**Crosspointe Cruisers**

**Swim & Dive**

(As of March 2016)

Parent Swim

Handbook

[www.cpcruisers.com/](http://www.cpcruisers.com/)

# INTRODUCTION

Every swimmer's parents have experienced that first day of swim practice or that first swim meet where they wonder, “What's going on?...Where should I be?...What should I be doing?” The veteran families have all been there before and will be glad to demystify the world of Summer Swimming.

Although this handbook is explicitly written for use by parents of new Crosspointe swimmers, the fundamentals are true for any area swim team. It will provide some information that will help you understand what is happening while your child swims.

For more information about our team, go to our team website at [www.cpcruisers.com/](http://www.cpcruisers.com/). Another great resource is the NVSL website at [www.mynvsl.com](http://www.mynvsl.com). This website provides information on swim/dive meets, results, team standings, league leaders and records, as well as directions to other pools.

The people you'll run into the most in your swim team dealings are the Team Reps and the coaches. The Team Reps are volunteer parents who were new to swimming at one time just like you are today. The Team Reps are responsible to the Crosspointe Board of Directors for running every aspect of the swim team and are the representatives of the Cruisers team to other swim teams and the NVSL. It's a job that is impossible to do successfully without help from a great many parents.

As a reminder, a swim and dive team, particularly one as big as the Cruisers, is a very labor-intensive endeavor. All parents involved with the swim team are volunteers. Each swim team family must volunteer to work at least twenty hours during the summer to ensure the season runs smoothly (15 hours if you have divers only and no swimmers).

You will receive emails requests throughout the season regarding volunteer opportunities via the ***ACTIVE Network*** (same site you used for registration). Information about these volunteer positions can be found in Chapter 6 of this handbook – there is something for everyone! Training, if needed, is provided so please do not hesitate to volunteer for something new. The Cruisers’ success depends largely on parent involvement. Please become an active swim/dive team parent! Volunteering is not all work and no fun. These meets are great social events for parents and kids alike, and we know you’ll enjoy them. And you’ll have the satisfaction of knowing that you’re helping your children into a sport they can enjoy and keep fit with for their entire life. Don’t miss out!

Welcome to the Cruisers. We're glad to have you with us.

**Crosspointe: Cruising Through the Summer!**

**Chapter 1: About the Swim Team**

# Our Philosophy

The philosophy of the Crosspointe swim team is that **having fun and trying our best are the two most important things we can do**. Most of the kids don't care if we're in a top division or a bottom division. We’d all like to be division champions, which usually means going undefeated, but only one team out of five or six can usually claim this honor. Personal development is what is most important, and for a swimmer that means improving times. We believe that by establishing a healthy environment, encouraging the kids to do their best, recognizing individual and team contributions, and offering a fun experience for the entire family, we will meet our goals.

We've all taken our kids to soccer or other sports and probably stood by as two or three parents ran the team. Swimming isn't like that. You can't run a swim program without parental help. In fact, it takes over 40 parents to time, officiate and score a typical swim meet, and that doesn’t include pool set up and tear down or running the snack bar or other non-swimming team activities.

Swimming is unique in that there's a place on the team for anyone between the ages of five (as of September 30) and eighteen who can swim across the pool without assistance. How many other sports have kids 5-18 years old and their parents on the same team participating in the same competition?

# Expectations

Although swimming is considered an individual sport, our summer league is structured with an emphasis on the team. Any team is only as good as the people on it. In keeping with our philosophy articulated above, our expectations are simple:

For Parents

1. Most of the adults you will deal with during the season are volunteers - parents, friends, and fellow Crosspointe neighbors. They are donating their time to offer opportunities to our children that otherwise would not be available. It is your responsibility to help them be successful in leading our team. Be positive, encourage them, and volunteer-volunteer-volunteer.

2. The Cruisers Swim Team is not a swim lesson program. A swimmer must be able to reasonably swim a length of the pool to join the team. We'll help your swimmer become a better swimmer, but in fairness to the other 180 plus swimmers on the team, we must insist that all swimmers be able to swim. Your child will feel better about his/her being on the team if he/she is competitive with most of the other kids of the same age.

3. Honor your commitments. If you have volunteered in any capacity, we're planning on your being available unless you tell us you won’t be, preferably at least three days in advance.

