

Bay Village Recreation Swim Team Parent Handbook, 2016

Welcome to the Bay Village Recreation Swim Team! We are looking forward to working with you and your swimmer during this upcoming season. Our team is one that embraces both experienced swimmers eager to compete and swimmers that are new to competitive swimming. Regardless of a child’s skill level, our goal over the course of the season is for each swimmer to individually improve their strokes and build confidence in a pool. Our priorities when it comes to our swimmers are that they have fun, enjoy practices and meets, and receive the necessary feedback to ensure their success.

CONTACT INFORMATION

Email: bayvillagerecreationswimteam@gmail.com

Head coach: Dominic Giovannazzo
440-759-5936

Aquatic Center: 440-871-1872
Bay Village Rec. Department: 440-871-6755

2016 Swim Season

Begins: WEDNESDAY, June 8th Ends: Saturday, July 30th

Practices:

*****While practices are not mandatory, it is recommended that swimmers attend at least two practices per week.***

Monday – Thursday:

Age Groups:

7:30 a.m. – 8:20 a.m.

8 and under 10 and under

8:20 a.m. – 9:10 a.m.

12 and under, 14 and under, 18 and under 6 and under

Friday Fun Day!

7:30 a.m. – 8:20 a.m.

All Age Groups*

** This is an optional skills practice where stroke development and technique will be emphasized and swimmers can ask for help with specific skills*

8:20 a.m. – 9:10 a.m.

All Age Groups: slides, diving boards, fun time!

Meet Schedule and Other Important Dates

<u>Date:</u>	<u>Time:</u>	<u>Event:</u>	<u>Location:</u>
June 1	7pm	Coach Meet & Greet	Bay Pool
June 8	7:20 – 9:10am	First Day of Practice!	Bay Pool
June 21	4 pm	Avon Lake v. Bay	Bay Pool
TBD	745 am	Picture Day ☺	Bay Pool
June 30	4 pm	Bay v. North Olmsted	North Olmsted
July 12	4 pm	Amherst v. Bay	Bay Pool
July 14	4 pm	Bay v. Avon	Avon
July 19	4 pm	Bay v. Fairview	Fairview
July 26	4pm	Rocky River v. Bay	Bay Pool
July 29-30		Championships	North Olmsted
August 2	7pm	Swim Team Splash Party	Bay Pool

Swim Wear Requirements

Boys: swim trunks or jammers, goggles*, cap**

Girls: *one-piece* bathing suit (athletic/racing style suit preferred), goggles*, cap**

Team Suits with logo are available at:

Geigers of Lakewood
14710 Detroit Ave, Lakewood
216-521-1771
NOT required!

*We **require** that swimmers **wear goggles** during both practice and meets. Swimmers need to be able to see where they are swimming in order to avoid dangerous collisions!

Although caps are optional for boys and girls with short hair, we **require that girls with long hair wear a cap in order to keep hair out of their face when swimming as a safety precaution.

Important information

- **NEW** this season – Team Website going live May 2016!! You will receive an email inviting you to register with the team website. This will give you access to all of your swimmer(s)' information. All meet signups, volunteer signups, and general information (including calendars and directions) will be on the website – everything in one place! More information will be coming soon regarding this new feature!
- Parent Volunteering **is a requirement** for participation in the Bay Village Recreation Swim Team. Each family *is required* to volunteer for *at least* one position at one meet during the season. We will send out links to sign up for each meet closer to the start of the season. Please help us in any way you can! Each home meet requires **40 volunteers** to run smoothly!
- For safety reasons, a child must be able to swim a full pool length (25 meters-similar to taking the swim test @ the pool). A child does not have to swim using any particular stroke (doggy paddle works great!) and can go as slow as they need to, but they must be able to get across without grabbing the lane lines or the side of the pool. Coaches cannot be responsible for stopping a meet to jump in the water after swimmers who cannot make it. If you have a question as to whether your child can meet this requirement, please contact me (Dominic) and I would be happy to arrange a swim test.

Family Folders

There will be alphabetical file folders with your family's *last name* on it. Inside your family folder your child or children will have their own personal manila folder with his or her *first name* on it. Your child is to check their folders either before or after practice. This is how they will receive their *picture day form, swim meet ribbons and any additional information*.

Swim Meets

- Swimmers must arrive at the designated pool by 4:00 pm. Home meets will be held at the Bay Village Family Aquatic Center. The children will be asked to sit in a designated sitting area for their age group. Upon arrival the children will check in with their coaches at that time and receive any changes to the meet line up. They should already have their events written on their hand in Sharpie (events are emailed prior). The children must stay in their sitting area between their events so that the coaches may find them easily before and after their events.
- Swimmers must be prepared for the swim meet by having their events written on their hands in Sharpie** and arrive wearing their team suit. They should also bring their cap, goggles, towel(s), water, snacks and/or playing cards, books, etc. to enjoy between events. We prefer that the children are resting between their events rather than running around at the meet. We also require that the swimmers stay within the boundaries of the pool.

