eligible swimmers (i.e. any swimmer participating in the meet) exist in the older age group. This cannot be done if you are moving a swimmer up to replace a swimmer that has already been moved to an older age group. Swimmers may not swim more than two age groups higher than their age group. The referee and the opponent's coach must know of these changes before the event is swum, or the relay will be disqualified.
- Freestyle (events 10 and 11) and backstroke (events 22 and 23) will be the only individual events offered in the Youth category (i.e. 6 years of age and under). A Youth may swim as a Mite in any stroke that is not offered in the Youth category. All other swim meet rules apply to these events.
- Swimmers will be allowed one false start per event. Upon commission of the second false start, the swimmer will be disqualified. If a heat finishes uninterrupted, no false start can be charged.
- Each club is responsible for filling out the timer's cards prior to the meet. All cards for individual events must be turned in to the clerk of course at the beginning of the meet. Relay cards are due to the Clerk of Course when the event is called. Exceptions to this rule regarding the turning in of cards must be approved by the Meet Director. These cards are to be numbered from fast to slow to allow the Clerk of Course to put lane and heat assignments on them. Gold and Silver cards are to be clearly designated by highlighting yellow for Gold and blue for Silver. The Gold heats will be swum first with the Silver and Bronze heats next (all heats fast to slow). However, Gold swimmers may be swum in the first Silver heat, if there are too few for separate heats. In combined heats, Gold or Silver swimmers (regardless of team) will swim in the middle lanes.
- Grievances regarding the conduct of a dual meet should be reported to the meet referee by the team coaches or parent representatives. Parents and swimmers are not to report grievances to the working table or other officials. Protests regarding any matters pertaining to a dual meet must be submitted to the meet referee during the meet or within 24 hours of the conclusion of the meet. Protests regarding any referee decisions must be submitted in writing to the league President within 48 hours of the conclusion of the meet. After this time, all protests regarding the meet will be considered null and void. The Technical Review Committee will review protests within 72 hours of receipt by the league President.

- The Technical Review Committee (TRC) shall be composed of a parent representative from each team in the league. Members shall be elected to the TRC during the annual meeting of the Board of Directors in February. The President of the league will chair the TRC as a non-voting member. A quorum shall consist of at least 50% of the members being present. Decisions made by the TRC shall be reported within 48 hours in writing to all parties involved and a record of the decisions made by the TRC will be forwarded to the league secretary.
- The TRC shall also be available to interpret CAL rules upon the request of the league President.
- Any rule infraction will lead to disqualification of the swimmer for that event.
- Ribbons will be given for the first six places in each Gold, Silver and Bronze individual and relay event.
- Dual meet scoring for 1st through 6th place will be:
 - Gold Individual Events: 9-7-6-5-4-3
 - Silver Individual Events: 8-6-5-4-3-2
 - Bronze Individual Event 7-5-4-3-2-1
 - Gold Relay Events: 18-14-12-0-0-0
 - Silver Relay Events: 16-12-10-0-0-0
 - Bronze Relay Events: 14-10-8-0-0-0
- Winners for meets will be determined two ways: (1) by the most points scored and (2) by most improved times. To determine the winner on the basis of most points scored, gold, silver and bronze points will be accumulated together. To determine the winner on the basis of most improved times, the percent change of each team's swimmers' times achieved during the meet in comparison to the swimmers' previous best times will be calculated. Only the swimmers who actually compete in the meet and have a legal time in the stroke prior to the meet and who swim a legal time during the meet will be included. The math will be: average best times before the meet minus average best times achieved during the meet divided by average best times before the meet multiplied by 100. The result will be the improvement factor, which is the percent of change. The team with the most positive improvement factor, relative to the other team, will be the winner of the meet and designated the Most Improved Team. This system will not be used in a meet in which it is the first meet of the year for either team.
- Dual Meet Divisional Season Champion for most points scored: Each meet will produce a winner or a tie for most points scored as described in 15.1. Each win counts one point; ties count one-half point. Divisional winners will be decided by total points accumulated during intra-divisional meets. At the end of the season, if two teams are tied, the team winning the regular season meet will be declared the Regular Season Champion for most points scored. If two teams tie and did not swim each other or if three or more teams are tied, the team that scores the most points at the Championship meet will be declared the Regular Season Champion for most points scored.(rev 3/08)
- Dual Meet Seasonal Champion for most improved times: Each meet will produce a winner or a tie for most improved times as described in 15.1. Each win counts one point; ties count one-half point. Winners will be decided by total points. At the end of the season, if two teams are tied, the team winning the regular season meet for most improved times will be declared the Regular Season Champion for most improved times. If two teams tie and did not swim each other or if three or more teams are tied, the team with the highest cumulative most improved factor in all 5 scored meets will be declared Seasonal Champion for most improved times.
- Traveling trophies will be awarded at the Championship Meet to the First Place Dual Meet Season Champion of each division, First Place Dual Meet Season Most Improved Team, and First Place for each division in the Championship Meet. A non-traveling banner will be awarded for the First Place Dual Meet Season Champion of each division, First Place Championship Meet winner for each division, First Place Dual Meet Season Most Improved Team and First Place Championship Meet, Most Improved Team. (Swim meet rules 15.1 – 15.4 Revised 3/11)
- The host club is responsible for compiling and distributing the meet results. The results (names and times) for first six places must be given to the coaches immediately upon completion of the meet events. The total meet results, with all swimmers with times, must be e-mailed to the Webmaster by 7:00 p.m. on the night following a dual meet. Documentation of League Records must be delivered