4. Read and follow the NVSL sportsmanship guidelines provided during registration. Cheering for the team from the stands is encouraged, but negative or unsportsmanlike behavior must be scrupulously avoided. If your child is ever subject to inappropriate conduct or you witness any questionable incident, please report this immediately to the Team Sportsmanship Liaison (listed on the member login portion of the team website under board positions). If the TSL cannot be located contact the Team Representative.

5. If you, as a parent, have ANY issue to discuss with any of the coaches, ask to speak with him or her privately, before or after practices. Do not interrupt scheduled practices. If you have a concern or complaint involving a coach, please first address this to one of the Team Reps. Public critiques of coaches are unacceptable.

For Swimmers

1. Honor your commitments. We are planning on your being available for all swim meets. If you cannot attend a meet, let us know as soon as possible. We are also planning on your attending all practices.

2. Pay attention to the coaches: With over 180 swimmers, disruptions aren't fair to the other swimmers.

3. Do your best- it's a lot more important than *being* the fastest swimmer.

4. Have fun.

**Chapter 2: Important Basic Stuff**

# Eligibility

Children of Crosspointe members under the age of 19 are eligible to participate if able to swim one length of the pool (25 meters) and handle a practice session. Generally, younger swimmers can qualify around the age of 6 or 7 by meeting these requirements to join the team. The Head Coach and Swim Team Representative may, however, evaluate swimmers under the age of 6 to determine if they are ready to participate as a team member. This is only to determine the appropriate placement for swimmers under the age of 6, that is, swim team vs. swim lessons. It does neither the young swimmer nor the team any good if the child is not yet ready for the swim team and is improperly placed on the team before he or she is ready.

# Practices

Practice times are normally finalized in early May and are posted on our team website at www.cpcruisers.com/. Swimmers should come to practice regularly, be on time and be prepared to do their best. If you expect your child to be absent for an extended period of time, please notify their coaches AND the Team Representatives.

# Swimmer Apparel

Swimmers should wear a swimsuit that will be comfortable for racing. The Cruisers have a team suit, but there is no requirement to purchase or wear the suit. This, however, is not the same regarding swim caps. According to NVSL and team rules, if a swim cap is worn during a meet, it cannot be a cap that represents another team. The cap should either be a Crosspointe Cruiser cap, or a generic preferably solid colored cap. Silicone caps (that usually last longer and are preferred by most girls with long hair) are also available for purchase from the spirit wear committee members.

Goggles are used by most swimmers. “Suit Up” at the University Mall in Fairfax ([www.SuitUpWaterSports.com](http://www.SuitUpWaterSports.com) 703-278-8202) and other local swim retailers will help your swimmer try on goggles to find a good fit if they do not already have a pair that works well for them. Once your child finds a pair that they like, you may want to buy a few extras. Goggles frequently break or suddenly start to leak and are easy to lose, especially for the younger swimmers.

You should also consider buying at least one practice suit for your swimmer. “Suit Up” supplies the team suit and spirit wear (sweats, shorts, backpacks, etc.). They and other area swimsuit retailers frequently sell suits discontinued by manufacturers at a reduced price for practice suits.

Remember to label everything! With over 180 swimmers on the team the lost and found is well stocked throughout the season with Cruiser belongings that are misplaced during practices and meets.

# Swim Meets: What to bring

Every swimmer needs at least one towel for swim meets, the bigger and thicker the better. An extra towel for sitting on is also useful. Please note that an extra towel for parents is handy, as often, the chairs are wet in the early mornings, and need to be wiped down. Folding chairs are not needed for swimmers at home meets, but may be needed at some away meets. Other accessories you should consider are sweats for cool mornings and to keep muscles warm in between swims, sun protection, and a bag to carry everything. Swimmers should also have water or sports drinks and a light snack for the meet such as fruit, granola bars or other healthy foods. Finally, and most importantly, a good attitude and team spirit is essential!

# Chapter 3: Major Swim Activities

# Dual Meets

The teams in each division swim the other teams, one at a time on five consecutive Saturdays, in a series of Dual Meets, so called because there are two teams competing. Based upon the results of these five meets, a division champion will be named.

**Divisionals**

On the sixth Saturday, each division holds a Division Individual Championship meet, commonly referred to as "Divisionals". Each team is allowed to enter two swimmers in each event and a swimmer can enter no more than two events. If a team does not have two swimmers for an event, the other teams can bid in other swimmers to fill the empty lanes.

