

CHRISTOPER SWIM CLUB

STINGRAYS

SWIM & DIVE TEAM



2015

PARENT INFORMATION PACKET

# WELCOME

Welcome to the Christopher Swim Club Stingrays. We are the swim and dive team at the Christopher Swim Club. We compete in the Suburban Swim Association (SSA) recreational swim league. SSA teams include Black Oak Swim Club, Brookview Swim Club, Christopher Swim Club, Dayton Country Club, Dunsinane Swim and Tennis Club, Five Seasons Sports Club, NCR Country Club, Pleasant Hill Swim Club, Sycamore Creek Country Club, and Woodhaven Swim Club.

Directions to these pools are at the back of this packet and available on the CSC web site, [www.christopherswimclub.com](http://www.christopherswimclub.com).

## Swimmers

The CSC Stingrays Swim and Dive Team is open to swimmers and divers of all abilities. Your child does not need to be a championship swimmer/diver to be on the team. We will help them work towards that goal. This being said, being on the swim team is a great opportunity for kids who know the fundamental strokes to get further training. **It is not intended to be a teaching class for those kids who don't know how to swim or are not comfortable in the water.** For the beginner swimmer, participation on the swim team should be done in conjunction with private lessons that are available at the club. Summer swim/dive team participants build individual skills, stroke proficiency, and team spirit. **Swimmers and divers should be comfortable in the water, be ready to take direction from the coaches and be willing to compete in swim and dive meets.** Potential divers should be comfortable going off of the diving board into deep water (both forward and backward).

Your swimmer/diver must achieve the minimum age of his or her age group by June 1. This means that whatever age your child is as of June 1, that is the age group in which he or she will swim/dive. For example, if your child's birthday is June 1 and he or she turns 7, he or she will swim/dive in the 7/8 age group. If your child's birthday is June 2 and he or she turns 7, he or she can swim/dive in the 6 and under group. Swimmers can always "swim up" to the next age group if approved by the coaches. They cannot "swim down" into a younger age group.

## Practices

Practice is scheduled daily. It is important for your child to attend as many practices as possible. The more they attend, the more they will learn about each stroke and how to complete it without disqualification. Practices are held at the Christopher Swim Club every Monday through Friday, beginning the Monday after Memorial Day. Because not all schools have finished for the summer, your child can start practice when their school is finished. Just let the coach know when they will be starting. The schedule of practice is as follows:

11+ year old	8:00-9:00 AM
7-10 year old	9:00-10:00 AM
6 and under	10:00-10:45 AM
Divers	10:00-11:15 AM

All swimmers are expected to be at the pool 5-10 minutes early and be ready to get in the water at the start time of their respective age groups. Much instruction time can be lost, waiting for late swimmers or having to repeat lessons when a swimmer is late to practice.

Swimmers should also always wear tennis shoes to practice, since some practices will start with “dry land” warm-ups and exercises.

The team may offer optional evening practices usually on Monday, Wednesday and Friday evenings from 7:00 – 8:00 PM for those swimmers who have to miss the morning practices because of camps, summer school, etc. This is primarily for 11 and older swimmers. Swimmers who are 7 to 10 should check with the coach about coming to evening practices. There is no evening practice for 6 and under. This must be approved by coach.

## Team Suits

All swimmers should wear a comfortable suit to practice (preferably not your team suit-they will last longer), goggles and a swim cap. Young swimmers may feel more comfortable with a t-shirt on during the first week or two of practice. Just remember that they cannot wear a shirt while swimming at a swim meet. You should also remember to send along 1-2 towels and something warm to put on after practice. Sometimes mornings can be chilly. Make sure to put their name on everything.

Girls should plan on swimming in a tank style suit. Two piece suits have a bad habit of falling off when diving into the pool from the diving block. Boys should wear a tight fitting suit. This can be either a “jammers” style or a “brief” style suit. Loose “Board Shorts” also have a habit of coming off while diving in.

