

POOLESVILLE PIRANHAS

SWIM TEAM



2016 HANDBOOK

MONTGOMERY COUNTY SWIM LEAGUE

Western County Outdoor Pool

20151 Fisher Ave.

Poolesville, MD 20837

www.poolesvilleswimteam.us

Poolesville Piranhas Swim Team

2016 Key Contacts

Head Coach

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- **Chuck Miller**

Assistant Coaches:

- **Bradley Miller**
- **Victoria Yerger**
- **Roger Yerger**

A Representatives

arep@poolesvilleswimteam.us

- **Jason Bodmer**
- **Donna Lowell**

B Representatives

brep@poolesvilleswimteam.us

- **Kate Brizhik**
- **Carla Rook**

Treasurer

- **Michael Valmonte**
- **Chris Lowell**

Social Coordinator

- **Mandy Antolli**

Automation

- **Patrick Nadon**
- **Jon Kasner**

Webmaster

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- **Thomas Jagodits**

Parents and swimmers may address any questions to appropriate individual listed above.

Dear Swim Team Parents,

Welcome to the Poolesville Swim Team (PST)!

In this Handbook you will find information that will be helpful throughout the season. Please read it carefully and keep it handy as a reference.

PST membership is available to any child and membership to the pool is not required. To be considered for PST, swimmers must be able to complete one length of the pool using a coordinated stroke and rhythmic breathing.

Every child is an important part of PST. Please support your children by giving them lots of encouragement and by volunteering to help the program run smoothly. **At each meet, we need at least 30 volunteers. Therefore, it is highly encouraged that each family provides an adult to work at a minimum of three meets.**

Please visit the PST website – www.poolesvilleswimteam.us. The website is updated frequently and provides information about schedules, announcements, results and more.

Enjoy the season -- let's make it fun and worthwhile for all our children!

Suggestions are always welcome!

OUR MISSION

PST is dedicated to the development of its members as swimmers/athletes. It seeks to foster the respect of each PST member, as well as the members of other teams, officials, and for the sport of swimming. PST will emphasize the concept of teamwork and will strive to provide fun, meaningful competition for all its members. PST is part of the Montgomery County Department of Recreation Aquatics Program.

CODE OF CONDUCT

Parents of swimmers and all swimmers should be respectful of other swimmers, parents and coaches. This includes during practice, at meets and team events. Please do not approach the coaches during practice or at meets. If you have any issues, please talk to the A or B Representatives. PST has a zero tolerance policy on bullying. Please notify the A and B Representatives if any bullying is witnessed. Summer swimming should be a fun and safe environment for everyone.

For more information see the MCSL Code of Conduct:

<http://www.mcsl.org/documents/CodesofConduct2010.pdf>

MONTGOMERY COUNTY SWIM LEAGUE (MCSL)

PST competes in the Montgomery County Swim League (MCSL). The MCSL is made up of approximately 90 teams divided into 15 divisions (A through O), with six teams per division. The teams are seeded within the divisions according to the prior year's performance. **For 2016 we will be in the J division.** You can follow all the teams in MCSL by visiting the website at www.mcsl.org.

There are two swim meets each week, an "A" meet and "B" meet. The "A" meet is typically held on Saturday mornings. The roster for the "A" meets is determined by the coaches and is generally made up of the three fastest swimmers (or the six fastest in freestyle) in each event. The fastest swimmers may change each week based on the results accomplished at the previous "B" meet. "B" meets are typically held on Wednesday evenings. The "B" meets are open to all PST members. Please see the section on the "B" meets for specific rules.

AGE GROUP CATEGORIES

Each MCSL meet (A or B) is divided by gender into races for each stroke in the following age groups:

- 8 and under
- 9 and 10
- 11 and 12
- 13 and 14
- 15 to 18

A swimmers age category is determined based on the age of the swimmer as of June 1st of the current swim season. For example, a swimmer who turns 9 years old on June 3rd will swim the entire summer season in the 8 and under age group.