## **All Stars**

The sole criterion for selection to All-Stars is to have one of the eighteen fastest times swum that day in the 17 Divisional meets. If your swimmer is fast enough to be named an All Star, it is a thrill he/she will never forget. Please note that alternates are also chosen after the Division Individual Championship meet. Please pay close attention to the seeding of your child if you receive a notification that he/she has “made” All Stars. If your child is seeded higher than 18, he/she would be considered an alternate.

# Relay Carnival

Another NVSL event is the Division Relay Carnival, which takes place on a Wednesday about three weeks into the season. All the teams in each division converge on one pool for an evening of relay races. Again, the Division Coordinators meet and the relay teams with the eighteen fastest times in all of the NVSL in each event then race at the All Star Relay Carnival the following Wednesday.

# Developmental or Monday Night Meets

Monday night meets are considered developmental as they are not scored. They provide an opportunity for all swimmers to practice their skills. Swimmers are eligible for all events except for those in which they swam in the previous Saturday meet. Swimmers may enter up to two regularly scheduled events including the Individual Medley event.

**Chapter 4: My Kid Says He's Supposed to Swim Like a Butterfly**

If you're not a former swimmer, the strokes and their rules can be a cause of bewilderment. While the stroke rules are simple enough for a six year old to understand, most people do not have a copy of the US Swimming Rules, so we'll briefly describe the strokes below. The rules below are the US Swimming rules as modified for use in the NVSL. The rules are the same regardless of the age or skill level of the swimmer. Teams in other leagues may have slightly different rules.

# Freestyle

The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. There are, however, a few don'ts associated with this stroke, specifically: (1) you cannot walk on the bottom or pull yourself along using the lane lines, and (2) in a 50 meter race (two lengths) you must touch the wall at the 25 meter end before touching the wall at the 50 meter end. (This may seem obvious, but sometimes swimmers miss the wall at the turning end of the pool.)

# Backstroke

Like the freestyle, almost anything goes on the backstroke as long as you stay on your back. Watching swimmers learn the backstroke is a perverse sense of fun as they bounce off lane lines and wonder where they are. Eventually, they will learn to guide off the lane lines, use the overhead backstroke flags and the lane line markings to know where they're are in the pool, and count strokes from the flags to the wall.

Backstroke starts are different from all others because the swimmer is in the water, feet planted against the wall, and hanging on to either another swimmer's legs or the lip on the pool awaiting the starter's signal. "Legs" must be grabbed below the knee. Persons serving in an official capacity (such as timers or coaches) may not serve as “legs”.

If your swimmer is a backstroker, he or she will eventually learn the backstroke flip turn. This is the one exception to staying on your back and can be used only as part of a turn (not a finish) at the pool wall.

## **Breaststroke**

The breaststroke has two components, the kick and the arm pull. The pull and its recovery must both be under the breast and cannot extend further back than the waist area. The kick is a "frog" kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence and the elbows must stay below the water except for tagging the wall at the finish. Breaststroke turns and finishes require a simultaneous two hand touch.

# Butterfly

A properly executed butterfly (or fly) is the most beautiful exhibition of power and grace you'll ever see in a swimming pool. Quite frankly, the fly is the hardest stroke for most swimmers to perfect, and while they are learning it may look like they are drowning. There are two components of the fly; the arm pull and the kick. The arm pull must be an over the water recovery (elbows breaking the surface of the water) with the arms moving simultaneously. The kick is a dolphin style kick with legs and hips moving simultaneously. Unlike the breaststroke, there is no requirement to alternate the kick and pull. Turns and finishes require a simultaneous two-hand touch at the wall.

# Individual Medley

The individual medley (or IM) is when an individual swims each of the four strokes in the following sequence: butterfly, backstroke, breaststroke, freestyle. We swim a 100 Meter IM, which means that 25 meters, or one pool length, of each stroke is swum. In a 100 Meter IM, every turn is a stroke change and stroke finish rules apply. This means that no backstroke flip turns are allowed.

# Relays

There are two kinds of relays: freestyle and medley. Both involve a team of four swimmers, each swimming one quarter of the total distance. In the freestyle relay, each swimmer swims the freestyle. In the medley relay, the sequence is backstroke, breaststroke, butterfly and freestyle.