The team colors are Navy Blue, Royal Blue and White. The team chooses a team suit in these colors. Suits will be available for purchase from the approved vendor at a suit fitting and information meeting, typically held in late April or early May. Swimville USA in Northern KY is currently the approved vendor. Ordering information can be found on the bulletin board at the pool and on the Christopher Swim Club web site. A swimmer does not need to purchase an official team suit to participate on the swim team, but it helps in building team spirit and identity. If you must buy your swimmer a “non-official” suit, please try to go get one in the team colors.

Please be aware that the SSA does not allow swimmers to compete in tri-suits, full body suits or multiple suits. All swimmers must compete in one suit only, appropriate to the swimmers gender. Older swimmers often practice in drag suits or multiple layers of suits-this is OK for practice, just not for competitions.

## Swim Terms

DQ-Disqualification-Swim does not count because of an infraction of the rules

EVENT-any race or series of races in a given stroke or distance

HEATS-a division of an event in which there are too many swimmers to compete at one time

HEAT SHEET-a booklet of swimmers and what events they will swim

SWIM LINEUP-a list of swimmers and what events they will swim

LANE-the specific area in which the swimmer is assigned to swim

LANE LINE-continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane

SCRATCH-removing a swimmers name from the roster for that meet’s date before the final lineup is made

NO SHOW-This is a term used on the timer sheets to indicate that a swimmer did not make it to their event

## Swim Meets

Competition in the swim and dive meets is the reason that the Stingrays exist. This is a COMPETITIVE sport. All Swimmers and Divers are expected to participate in as many meets as possible during the season.

The Stingrays typically swim in 6-7 SSA League meets and 1 non-league meet each summer. The season is compact, but lots of fun.

The SSA league meets are on Tuesday and Thursday evenings, beginning the 2<sup>nd</sup> week of June. The regular season is 4 weeks long, with championships held on the 5<sup>th</sup> week. The non-league meet that we will swim is usually held on a Wednesday evening, but may be held on a bye week.

Meets will start at 6:15 pm. If the swim meet is at the CSC (a home meet) then our warm up time will be at 5:30 pm. If the meet is an away meet, our warm up time will be at 5:45 pm.

Please have your swimmer at the pool at least 10 minutes BEFORE warm up starts: to check in, find the team, stake a claim on a good viewing spot for yourself and the rest of the family, find the swim line-up and check out the concessions. They need to arrive at the pool ready to swim. Your athlete should wear his/her swimsuit to the meet: Do not plan on time to change at the pool! Remember the sunscreen! Sunscreen needs time to penetrate, put it on at home before they suit up and again after 1 ½ hours if they have been swimming.

Once at the pool, have your athlete head over to the rest of the team (the Bull Pen) and to TELL THE COACH THAT HE/SHE IS THERE AND READY TO SWIM! The coaches will be looking to see who is there so they can verify all swimmers are there (especially those scheduled to race in relay events).

**BULL PEN:** The bull pen is the swim team equivalent of the team bench. All swimmers, especially the 10 and under swimmers need to stay in the bull pen area. This facilitates getting the swimmers to the proper lane in time for their next event. There are "Bull Pen Parents" whose job it is to help these young swimmers get to where they need to be. Please encourage your swimmer to stay in the bull pen. If they are out of the bull pen and miss an event, they will not be able to make up the swim. The bull pen is also the cheering section. Swimmers need to pay attention to what their team mates are doing and cheer them on, especially during the relays.

## Events

There are four strokes that are swum at our swim meets. These strokes are Freestyle, Backstroke, Butterfly and Breaststroke. As a swimmer progresses, they learn and hopefully master each of these 4 strokes. There are also 2 relay events that are swum at a swim meet: Freestyle Relay and Medley Relay. At the SSA meets, each swimmer may swim in 2 individual events and 2 relays. They may not swim more than this.

The SSA League Meets are broken down by 1.) Age Group, 2.) Gender, and 3.) Event. To find out what events your swimmer is in, please find the Swim Lineup Board, which is usually posted on a fence around the pool, where our team gathers (the Bull Pen).