Under some circumstances, a swimmer can “swim up” an age bracket. However, if a swimmer “swims up” in a meet, he or she must “swim up” in all events at that meet. For example, an 8 year old swimmer can swim in the 9- 10 age group for a meet; however that swimmer shall swim in only 9-10 age group races for that meet.

TIME TRIALS

The purpose of time trials is to establish official times for the swimmers prior to the first Saturday “A” meet. For summer swimmers, these times can be used to measure individual progress throughout the season. Time trials are typically held one week before the first Saturday “A” meet. Swimmers need to obtain an official time in individual events to be considered for “A” meets.

MCSL “A” MEETS – SATURDAY MORNINGS

Five dual meets are held on consecutive Saturday mornings. MCSL Saturday morning “A” meets start at 9:00 a.m. The coaches decide who will be in the Saturday morning lineup based on each swimmer’s time during time trials held at the beginning of the season, and subsequently in both “A” meets and “B” meets. The coaches will also use their discretion in selecting “A” meet swimmers taking into consideration swimmer’s participation at practices and swimmer’s dedication.

The MCSL Meet Schedule is available on the PST website – www.poolesvilleswimteam.us.

A swimmer in a Saturday morning MCSL “A” meet may participate in a maximum of five events, including IM and relays, and may not swim in more than three individual strokes (individual strokes include freestyle, backstroke, breaststroke, and butterfly). The combination may include:

- 3 individual strokes, 1 individual medley (IM), and 1 relay
- 2 individual strokes, 1 IM and 2 relays
- 3 individual strokes and 2 relays

The coaching staff will select which event a swimmer will swim and who will swim in the relays. There are four relays at each dual meet: the Boys and Girls Open Medleys (events #3 and #4) and the Boys and Girls Graduated Relays (events #49 and #50). The Open Medleys are open to the fastest swimmers regardless of age. The stroke order is as follows: backstroke, breaststroke, butterfly, and freestyle. Prior to the start of the dual meet, the coach chooses the participants. The age group order for the two Graduated Relays are: 9-10 (50M), 11-12 (50M), 13-14 (50M), and 8 & Under (25M). The participants for the graduated relay are determined by the two fastest freestyle swimmers in each age group during the dual meet each week.

Each individual event will be scored for the first five finishers, points scored as follows:

- 6 points for 1st place

- 4 points for 2nd place
- 3 points for 3rd place
- 2 points for 4th place
- 1 point for 5th place

Medley relay events and graduated relay events will be scored for the first three finishing teams, points scored as follows:

- 8 points for 1st place
- 4 points for 2nd place
- 2 points for 3rd place

“B” MEETS – WEDNESDAY EVENINGS

The “B” meets are held on Wednesday evenings. The “B” meets were organized to provide an opportunity for all swimmers on teams to swim in organized meets. All swimmers are eligible to swim in the “B” meets as long as they have mastered the mechanics of the specific stroke and they meet the requirements outlined in the following chart:

Name	Freestyle	Backstroke	Breaststroke	Butterfly	100 IM
Swimmer 1	S+P	S+P		S+P	
Swimmer 2			S+P		S
Swimmer 3					
Swimmer 4	S		S+P	S+P	S+P
Swimmer 5					
Swimmer 6	S+P	S+P			
Swimmer 7	S	S+P			

“S” means the swimmer swam that stroke in the “A” meet and cannot sign up for that stroke in the following “B” meet. “S+P” means the swimmer swam that stroke and earned points in the event during the “A” meet and cannot sign up for that stroke in the following “B” meet. Swimmers that earn points in two or more events in the “A” meet cannot earn ribbons for any of the other events in the following “B” meet (See the discussion below on exhibition swimming for B meets). In the chart above, the swimmer is not eligible to swim the events marked with shaded blocks in the following “B” meet. A general rule of thumb is that a swimmer may only swim each stroke once per week. A swim week starts with the Saturday “A” meet and includes the following Wednesday “B” meet. However, there are certain exceptions to this rule (e.g.,

disqualifications, exhibition swims, etc.). Please see your “B” Representatives with any questions.