In all relays, each swimmer must wait until the previous swimmer touches the wall before the swimmer’s feet leave the wall. Running starts or pushes from teammates are not allowed.

**Chapter 5: Swim Meets**

There are two basic meets you will encounter as a parent: Saturday meets, which are scored dual meets and Monday meets, which are usually un-scored dual meets.

# Saturday Meets

Saturday meets consist of 38 individual events and 12 relays. The events swum for each stroke and age group are shown below. Remember, each pool length is 25 meters. Ribbons are awarded for 1st-6th place.

# Saturday Meet Events and Distances

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Age group | Freestyle | Backstroke | Breaststroke | Butterfly | Freestyle Relay | Medley Relay |
| 8 & Under Boys | 25 M | 25 M | 25 M | 25M | 100M |  |
| 8 & Under Girls | 25 M | 25 M | 25 M | 25M | 100M |  |
| 9-10 Boys | 50 M | 50 M | 50 M | 25 M |  | 100 M |
| 9-10 Girls | 50 M | 50 M | 50 M | 25 M |  | 100 M |
| 11-12 Boys | 50 M | 50 M | 50 M | 50 M |  | 100 M |
| 11-12 Girls | 50 M | 50 M | 50 M | 50 M |  | 100 M |
| 13-14 Boys | 50 M | 50 M | 50 M | 50 M |  | 100 M |
| 13-14 Girls | 50 M | 50 M | 50 M | 50 M |  | 100 M |
| 15-18 Boys | 50 M | 50 M | 50 M | 50 M |  | 200 M |
| 15-18 Girls | 50 M | 50 M | 50 M | 50 M |  | 200 M |
| Mixed-Age Boys |  |  |  |  | 200 M |  |
| Mixed-Age Girls |  |  |  |  | 200 M |  |

NOTES:

1. To follow the order of events, go down each column starting on the left side except that the mixed-age relays are the last two events. To make it easier, buy a meet sheet.

2. The mixed-age relays are swum by, in order, an 11-12 year old, a 9-10 year old, a 13-14 year old, and a 15-18 year old, usually the fastest in each age group.

# Who Swims in Saturday Meets?

These meets are to see which team can score the most points, so the fastest swimmers get to swim. Three swimmers can be entered in each individual event, and no swimmer can swim more than two individual events. Since swimmers take vacations and go places such as scout camp, and a swimmer can swim in only two events (plus relays) in any meet, you don't have to be one of the three fastest swimmers to swim in a Saturday meet. Who swims an event may seem to be a mystery. However, after the first meet both teams know the other team’s swimmers times, and we try to position our swimmers to maximize our points and win. Letting the coaches and Team Reps know as far in advance as possible that a swimmer cannot attend a meet is essential to plan and seed the event.

**Disqualifications (DQs) and False Starts**

A swimmer will be disqualified (or DQd) if he/she does not follow the rules of the stroke or false starts. DQs are covered in more detail in chapter 7.

# Seeding

In Saturday meets, the home team has lanes 1, 3, and 5 while the visiting team has lanes 2, 4, and 6. The fastest swimmers swim in lanes 3 and 4, the next fastest in lanes 2 and 5, and the next fastest in

lanes 1 and 6. Lane 1 is always on the right side as you stand facing the pool at the starting end.

# Meet Sheets

While all NVSL meets have an announcer, the best way to follow the meet is with a meet sheet, which lists all the events, swimmers, and seed times. Meet sheets are usually found in the concession area and typically sell for $1.00.

# Scoring

In the individual events, a first place finish earns 5 points for the team, a second place 3 points and a third place finish 1 point. Relays are scored as 5 points for the winner and 0 points for the loser. There are 402 points up for grabs in a Saturday meet. Unless there is one or more places not awarded in an event due to DQs or lack of swimmers, you need 202 points to win.

In the event of a tie, the points for the places involved are equally split among the swimmers. For example, in a two-way tie for second place, each swimmer earns 2 points (3 points for second plus 1 point for third equals 4 points, half for each swimmer). No third place would be awarded because the next swimmer is fourth.

**Monday Meets**

Monday meets are basically the same as Saturday meets except as follows:

There is a 6 and Under competition in the Freestyle and Backstroke.