Swim Lineups are posted to notify the swimmers of which events they will swim. Each race is divided into 3 parts, Event/Heat/Lane. The events swum are Freestyle, Breaststroke, Butterfly, Backstroke, Individual Medley (IM) and the Free and Medley relays. Scan the lineup for your swimmer's entries, record the Event, Heat and Lane on scrap paper. (To allow everyone time to see the lineup, return to your area and mark the information on your swimmer's hand or forearm as shown below. A black pen or sharpie works great for this swimmer graffiti, but only on DRY skin. Wet skin will wipe out a sharpie every time.

Most people aren't aware of how much work goes into making a lineup for the swim and dive meets. Many factors are considered, such as relay teams, number of events per swimmer, and the need for a valid time/score in each event for swimmers/divers to compete at Championships. You may wonder why we focus so much attention on lineups, but hours of preparation go into each meet. Many times, that preparation is wasted when children show up to swim unannounced or fail to show up for a meet. We always try our best to accommodate these kids, but we are not always able to adjust the line-up at the meet.

If you have a last minute schedule change or your swimmer/diver is sick, be sure to send an e-mail or call the head coach as soon as possible. The coaches decide who will swim/dive and what events they will swim/dive, PRIOR to the meet. If your swimmer is expected and does not show, last minute changes create a "domino" effect which must be addressed. This is very disruptive to the start of the meet.

Always check the lineup for relays! If your swimmer is scheduled to swim in a relay, he/she **must** stay at the meet until the completion of the relay! (The Free Relay is always the last event in the swim meet). There are 4 swimmers on a relay team. The swimmers count on each other to be there and try their best. If one swimmer goes home early, then the other 3 cannot swim in the relay.

## What to Bring

Your Athlete's Swim/Dive Bag should contain: (label everything: bags, goggles, towels and t-shirts look alike)

- Your Team suit and a spare suit
- Your Team swim cap and a spare cap
- 2 pair goggles (minimum-straps break). NEVER wear untested goggles at a meet

- Deck sandals/flip flops
- 2 Towels
- Warm Clothing (warm up suit, sweats, etc)
- SUNSCREEN: waterproof, Rub proof, goof proof
- Water bottle
- A black pen or Sharpie
- A highlighter (for marking their race info on the heat sheet if available)
- Small Cooler-Most meets allow small coolers for snacks. Snacks: raisins, trail mix, Ritz bits w/peanut butter, goldfish, grapes, small chunks of fruits and veggies, favorite dry cereals, string cheese, beef jerky, Gatorade bars or power bars
- Baby Powder (sample size will last a long time)-to lightly dust the inside of the swim caps after drying them; keeps them from sticking together and easier to put on.
- DRY Clothes to put on after the meet
- Things to pass the time! Cards, books, game boy, etc.
- INHALERS-If your child is an asthmatic, this is the most important thing for them to bring. Different environments have different triggers that can set off an attack. Tell the coach(es) if your child has asthma and where his/her inhaler is.

## Helpful Hints for Swim/Dive Parents

Don't be afraid to get involved—even if you've never been to a swim meet in your life.

Have plenty of water available for your swimmer.

Ask questions often. "Older" parents are a great source of information.

Have an extra suit for practices, rather than their team suit. It will prolong the life of the suit.

Rinse our team suit in cold water after each use and hang to dry (but not n the sun).

Bring money for the concession stand/bake sale

Always encourage your swimmer/diver to do his or her best before every race/dive.

Remember to bring your food/drink items for the bake sale at home meets.

Be aware if when your child swims/dives, so he or she doesn't miss his or her race/dive.

Cheer them on, congratulate, console if necessary, but never coach.

# Frequently Asked Questions

Q.-How long does a swim meet last?

A.-Typically the swimmers have to be at the pool no later than 5:30 pm. Most meets are done no later than 9:30 pm. If your child is a 6 and under swimmer, and is only swimming in the 1<sup>st</sup> or 2<sup>nd</sup> events, then they are done by 7:00 pm.