Swimmers wishing to swim in a "B" meet must sign up at the pool. The “B Book” will be at the pool Monday morning, Monday night, and Tuesday morning for the upcoming Wednesday meet. **Swimmers must sign up by noon on Tuesday of each week in order to be included in the line-up for the Wednesday “B” meet.** The “B” meets will be automated, just as the “A” meets. Therefore, no late entries will be accepted, and no "deck entries" will be accepted. Each swimmer is responsible for ensuring his or her wishes are indicated on the sign-up sheet.

Exhibition swimming for “B” meets. Swimmers may only swim exhibition in an event at a “B” meet that they did not swim in the previous Saturday “A” meet. An exhibition swim does not count as a MCSL dual meet swim to qualify for the division championship meet (Divisionals) and cannot be used to seed a swimmer in Divisionals. Exhibition swimmers must wear an orange swim cap.

MEET ETIQUETTE

Meets are FUN! Everyone is encouraged to cheer for all swimmers. There are several rules that must be followed to ensure fairness:

- As a courtesy, swimmers should wait in the water at the finish of a race until all other swimmers have finished. Be quiet at the start of each race.
- Do not talk to meet officials during the meet. Questions and/or concerns should be brought to the attention of our “A” and “B” Representatives.
- Do not obstruct the view of meet officials, especially stroke and turn judges.
- Smoking is prohibited on the deck, in the locker rooms, in spectator areas and in all areas used by the swimmers during the meet or warm-ups.

DISQUALIFICATIONS

There are many reasons for the disqualification of a swimmer. Please see http://www.mcsl.org/documents/2016_Handbook_Web_v03.pdf (page 63, Section 18).

“A” and “B” MEET AWARDS

For “A” meets, ribbons in individual events are awarded for the first six places with duplicates for ties. For relays, ribbons for the first four places with duplicates for ties. For “B” meets, ribbons in individual events are awarded for the first eight places with duplicates for ties.

MEETS

Parents are responsible for the behavior of their children during meets. Swimmers should remain in the designated team area and inform a coach or clerk of course should it become necessary to leave. Everyone is encouraged to cheer for Poolesville swimmers and to have fun. In addition, all swimmers are responsible for the clean-up of the pool at the end of the meet.

TEAM ADMINISTRATION

The Western County Outdoor Pool is owned and operated by the Montgomery County Recreation Department (MCRD). The Poolesville Piranhas are sponsored by the Aquatics

Department of MCRD. MCRD provides the pool facility, hires the coaches and pays the coaches' salaries, pays the PST's MCSL dues, and provides "A" ribbons for our meets. The registration fee as determined by MCRD goes directly to MCRD to pay for these items. All other operations and activities of PST and associated costs are the responsibility of PST and its volunteers. In order to facilitate the operation of PST, the following are designated as the PST Steering Committee:

- "A" Representatives (2)
- "B" Representatives (2)
- Treasurer (1)
- Automation (1)
- Social Coordinator (1)
- Former "A" Representative (1)
- Former "B" Representative (1)
- Webmaster
- Head Coach

The PST Steering Committee meets periodically throughout the year and during the off season, as necessary. The purpose of the PST Steering Committee meetings is to discuss and implement policies affecting:

- The operation of PST
- PST finances and expenditures
- Furthering the interests of all PST members in MCSL and in "B" team activities.

For more information on the responsibilities and duties of the PST Steering Committee please see the PST Bylaws which are posted on the PST website.

OFFICIALS CLINICS

Every "A" and "B" meet must have starters, stroke-and-turn judges and referees who have been trained and certified at a clinic. It is strongly urged that as many parents as possible attend at least one clinic. Clinics last approximately two hours. Information is available on the MCSL website at www.mcsl.org.

SOCIAL FEE

PST has added expenses that are not covered by the county. To help offset these expenses, each family is asked to contribute \$20 for one swimmer or \$30 for two or more swimmers at the beginning of the season to the PST. Funds collected are used for additional place ribbons not supplied by the county, all "B" meet ribbons, starting equipment, end-of-season awards and trophies, pep rally supplies, automation equipment and supplies, and team building activities.