to the records chairman within three days after the meet. League Record documentation includes the event card signed by the timer, and a copy of the printed output from the Timing System or Scoring System signed by the Head Table Worker. Newly acquired Gold and Silver times and League Record times must be clearly indicated on the results. The pool length (yards or meters) must also be listed. In addition, at the conclusion of the meet, the host club will contact the Richmond Times Dispatch by phone at 649-6554 or by email at nguthrie@timesdispatch.com or by fax at 775-8085 or the results may be phoned between 9:30 a.m. and Noon to the Richmond Times Dispatch at 649-6322 to provide the following information:

- Name of League
- Names and scores of participating teams.
- Names of quadruple and triple winners
- Meet Program (See page 35).
- Meets may be pre-seeded at the discretion of the host team, otherwise lane assignments will be scheduled by the Clerk of Course. The Clerk of Course may combine any heats necessary to shorten the meet length.
- Time standards for speed categories will be determined each year according to the following method:
 - Best times for all swimmers in each individual event competed will be calculated for the previous three years and expressed as the actual yard or yard-equivalent meter time.
 - The yard standard for each event will be determined as follows:
 - GOLD: Add the total number of best times and determine the swimmer whose time ranking makes them the cutoff for the top 12.0% of the swimmers. This swimmer's time becomes the Gold standard.
 - SILVER: As above, except to determine the swimmer whose time ranking makes them the cutoff for the top 35.0% of the swimmers. This swimmer's time becomes the Silver standard.
 - The meter standard for each individual event will be calculated by multiplying the numeric expression of the yard standard (determined by step B above) by 1.105 and expressing the resultant number as a time.
- For all swimmers, for the first time in the season an individual and relay event is swum by a swimmer, their best time prior to the first meet will be their time. For those swimmers who have no times, a coach's certified time will be accepted to determine eligibility for Gold and Silver events. A certified time is a documented time achieved by a swimmer in a time trial, mock meet, or other official swim event. All attempts must be made to enter a documented time. If on the rare occasion a swimmer does not have a certified time, an NT (No Time) may be used for seeding. If the swimmer achieves a time that would place them in the silver or gold category, the swimmer's finishing time will be reentered as the seeding time upon completion of the event and the approval of the meet referee. The event will then be re-scored.
 - Any swimmer not meeting Gold or Silver times in the meet during which the swimmer swam on the basis of a coach's certified time, will be counted as Silver or Bronze in those events in the next meet, depending upon the time achieved by the individual swimmer in the event and the established qualification times.
 - Once a Gold or Silver time is made in any CAL meet, the swimmer will be considered Gold or Silver in that event until the end of the season, unless the qualifying times are revised to a faster time than the swimmer attained in that stroke.
- In the event of inclement weather, the Home team parent representatives will consult with visiting team parent representatives to determine when and if it is necessary to call off or postpone to a future date any competition that cannot be conducted or completed to a satisfactory manner and in fairness to the swimmers. Meets can only be postponed by mutual agreement of the participating teams' parent representatives. In case of inclement weather the host club's rules will prevail when determining whether it is safe to resume a meet. If postponed, the meet will be swum on the next mutually agreed upon day prior to the next regularly scheduled meet for either club. If an agreement cannot be reached, the matter will be brought before the TRC for final decision. All completed events shall be counted and the meet resumed at the start of the next event not fully completed.
- The referee is required to review and sign each disqualification card prior to the card being delivered to the table at all CAL meets. Disqualification cards received at the table without the referee's

signature will be taken immediately by a table worker to the referee for his/her action. The disqualification card will not be included in the event's scoring without the referee's signature. Any event scored with a disqualification, which does not include the referee's signature, will be rescored without the disqualification.