Q.-What about inclement weather?

A. If it is thundering or lightning out, morning practices will be cancelled. If it is just raining lightly, practice is usually held. Thunderstorms do not automatically cancel a swim meet though. A decision to cancel a swim meet will not be made until after a meet has been delayed by at least 1 hour. The decision to cancel a meet is made by the SSA Representatives of each pool participating in a meet.

Q.-Are we required to volunteer at a swim meet?

A.-Yes. There are many opportunities to get involved and the team needs you. Each family is required to work at meets. This requirement will vary depending on the size of the swim team. Timers, bake sale and grill, ribbons and awards and more are needed at each meet. Be sure to check the emails for info on how to sign up. The sooner you sign up the more choices you have to fit your schedule!

Q.-What kind of fund raising is expected?

A.-The primary fund raiser for the Stingrays is the bake sale and grill at each home swim meet. Each family is required to donate either bake sale items or drinks to sell at the bake sale table. These donations are solicited on a rotating basis. The Bake sale organizer will send out information on the required donations shortly before each home swim meet. Please remember that this is how each club raises funds, so please patronize the bake sale tables at the away meets too.

Q.-When does my swimmer get his/her ribbons?

A.-Ribbons will be available the next morning after a swim meet. They can be found in the swim team "mail boxes". Each family will have a folder in the box. The coaches will also have folders, if you need to leave information for them.

Q.-Can my 18 year old still swim?

A.-Per the SSA League rules, a swimmer can swim the summer after their high school graduation, even if they are 18 or 19 years old. As an added incentive for the older swimmers, they are eligible to compete for a \$500 scholarship that the League awards to graduating swimmers and divers. See the head coach or team manager for application forms.

## Volunteer Job Descriptions and Volunteering Responsibilities

**TIMER:** Responsible person who stands at the end of a lane and records the time of the swim in a particular lane. This job is shared with 2 other people per lane. This is a great job, as it allows you to be front and center for all races. Might not be great if you have small children who cannot get to their race independently. It is possible to “tag team” timer duties with a spouse or other adult.

**HEAD TIMER:** You are responsible for holding the pre meet with all of the timers and assigning them a lane. You also get to pass out the stop watches and collect them at the end of the meet. During the meet, you run 2 stop watches and fill in for a lane timer if they miss a start.

**BAKE SALE/GRILL:** Your job is to staff the bake sale table or grill at the home meets. If you are a grill worker you need to report by 5:00 pm to get the grills fired up. The meat needs to be ready for hungry swimmers and parents by 5:30. This is a great job if you have younger children. You will be allowed to leave the area when your child is swimming. We would never want you to miss his/her swim.

**RUNNER:** Your job is to collect the timer sheets periodically and give them to the scoring table. This job requires a love of walking. You also get to help pass out water to the timers, judges and other workers who cannot leave their posts during the meet.

**SCORING:** We have a computerized scoring system, but we need people to learn the system and make sure our meets are scored correctly. Training is provided.

**AWARDS/RIBBONS:** These fine individuals use the labels that our scoring system prints out, and affixes them to the ribbons. The ribbons are then put into our swimmers’ folders, and given to the visiting team’s coach at the end of the meet. This job has varying degrees of busyness during the meet. As always, you will be encouraged to see your child swim!

**STROKE/TURN JUDGE (OFFICIAL):** This is a trained official who judges the strokes, turns, starts and finishes during a race. Each team needs to provide 2 judges at each meet (home and

away). There is a training DVD available to watch in your own home. This is a great job for parents who were swimmers themselves and know the mechanics of swimming and meets. If you are interested, please contact Jan Liston.

**MEET COORDINATOR:** This person is responsible for arriving at Christopher Swim Club about 2 hours before a home meet and organizing the set up of the pool. You have lots of help from the staff of the CSC to get lane lines in, straighten out chairs and tables, set up the announcer and starting areas, etc.