**** Writing your child’s events on their hand (with sharpie!):**

Please write them in order.

Example:

Name:	Event 1	Event 2
Sam Jones	6 BK A	25 FR

- There are 6 available lanes (3 for each team) and placing each swimmer in an event is a challenging task due to the amount of swimmers we have. The coaches try to accommodate each swimmer by having them swim between 2 and 4 events. In the event that a swimmer is not in a certain race, the coaches have created *exhibition heats*. Although these heats do not count for points during the meet, the children still receive a ribbon and clocked time for their effort. We are

fortunate to have 10 lanes at Bay Pool. Lanes 1 – 6 (first heat) are the scored races and lanes 7 – 10 (first heat) are additional exhibition lanes.

Event Explanation

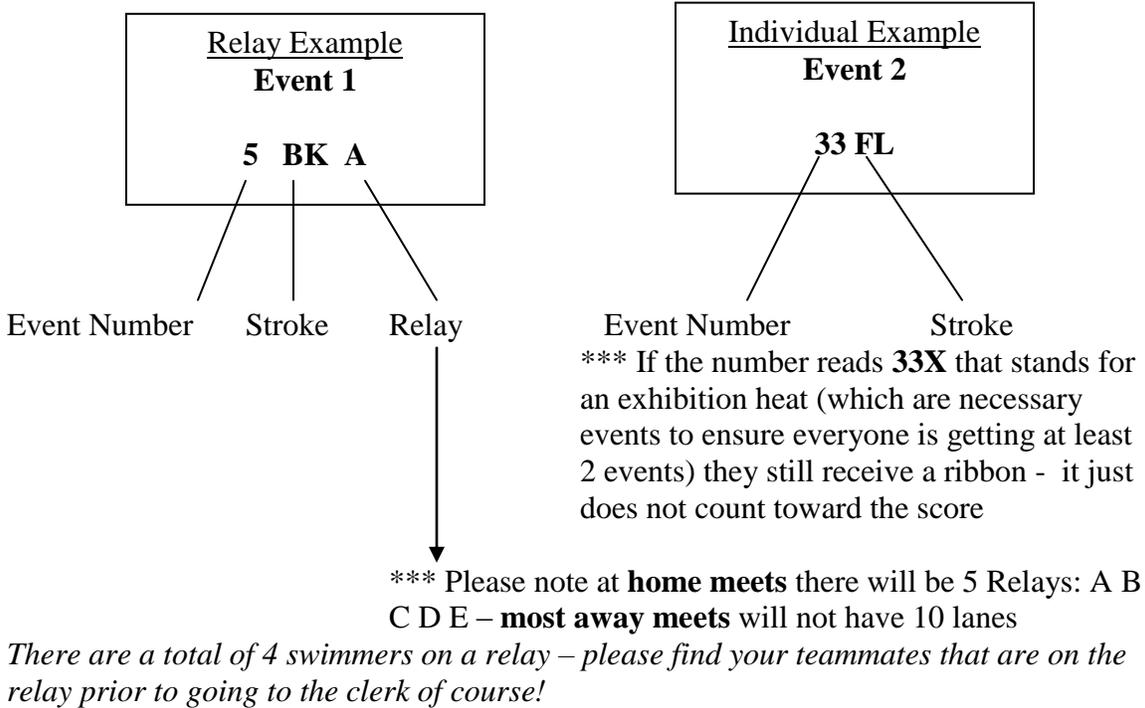
Stroke Abbreviation:

BK – backstroke

BR – breaststroke

FL – butterfly

FR – freestyle



Parent Volunteer Roles

Clerk of Course - Hands out event cards to swimmers and assists swimmers (especially relays and younger children) to the appropriate lanes for all events. **Need 4 at home meets, 2 at away meets.**

Score Keepers – Helps at Computer table inputting times/running labels for ribbons. **Need 4 at home meets.**

Ribbon Writers – Records times on designated place ribbons, and files in proper family folder. **Need 4 at home meets, 4 at away meets.**

Timers – Are provided with stop watches and time swimmers from the end of the lane from start to finish; record and post times, then hands card to runner. **Need 22 per home meet, 12 at away meets.** (First half timers: events 1 – 36 and second half timers: events 37 – 72).

Card Runners – Pick up cards from timers after each race and take to the score keepers and ribbon writers table. **Need 4 at home meets.**

Announcer – Will make event announcements (first call, second call, on deck and in the water) As well as other meet announcements. **Need 2 at home meets.**

VOLUNTEERS WILL ALSO BE NEEDED AT THE CHAMPIONSHIP MEET..MORE INFORMATION WILL BE PROVIDED ON THAT AT A LATER DATE

***** All volunteers must check in with Dominic upon arrival at pool before the meet (by 4:30 at the latest!)**

Map of Bay Pool for HOME SWIM MEETS