- Sweep judge placements will not be used. The starter, head timer and head table worker are encouraged to collaborate and take the following steps to ensure consistent, accurate times.
 - Assign balanced representation from each competing team on each swim lane.
 - Assign timers to the fast lanes as follows: two from the home team and one from the visiting team on lane 3 and two from the visiting team and one from the home team on lane 4.
 - Rotate timers at frequent intervals e.g. switch the timers between the frequently populated lanes and the infrequently populated lanes every 30 minutes and bring in a fresh set of timers every 90 minutes.
 - Check to ensure all timers are ready before starting each race.
 - Frequently remind the timers of the value of the accuracy of their times.
 - Require timers to write the full time for each time on the swimmer's cards, with each timer's reported time being consistently recorded in the same place on the card.
 - Scan each lane's times to identify lanes where there is a time that is consistently 0.3 or more seconds different from the next closest time and attempt to identify the timer whose time is different from the others so that the timer or watch can be replaced.
- These steps, which serve to report accurate times, are applicable to electronically and manually timed swim meets.
- Images from any type of video recording equipment will not be accepted by the referee as evidence to dispute or support the disqualification of a swimmer or a relay team.
- No alcohol or smoking inside the pool's "fenced-in area" is permitted during swim meets. Parents are reminded that they are attending a youth sporting event and we ask that they act as responsible role models.
- In accordance with safety standards, the club hosting the meet will be sure that the pool is filled to capacity prior to the start of the meet.
- No one, other than the swimmers, shall be in the pool during the meet. This includes small children. No one should be in the diving well or shallow section of the host pool during the meet.
- A lifeguard (other than the coaches) shall be on duty at all meets.
- Starting blocks – follow US Swim 2003 rules.

Dual Swim Meet Events Schedule

<u>EVENT</u>	<u>AGE</u>	<u>SEX</u>	<u>DISTANCE</u>	<u>STROKE</u>
1	Mite		100	Free/Medley Relay
2	Midget	Boys	100	I.M.
3	Midget	Girls	100	I.M.
4	Junior	Boys	100	I.M.
5	Junior	Girls	100	I.M.
6	Inter	Boys	100	I.M.
7	Inter	Girls	100	I.M.
8	Senior	Boys	100	I.M.
9	Senior	Girls	100	I.M.
10	Youth	Boys	25	Free
11	Youth	Girls	25	Free
12	Mite	Boys	25	Free
13	Mite	Girls	25	Free
14	Midget	Boys	50	Free
15	Midget	Girls	50	Free
16	Junior	Boys	50	Free
17	Junior	Girls	50	Free
18	Inter	Boys	50	Free
19	Inter	Girls	50	Free
20	Senior	Boys	50	Free
21	Senior	Girls	50	Free
22	Youth	Boys	25	Back
23	Youth	Girls	25	Back
24	Mite	Boys	25	Back
25	Mite	Girls	25	Back
26	Midget	Boys	50	Back
27	Midget	Girls	50	Back
28	Junior	Boys	50	Back
29	Junior	Girls	50	Back
30	Inter	Boys	50	Back
31	Inter	Girls	50	Back
32	Senior	Boys	50	Back
33	Senior	Girls	50	Back
34	Mite	Boys	25	Butterfly
35	Mite	Girls	25	Butterfly
36	Midget	Boys	50	Butterfly
37	Midget	Girls	50	Butterfly
38	Junior	Boys	50	Butterfly
39	Junior	Girls	50	Butterfly
40	Inter	Boys	50	Butterfly
41	Inter	Girls	50	Butterfly
42	Senior	Boys	50	Butterfly
43	Senior	Girls	50	Butterfly
44	Mite	Boys	25	Breast
45	Mite	Girls	25	Breast
46	Midget	Boys	50	Breast
47	Midget	Girls	50	Breast
48	Junior	Boys	50	Breast
49	Junior	Girls	50	Breast
50	Inter	Boys	50	Breast
51	Inter	Girls	50	Breast
52	Senior	Boys	50	Breast
53	Senior	Girls	50	Breast
54	Midget		200	Free/Medley Relay
55	Junior		200	Free/Medley Relay
56	Inter		200	Free/Medley Relay
57	Senior		200	Free/Medley/Relay

Sequence for Medley Relay is Back, Breast, Butterfly, and Free.
Sequence of Individual Medley is Butterfly, Back, Breast, and Free.