VOLUNTEERS

As noted earlier in this booklet, parent volunteers are critical to the success of the swim season. In order for PST to run smoothly, parents are strongly encouraged to participate in various events and activities that occur during the season. Each family will be asked to volunteer during at least three meets. Parents will be requested to fill a variety of jobs and it is asked that you try to help whenever you can. Those families whose children participate in additional events during the season (Relay Carnivals, Divisionals, All Stars, etc.) will be asked to fill additional jobs, as necessary. Remember, without parent volunteers, there can be no meets. The more volunteers, the smoother and easier the meets will run. Parent volunteers needed for swim meets include:

Position	Home Meet	Away Meet
Certified Referee	1	1 Administrative Referee (“B” meets)
Certified Starter		1
Certified Stroke & Turn	2	2
Announcer	1	
Clerk of Course – Head	1	
Clerk of Course – Assistant		1
Head Timer	1	
Assistant Head Timer		1
Timers	9 (“A” meets) 12 (“B” meets)	9 (“A” meets) 12 (“B” meets)
Scorer		1
Computer Operator	1	
Verifiers	2	
Ribbon Writers	1	1
Runner	1	
Concessions	6	
Hospitality Coordinator	1	
TOTAL VOLUNTEERS	27-30	17-20

In addition to jobs during meets, there are a number of “behind-the-scenes” positions that must be filled. These include organizing and working the social events and the Spirit Committee. Some of the work can be done from home. **Please sign up online on the SignUp Genius link sent by email to the PST distribution list.**

TIMERS

Most of the Poolesville parents will at some time volunteer to time at a swim meet. This is an extremely important job for which accuracy and consistency are vital. Below is a list of points to remember while serving as a timer.

- Timers should assure that their watches are functioning properly at all times during the meet by:
 - Checking for accuracy at the starter's time check.
 - Watching for proper operation throughout the meet.
- Timers should look at the starter system and start their watches at the sign of the flash – not by the sound. Start your watch even if there is no swimmer in your lane.
- Before the end of each race, timers should position themselves directly at the end of the pool, overlooking the finish line in order to closely observe the swimmer’s finish. Watch for underwater touches.
- The watch should be stopped when any part of the swimmer’s body touches the solid wall or breaks the plane. It is not the responsibility of the lane timers to judge if the finish touch meets the requirements of the appropriate stroke finish rule.
- If during an event, a timer discovers that he/she failed to properly start the watch, or that the watch is not functioning properly, the timer should immediately raise their hand to notify the head or assistant timer.
- One timer in each lane will be designated as recorder. The recorder shall be responsible for the following:
 - Determination that the proper swimmer is in his lane and that relay swimmers are swimming in the order listed on the lane timer's card.
 - Determination of and recording of all manual watch times.
- All lane timers shall promptly report their times to the recorder and present their watches for inspection, if requested. Do not clear your watch until the head timer gives the command to "clear all watches."

PRACTICE SCHEDULE AND POLICIES

The 2016 practice schedule is located on the PST website. Copies are also available during team registration. Swimmers are encouraged to attend practices on a regular basis. Swimmer participation/attendance at practice can be taken into consideration by the coaching staff when preparing meet lineups.

Swimmers should be on time for practice. This means being on deck and ready to swim at the scheduled time. Practice will be held during inclement weather unless lightning has been spotted, thunder has been heard, or rain is so heavy you cannot see the bottom of the pool. If practice is canceled, an email will be sent to the PST distribution list. If you find that you are not receiving team emails, please check your spam folders.

Parents are not permitted on deck during practices unless there is an emergency. Please wait in the snack bar area during practice and hold questions for the coaching staff until after practice. PST “A” and “B” Representatives are available to answer any parent questions.

END-OF-SEASON CELEBRATION AND AWARDS

After Divisionals, the Poolesville Piranhas will hold an end of the year celebration. All swimmers and their families are invited to attend. In particular, awards are given to swimmers for their accomplishments and contributions to PST.