**ANNOUNCER:** You get the best seat in the house. The announcer sits up in one of the life guard chairs, with a microphone and announces the event, heat, and swimmers. You also get to make other announcements as needed. You work in close coordination with the Starter.

**STARTER:** The starter is the official who gets to start each race. You work with a bull horn and an electronic beeper. You are the one who gets to decide if there is a false start. You do need to be able to stand up for 2-3 hours (refreshments are brought to you). This is also a position that is great for watching all of the races.

**AFTER MEET PIZZA COORDINATOR:** This person will take orders and collect money early in the meet for the pizza party after a home swim meet. Pizza is ordered from Little Caesar's Pizza on Dorothy Lane. All Pizza is \$5.00. You will have to leave the meet about 2/3<sup>rd</sup>'s of the way through to pick up the pizzas. We need them for the after meet free-swim.

**BULL PEN PARENTS:** Your job is to keep the swimmers corralled so that they get to their events on time. This is especially important for the little kids who get distracted easily. If a swimmer misses their event, they will not be able to make it up. You need to know how a meet flows, how to read heat sheets and how to herd swimmers. This is a job that requires your undivided attention. If you have your own small ones who also require watching, this may not be the job for you.

## Swim and Dive Team Fees

The swim and dive team fees cover the following costs:

Coaches' stipends

Ribbons

SSA League Dues

SSA Championship Meet fees

End of Year Awards

Swim caps and team T-Shirts (when funds allow)

Equipment needed for the team (stop watches, clip boards, repair of equipment like lane lines/reel, starting blocks, diving boards and diving board equipment)

The fees paid to the swim and dive teams are supplemented by proceeds from the bake sale/grill at the home swim meet. There may be other fund raisers as needed to purchase/replace durable equipment.

The swim/dive team fees do not cover swimsuits, towels, sweatshirts, team pictures, awards banquet, or post meet pizza.

## Directions to the Away Swim Meets

### **Black Oak Swim Club**

**Address:** 1570 Ambridge Rd, Centerville, OH 45459

**From the North:** Drive to the intersection of Clys Rd and OH-725. Turn south on Clys. Turn left at the first street - it is Ambridge Rd. The road will curve right, and pass several side streets. After you pass Bigger Rd, the swim club will be on your right.

**Notes:** Parking is limited, especially for the championships. Be prepared to park on the street and walk back to the club.

### **Brookview Swim and Tennis Club**

**Address:** 2480 Periwinkle Dr., Bellbrook, OH 45305

**From the North:** Drive south on OH-48/Far Hills Avenue. After you cross I-675 turn left onto Alex Bell/Rt 725 (it will become West Franklin). Turn Right onto S Linda Dr. Take 2nd Right onto Portage Path. Take 1st Right onto Periwinkle Dr

### **Dayton Country Club**

**Address:** 555 Kramer Rd., Dayton, OH 45419

**Directions:** The Dayton Country Club is in the neighborhood to the south-west of the intersection on Far Hills Ave and West Schantz Ave. If you are at the Five Points intersection, you can go west on Thruston Blvd. If you are on Schantz, you can go south on Kramer Rd. Either route will take you straight to the Club.

**Notes:** For once, you're going to a pool club with plenty of parking. Enjoy!

## **Pleasant Hill Swim Club**

**Address:** near 350 Zengel Drive, Centerville OH 45459

**From the North:** Drive south on OH-48/Far Hills Avenue. After you cross I-675, go past Alex-Bell Road. The second street on your left (east) will be Zengel Drive. Turn left and drive to the end of Zengel Drive. The entrance to the swim club will be on your right.

**Notes:** Most mapping software shows the wrong location because the pool club address is given as "360 Zengel Court". Look nearby for Pleasant Hill Park, and you'll have the correct location.