Chesterfield Aquatic League 2011 Time Standards

Event	Group	Gender	Stro	Meter			Yard		
				Gold	Silver	Qualify	Gold	Silver	Qualify
2	Midget	Boys	I.M.	1:39.58	1:49.21	2:02.00	1:30.12	1:38.84	1:50.40
3	Midget	Girls	I.M.	1:40.90	1:53.55	2:01.85	1:31.32	1:42.76	1:50.27
4	Junior	Boys	I.M.	1:24.26	1:35.83	1:46.42	1:16.25	1:26.73	1:36.30
5	Junior	Girls	I.M.	1:26.34	1:37.28	1:46.81	1:18.14	1:28.03	1:36.66
6	Interme	Boys	I.M.	1:17.85	1:24.31	1:32.93	1:10.45	1:16.30	1:24.10
7	Interme	Girls	I.M.	1:20.03	1:29.88	1:35.98	1:12.43	1:21.34	1:26.86
8	Senior	Boys	I.M.	1:10.94	1:18.09	1:23.65	1:04.20	1:10.67	1:15.70
9	Senior	Girls	I.M.	1:20.68	1:27.81	1:34.89	1:13.02	1:19.47	1:25.87
10	Youth	Boys	Free	27.05	33.50	42.58	24.48	30.31	38.54
11	Youth	Girls	Free	28.30	33.75	43.39	25.61	30.53	39.26
12	Mite	Boys	Free	20.45	23.83	28.60	18.51	21.56	25.88
13	Mite	Girls	Free	21.53	24.69	28.76	19.49	22.34	26.03
14	Midget	Boys	Free	39.36	45.07	50.65	35.62	40.79	45.83
15	Midget	Girls	Free	41.15	46.05	51.55	37.24	41.67	46.65
16	Junior	Boys	Free	34.27	37.79	41.36	31.01	34.20	37.43
17	Junior	Girls	Free	34.72	38.49	42.61	31.42	34.84	38.56
18	Interme	Boys	Free	29.88	32.61	35.57	27.04	29.51	32.19
19	Interme	Girls	Free	32.25	35.37	38.04	29.19	32.01	34.43
20	Senior	Boys	Free	27.68	29.35	31.77	25.05	26.56	28.75
21	Senior	Girls	Free	31.94	34.13	36.19	28.90	30.89	32.75
22	Youth	Boys	Bac	33.24	38.90	47.31	30.08	35.21	42.81
23	Youth	Girls	Bac	32.27	37.19	44.03	29.20	33.65	39.84
24	Mite	Boys	Bac	26.00	29.78	35.09	23.53	26.95	31.76
25	Mite	Girls	Bac	26.39	29.55	34.00	23.89	26.74	30.77
26	Midget	Boys	Bac	49.73	57.29	1:03.96	45.00	51.85	57.88
27	Midget	Girls	Bac	50.30	56.45	1:03.10	45.52	51.09	57.10
28	Junior	Boys	Bac	41.75	48.34	54.75	37.78	43.75	49.55
29	Junior	Girls	Bac	42.03	47.96	53.76	38.03	43.40	48.65
30	Interme	Boys	Bac	37.25	41.41	45.81	33.71	37.47	41.46
31	Interme	Girls	Bac	38.47	42.96	47.86	34.81	38.88	43.32
32	Senior	Boys	Bac	33.71	37.01	40.93	30.50	33.49	37.04
33	Senior	Girls	Bac	37.93	42.12	45.07	34.32	38.12	40.79
34	Mite	Boys	Butt	23.05	28.82	35.36	20.86	26.08	32.00
35	Mite	Girls	Butt	24.39	29.56	35.57	22.08	26.75	32.19
36	Midget	Boys	Butt	45.80	54.01	1:02.84	41.45	48.87	56.87
37	Midget	Girls	Butt	45.64	54.61	1:03.33	41.31	49.42	57.32
38	Junior	Boys	Butt	38.01	45.31	51.74	34.40	41.00	46.83
39	Junior	Girls	Butt	38.80	43.73	50.32	35.11	39.58	45.54
40	Interme	Boys	Butt	33.60	37.92	42.02	30.41	34.32	38.03
41	Interme	Girls	Butt	35.60	39.79	43.57	32.22	36.01	39.43
42	Senior	Boys	Butt	30.52	33.06	35.11	27.62	29.92	31.78
43	Senior	Girls	Butt	34.98	38.58	41.68	31.66	34.91	37.72
44	Mite	Boys	Brea	28.10	32.11	37.11	25.43	29.06	33.58
45	Mite	Girls	Brea	29.11	32.78	38.24	26.34	29.66	34.60
46	Midget	Boys	Brea	54.32	1:00.90	1:09.49	49.16	55.12	1:02.88
47	Midget	Girls	Brea	54.19	1:00.50	1:07.68	49.04	54.75	1:01.25
48	Junior	Boys	Brea	46.03	52.14	58.34	41.66	47.18	52.80
49	Junior	Girls	Brea	46.23	50.89	56.32	41.87	46.05	50.97
50	Interme	Boys	Brea	39.76	44.47	48.25	35.98	40.24	43.67
51	Interme	Girls	Brea	42.77	46.97	50.60	38.71	42.51	45.79
52	Senior	Boys	Brea	35.68	39.50	42.76	32.29	35.74	38.70
53	Senior	Girls	Brea	42.10	45.62	48.86	38.10	41.29	44.21