IM events are added for 10 & Unders, 11-12s, 13-14s and 15-18s.

There are usually multiple heats of each event.

Times determine the results; there is no scoring.

1st- 8th place are awarded.

# Relay Carnivals

In the Relay Carnivals, teams are not seeded. Each team’s lane assignment for the first event is based upon luck of the draw and the teams then rotate one lane to the left after each event. The meet sheet lists only the team swimming in each lane in each event.

**Chapter 6: Who Are All These People Dressed in White?**

Your first swim meet can be a bewildering experience, as you encounter a vast horde of adults dressed in white. US Swimming rules specify white as the color to be worn by all officials. This is also practical, as white is the best color to wear on a hot, humid summer morning.

# Clerk of the Course

The clerk of the course is the "gatekeeper" for all swimmers in our meets. The people who perform this function get the swimmers to the right lanes for the correct race. You can't run a race without swimmers, and the clerk of the course makes sure the right swimmer gets to the right place at the right time.

# Referee

The referee is the chief official for each swim meet. He/she is responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules. Prior to the start of each race, the referee ensures that all deck officials are ready and blows a whistle to signify that the starter can start the race. When the whistle is blown for an event, everyone in attendance must remain quiet so the swimmers can hear the starter.

# Starter

The starter is responsible for ensuring that all swimmers are given a fair and equitable start. The starter will inform the swimmers of the stroke and distance to be swum and then instruct them to "Take your mark". After all swimmers are ready and still, the starter will start the race, using a "Colorado System" (so called because it is built by Colorado Timing Systems). This system consists of a public address system, a horn, and a strobe light.

Occasionally, a swimmer leaves the starting wall early. In past years, the starter and referee would make a special effort to stop the race and then re-start the swimmers. A new rule, based on the thinking that you shouldn’t penalize the swimmers who did not “false-start”, requires that the race proceed. The swimmer (or swimmers) who false-started will be disqualified after the race ends and after a consultation between the starter and the referee.

# Stroke and Turn Judges

Once the race has started, the stroke and turn judges are responsible for ensuring that all swimmers obey all the rules for the stroke that they are swimming. These people are always at the ends of the pool for starts and finishes and walk the sides of the pool as best they can within the physical constraints of the pool. If a stroke and turn judge sees a violation of the rules, he raises his hand to signify that an infraction has occurred. A disqualification is recorded on a DQ slip, which the referee reviews and approves and forwards copies to the table workers and the team rep.

**Relay Take-off Judges**

During relays, you'll see relay take-off judges at each end of the pool. Their job is to ensure that each swimmer touches the wall before the next swimmer in the relay leaves the deck. Two judges for each lane must agree that a swimmer has left too soon. Infractions are noted as described above for stroke and turn judges.

# Timers

The timers are the most important people to every swimmer. They are the people who determine each swimmer's official time for each race. Being a timer is a good entry level position for new parents. Some parents have been timers for years and wouldn't want to see a swim meet from any other vantage point. If you can start and stop a stopwatch, you can be a timer. We'll even provide the stopwatch. Timers start their watches on the strobe light from the Colorado system and stop their watches when the swimmer touches the wall. For Saturday meets and preferably for Monday night meets, there are three timers per lane and all three times are recorded. The middle time is the official time. The chief timer collects the time cards from the timers, reviews them for accuracy and completeness, and forwards them on to the table workers.

# Table Workers

The time cards from the timers and any DQ slips go to the table workers who determine the order of finish for each event, score the meet, and prepare ribbons for the participants. Several people from each team perform these functions to ensure that errors are caught before the results are announced.

# Team Rep.

The team rep is the designated recipient of all DQ slips for the team and is the only person with any official standing to challenge any decisions made by the referee. It sounds easy. But remember, most of the team rep's job is done before the meet starts.

# Coaches

During the meet, the coaches’ primary responsibility is to encourage and praise the swimmers and to make sure that they get to the clerk of the course in time to swim.

# Other Very Important People

It would be impossible to host a swim meet without a number of people in other very important positions. These people edit newsletter articles, set up the pool and sell concessions. They also announce the results, run social activities, act as marshals in the team area and do other jobs that need to be done. We need the help of every family in order to have a successful swim season.