## **Dunsinane Swim and Tennis Club**

**Address:** 600 West Spring Valley, Centerville, OH 45458

**From the North:** Drive south on OH-48/Far Hills Avenue through Centerville. After you pass Franklin Street (aka OH-725/Miamisburg-Centerville Rd), the next major intersection is Spring Valley Road. Turn right (west) on Spring Valley. The entrance to the swim club is on the left, almost exactly one mile west from the intersection of Spring Valley and OH-48.

**Alternates:** You can get to Spring Valley from Yankee Street. In this case, go a mile east on Spring Valley and the club will be on your right. You can also get on Spring Valley from Clio Road. In this case, go west from Clio towards OH-48, and then keep going for one more mile. The club will be on your left.

**Notes:** Dunsinane has a small parking lot. Be prepared to park on grass.

## **Five Seasons Sports Club**

**Address:** 4425 Clio Rd, Bellbrook, OH 45440

**From the North:** Drive south on Wilmington Pike, towards I-675. Just before I-675, you will come to the intersection with Feedwire Road running to the left (east) and Whipp Road to the right. Turn left onto

Feedwire. Go past Home Depot and Target, and then go over the bridge that crosses I-675. Make an immediate right turn onto Clio Road. The entrance to the Five Seasons facility will be the first drive-way on your right (the sign is hidden in the bushes).

**From the West:** Drive east on Whipp Road. When you cross Wilmington Pike, the name will change to Feedwire Road. Go past Home Depot and Target, and then go over the bridge that crosses I-675. Make an immediate right turn onto Clio Road. The entrance to the Five Seasons facility will be on your right (the sign is hidden in the bushes).

**Note:** There are two parking lots for Five Seasons. The second lot (along I-675) is fairly convenient to the pool entrance.

## **Sycamore Creek Country Club**

**Address:** 8300 Country Club Lane, Springboro, OH 45066

**From the Dayton Mall:** Drive south on Springboro Pike. Turn left (east) on Lytle Five Points Road. The fourth street on your right will be Country Club Lane – turn right. Drive through the neighborhood until you get to the country club.

**From Centerville:** Drive south on Yankee Street. Turn right (west) on Lytle Five Points Road. The first street on your left will be Country Club Lane – turn left. Drive through the neighborhood until you get to the country club.

**Notes:** The pool is at the back side of the country club, so keep going past the buildings. There are several parking lots – if the club is busy, you may end up parking down a hill so be prepared for a short walk.

## **Woodhaven Swim and Tennis Club**

**Address:** 7620 Yankee Street, Centerville, Ohio 45459

**From the North:** Drive south on Mad River Road from Kettering towards Centerville. After you pass Alex-Bell Road, take a half-left onto Yankee Street. Go about a mile and pass Yankee Park. The entrance to Woodhaven will be on your left.

**From the East:** Take I-675 or OH-725 (Miamisburg-Centerville Road) to Yankee Street. Turn right (north). The entrance to the club will be the first right turn after Yankee Street necks down to two lanes.

**From the West:** Take OH-725 (Miamisburg-Centerville Road) to Yankee Street. Turn left (north). The entrance to the club will be the first right turn after Yankee Street necks down to two lanes.

**Notes:** The paved parking area is fairly small, and they don't have a good overflow lot. Do not park on Yankee Street. You can park at Yankee Park, and then walk the path through the woods from the park to Woodhaven. Be sure to park in a paved parking space or your car may be towed.

## **NCR Country Club**

**Address:** 4435 Dogwood Trail, Kettering, OH 45429

**From the East:** Take Stroop Rd West, down the hill towards Southern Blvd. Turn L onto Dogwood Trail. Follow Dogwood Trail back into the neighborhood. You will come to the entrance to NCR CC. Keep going straight (Dogwood Trail veers off to the R). The pool will be the first building on your L as you drive back towards the Country Club. Parking will be in a big lot to your R, across from the Pool/Gym. Just watch the directions of traffic flow in the parking lot.

**From the West:** Come up Stroop Rd., past Southern Blvd and Moraine Country Club. Turn R onto Dogwood Trail. Follow the directions above