Woodland Pond Swim Team
Catch the Wave
Swim Suits 2011
Website Information

<http://www.thelifeguardstore.com/>

Click: Customized Swim Team Store

Input: Username: Woodland

Password: Pond

******(Case Sensitive Username and Password)*

Follow Instructions to order your suits.

Shipping for Custom Swim Suit Orders is \$6.00.

*Click on Custom Team Store, Type in Username: Woodland Password: Pond
Images of our fins, girls and boys suits will be shown.*



*Please place your orders promptly so that you will receive your suits before the first meet
If you have any questions, please contact
Maura Puleo 796-5963*

May

Calendar of Events

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Open House 1-3pm Clubhouse	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Spirit Wear Order Deadline	16	17	18	19	20	21
22	23 <ul style="list-style-type: none">• First After-School Practice (Be prepared to swim)• Parents Info & Team Meeting 5:45- Jr, Int., Sr; 6pm – 10 and under/Youth, Mites, Midgets	24 CAL Strokes and Turns Clinic @ Salisbury 7pm	25	26	27	28 Pool Opens
29	30 Last Day to sign up for Swim Team before Rate Increase **Memorial Day – No Practice	31	23			

2011

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3	4
					Swim Team Kickoff Party	Mock Meet 8:30am
5	6	7	8	9	10	11
						Meet - Hampton Park (H) 8am Warm Ups 7:15am
12	13	14	15	16	17	18
	<ul style="list-style-type: none"> Spirit Awards after PM practice (5:45) 					
19	20	21	22	23	24	25
	Summer Practice Schedule Begins	Meet – Chester (A) 6:30pm Warm-up 6:00	<ul style="list-style-type: none"> No AM Practice Spirit Awards after PM practice (5:45) Team Pictures 5pm 			
26	27	28	29	30	Summer Practice Schedule is held twice daily (except weekends) 9-9:45 Youth, Mites and Midgets 9:45-10:45 Juniors, Intermediates and Seniors 5-6pm all Swimmers except “Wee Waves” 6-6:30 Wee Waves	
		Meet - Bayhill Pointe (H) 6:30pm Warm-up 5:45	<ul style="list-style-type: none"> No AM Practice Spirit Awards after PM practice (5:45) 			

2011

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5	6	7	8	9
		Meet -Walton Lake (H) 6:30pm Warm-ups 5:45	<ul style="list-style-type: none"> No AM Practice Spirit Awards after PM practice (5:45) 			
10	11	12	13	14	15	16
		Meet -Tarrington (A) 6:30pm Warm-ups 6pm	<ul style="list-style-type: none"> No AM Practice Spirit Awards after PM practice (5:45) 			
17	18	19	20	21	22	23
	Meet-Highlands (A) 6:30pm Warm ups 6pm	<ul style="list-style-type: none"> No AM Practice Spirit Awards after PM practice Ice Cream Social 				
24	25	26	27	28	29	30
			Pasta Dinner 6pm (No evening practice) 25		Champs-Beulah Youth, Mites, Midgets	Champs-Beulah Juniors, Inter., Seniors