The following special awards are given at the End of Year Celebration:

Objective Awards

- Special recognition will be given to any swimmers who break existing PST or pool records.
- All-Star Awards – awarded to each swimmer who achieves an all-star time at an “A” meet
- High Point Awards - awarded to the female and male swimmers in each age group who individually score the most points in “A” meets. (Divisionals and Relay Carnival points will not be included in determining most points)
- Second and Third Place Awards - awarded to the female and male swimmers in each age group who individually score the second and third highest points overall. (Please refer to the above High Point section on how points are determined)

Note: In the event of a tie, there will not be a tie breaker. Each swimmer will receive the award. For example, if two swimmers tie for first place, each will receive a High Point award. There will be no second place, and the third place finisher will be awarded third place.

Coach and Team Representatives Awards

Subjective awards are given upon the discretion of the coach and team representatives at the end of the season.

SWIMMING EVENTS DURING THE SEASON

- **Dual Meets:** The regular MCSL “A” and “B” meets. Two teams compete, swimming a specified order of events.
- **Relay Carnival:** Each MCSL Division hosts a Relay Carnival in the middle of the swim season. All six teams in each division race one another in special relay events. We also participate in a “B” Relay Carnival with two other teams from our “B” meet division.
- **Divisionals:** An MCSL meet at the end of the season in which the six teams in each division race their two fastest swimmers in each event. Final selection of the swimmers

for this event is at the coaching staff's discretion, and may only include swimmers who swam in and obtained their time during an "A" meet for the current season.

- **All-Star Relays:** An identical meet to the Relay Carnival, except that it is made up of those relay teams placing first in their respective MCSL division Relay Carnival, or had the fastest time during the season in the 200 Medley (open) and the 175 Free Relay.
- **Individual All-Stars:** An invitational meet for the 16 fastest swimmers in each event from the entire MCSL. A list of All-Star nominating times can be found at <http://www.mcsl.org/allstar>.
- **B Superstars:** Swimmers are eligible to swim in B Superstars if he/she did not swim in two or more events in Divisionals. Swimmers must also meet the "no slower than" requirement established for each event.

TEAM APPAREL

There is no mandatory team swimsuit. Each year swimmers are provided an option to purchase an unofficial team swimsuit. These swimsuits can be ordered through our spirit wear representatives or may be purchased independently. Swimmers have the option of wearing a swim cap. Team swim caps are available for purchase from the spirit wear representatives. Swim caps may not have any advertising or logos printed on them other than PST.

SPIRIT WEAR

Items are available before and during the season and are sold by the team as a fundraiser.

TIPS FOR SWIMMERS AND PARENTS

- Get plenty of rest before your meet. Heat and sun are especially tiring for swimmers.
- Be early for meet warm-ups and practices! Work hard at all practices.
- Know your event number and report to the clerk of course when called.
- **Stay in the PST area!** Show some team spirit by cheering and supporting your teammates and be proud to be a Piranha.
- Support your teammates. Show some spirit! Stay until the end of the meet to cheer on your teammates even if your events are completed.
- Communicate with your coaches and PST representatives; inform them of illness, camp, vacations, etc., giving written notice when possible. This will help our coaches when preparing line-ups for meets and the Relay Carnival.
- Sign up for the strokes you want to swim in Wednesday's "B" meet by noon on Tuesday.
- Check your pool-side mailbox! Each family has their own file folder (mailbox). The file folders are in two file boxes which are available at practice each day. We will also e-mail information as much as possible.
- Parent participation and support is important to ensure a fun and memorable experience for the swimmers.

- Diet affects a swimmer's performance. Consider eating a light meal one-hour prior to warm-up and LIGHT snacks between events. During a meet, drink water or a sports drink between events.

SWIM BAG CHECK LIST

- one extra swim suit
- two pairs of goggles
- two towels
- two swim caps
- water bottle
- snacks
- dry/warm clothes (sweatshirt, robe, t-shirt)
- sunscreen/insect repellent
- books and games
- extra hair ties
- plastic bag for wet items or trash

Have Fun!!! Swim Fast!!!