**Chapter 7: What Do You Mean, My Kid DQ'd?**

In swimming, the rules must be followed or a disqualification, or DQ, may result. This can be traumatic the first time a swimmer is DQ'd for just one mistake, but it isn't fair to other swimmers who swim the entire race per the rules, to do otherwise.

**What is a DQ?**

A DQ may result if any violation of the rules is observed by any appropriate official. Some of the more common reasons for DQing are as follows.

Freestyle: Failure to touch the wall at the turning end of the pool

Walking on the bottom

Pulling on the lane lines

Exiting the pool before swimming the specified distance

Backstroke: Rolling past vertical towards the breast at any time except during a flip turn

Leaving the wall after a turn past vertical towards the breast

Improper flip turn

Breaststroke: Incorrect kick, such as a Scissors kick or Flutter kick

Non-simultaneous two-handed touch or one-handed touch at turn or finish

Toes not pointed outward during the propulsive part of the kick

More than one stroke underwater with arms fully extended at start or turn

Head didn't break surface by conclusion of second arm pull underwater after a start or turn

Arm recovery past waist except on first stroke after start or turn

Butterfly: Non-simultaneous or one-handed touch at the turn or finish

Non-simultaneous leg movement during kicks

Arms don't break water surface during recovery (judged at the elbows)

### Non-simultaneous arm movement during recovery

**How Will I Know a DQ Occurred?**

Unlike football, we don't blow a whistle and announce to the world that a rules violation occurred. When a stroke and turn judge observes a violation, he raises his hand to signify that he has observed a violation, then writes it up on a DQ slip. The judge then takes the slip to the referee, who verifies that a rule has been broken and who can question the stroke and turn judge to ensure that he/she was able to see the violation that was cited. The referee then gives one copy of the DQ slip to the team rep and another copy to the table workers. Another clue that a DQ has occurred is a stroke and turn judge writing and a longer than normal pause between events.

**How Do I Know if My Kid DQ'd**

Your kid will probably know before you do, since the team rep tells the coach, who tells the swimmer. You'll probably find out if you saw your swimmer finish with one of the top three times but isn't announced later in the top three places. Similarly, someone else DQd if your swimmer finished in 4th, 5th or 6th, yet is announced as one of the top three finishers.

Another way to find out is by reading the official Meet Results, which are posted at the pool by 4 p.m. the day of the meet.

## **A Word About Officials and DQs**

Every official on the deck will always give the benefit of the doubt to the swimmer. Although the difference between legal but ugly vs. illegal is sometimes close to call, any violation called by an official is an "I saw" not an "I think I saw".

# Protesting Disqualifications

The team rep is the only person who can officially question a disqualification or any other call by an official. If something happens involving your swimmer which you do not think is right, talk to the coach or the team rep. The Team Rep will initiate action in accordance with NVSL rules if he/she considers it to be appropriate.

**A Note to Parents on DQ’s**

DQ’s are a part of the learning process. It is best that your child be disqualified for an error in their event than to continue to repeat the same behavior. Most swimmers learn quickly to “fix” the problem after they have been DQ’d. Instead of looking at this as a negative, use it to further encourage your swimmer.

**Chapter 8: We Will Have Fun Whatever Our Division**

At the pinnacle of NVSL are the six best teams and they all want to be #1. At Crosspointe, we like to win, but it isn't our reason for being. Some of the things we do to have fun are detailed below.

# Pep Rallies

A pep rally is held every Friday night at the pool. Check the website for time and theme.

## **Lunch after the Saturday Meets**

Following all away Saturday meets, we have lunch at a restaurant on the way back to Crosspointe.

# Team Pictures

We hire a professional photography company to take a team picture every year and we'd like your swimmer to be in it. You are not obligated to purchase a picture. Individual pictures are also available at the same time. Many of the swimmer families in the neighborhood have beautiful pictures displayed of their swimmers from their inaugural year through their senior season!

# Other Social Events

Over the course of the season, the kids can putt putt, see a movie, hold a scavenger hunt, take a river tubing trip, and participate in other events as outlined in the calendar on the website.

# Awards Banquet

We cap off the season with an Awards Banquet the evening of the day after Divisionals. We have food, a slide show, a DJ and awards. Every swimmer gets a medal or trophy.

# What's Mandatory?

What is mandatory is that you honor your commitments and ***have fun!***