



2017

Beechwood Sharks

Parent Handbook



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Practice

The purpose of practice is to build endurance, improve techniques, and learn competitive strategies. Practices will be held weekday afternoons from the day after Memorial Day through the last day of school. Morning practices will begin the day after school gets out for the summer. See team Calendar for exact dates, practice groups, and times. Any changes will be posted on the team bulletin board and communicated via email, or remind101.

Swimmer Guidelines

1. For safety reasons, swimmers **must** be able to swim the length of the pool (25 meters) in a reasonable amount of time, using a competitive stroke of choice.
2. Attend practices, be on time, and help with set-up and/or clean up when asked.
3. Swimmers who refuse to participate in practice must leave the pool premises, so as not to disrupt practice (see code of conduct)
4. Exhibit good behavior and cooperation at practices so as to gain maximum benefit of available time.
5. Seek additional help with stroke and competitive techniques when necessary.
6. Attend practice the day of a meet in order to be eligible to swim in the meet, unless otherwise excused.
7. USA or other club swimmers are expected to attend their club's daily practices and Beechwood practice the day of a meet.
8. If a swimmer is assigned to swim in a meet and does not show up, he/she may not be allowed to swim in the next meet (at coach's discretion)
9. Abide by the Beechwood Shark Code of Conduct, show team spirit, and good sportsmanship at all meets.

Parent Guidelines

1. Complete and sign the registration & medical release/Code of Conduct/Photo Permission forms.
2. Have a swimmer arrive at practice and meets on time.
3. Inform the Head Coach **IN WRITING**, as far in advance as possible, of any practices or meets your swimmer will be unable to attend.
4. Do not approach coaches during practice or swim meets. Coaches need maximum interface with swimmers during these times. Please wait until after practice or email the coaching staff if you have any questions about your swimmer's progress. Any coaching concerns should be brought to the Swim Team Coordinator or GPSA Representative.
5. Learn as much as you can about competitive swimming so you can better realize and support the coaches' responsibilities and decisions.
6. **Attend a Parent/Officials Swim Clinic (see more information on page 7)**
7. Address constructive criticisms and/or concerns to the Swim Team coordinator or GPSA Representative
8. Support the team. Volunteer!!!! Each family is required to work 2 meets per swimmer, plus required fundraisers.

Meets

Our schedule consists of six league meets and any additional "Friendships Meets" that we can schedule. League meet are those set up the GPSA. These meets determine our standing in the league. Friendship meets are designed to provide additional experience in a competitive setting. Weekday meets begin at 6pm. Swimmers should arrive at 4:30 for HOME meets and 5:15 for AWAY meets in order to have time for warm ups.

Primary corresponding and notifications about meets will be posted on the team bulletin board at the pool and via email. Emergency notifications will be sent via remind 101.

Who Swims in A Meets?

Due to the size of our team, we are sometimes unable to swim every swimmer in every meet. The coaches consider the following when creating the line-up:

- ❖ Who swims the stroke the fastest
- ❖ Who is available
- ❖ Participation in practice
- ❖ A swimmer may only compete In three (3) individual events and one relay per meet (per GPSA rules)
- ❖ Please remember that the coaches do their best to allow everyone a chance to swim.

Note: If the coaches know the meet will be close, the fastest swimmer will be placed in the in the meet. The coaches try to obtain the other team's times before preparing the line-up. Therefore, if a slower swimmer can be used, then he/she may be placed in the meet. Additionally, during the course of the meet, if coaches realize a safe margin of points exists, the remaining line-up may be revised to allow swimmers to participate in accordance with the GPSA rules who might otherwise not have been scheduled in a specific event. The coaches always try to get exhibition lanes to ensure as many swimmers as possible the chance to compete.

What are exhibition lanes? These are the two lanes in a six-lane pool, with each team using one. The coaches are free to use it at their own discretion. No points are earned toward the score, but the times are applicable to the City Championship Meet. The coaches will make good use of this lane during the season. Note that all pools do not have six lanes, as a result, there will be additional heat events to swim exhibition swimmers.

Illness/Vacation

It is important that the Head Coach is notified promptly if a swimmer is unable to swim in a meet due to illness/vacation.

Remember to notify the coach IN WRITING if you know in advance that your swimmer will be unable to swim in a meet for any reason.

Transportation

Parents are responsible to see that their swimmer(s) has transportation to and from practices and all meets. This is not the coaches' responsibility! Parents are encouraged to stay and support the team!

City Championship Meet

The City Championship meet will be held Saturday August 5, 2017. Only those swimmers who meet posted GPSA-qualifying times will be eligible to participate. The coaches urge swimmers to use these as their goals.

Team Pictures

Will be announced at a later date.

Please wear your Beechwood Shark suit!

Fundraising

Team fundraising is vital to meeting expenses outside of what registration covers. Several fundraising campaigns will be held during the course of the season.

- Banners – additional Info upon request
- Sundae Funday TBD (possibly more than 1)

The team is open to ideas for fundraising, so additional fundraising may be announced at a later date.

Volunteer Requirements

Swim meets cannot be held unless the required number of volunteers are on hand. Each family is required to volunteer for two (2) meets per swimmer. Volunteers maybe anyone not swimming, so even children as young as 8 can help.

Descriptions of Meet Volunteer Positions/Duties:

Ø **GPSA Representative** (at least one per team): Pool's representative to the summer league, the Greater Peninsula Swimming Association (GPSA). The ONLY person designated to approach a referee in regard to a question relative to a ruling by a meet official.

Ø **Referee** (one per home meet): Conducts and manages the meet. Makes the final determination in regard to eligibility and finish of swimmers, interpretations of rules, and conduct of the meet. ***Requires attendance at Officials' Clinic.**

Ø **Starter** (one per home meet): Prepares and starts each event, and works closely with the referee to insure a fair and smooth running meet. ***Requires attendance at Officials' Clinic.**

Ø **Stroke & Turn (S&T) Judge** (minimum of two per team per meet): Responsible for insuring that the swimmers are swimming the respective strokes correctly as specified in the USA Swimming Rules. Also responsible for insuring that turns and finishes are completed in conformance with the rules. Makes written report of disqualification of swimmers who do not comply with rules, and explains the violation(s) to the referee. ***Requires attendance at Officials' Clinic.**

Ø **Sweeps Judge** (one per team per meet): Observes and records order of finish of competing swimmers in each event. Receives lane slips at the completion of each race and marks placement on slips and hands to Referee for review.

Ø **Head Timer or Back Up Timer** (one per home meet): Insures that each swimming lane has a timer to determine the time a swimmer uses in each event of the meet. Maintains TWO stopwatches as back-ups in the event of a watch malfunction or other issue in a swim lane.

Ø **Timers** (twelve per each meet): Timer uses stopwatch to determine the time a swimmer in a particular lane uses to complete an event. The timer starts the watch when they see the flash from the starting system (or the sound if another system is used) and stops the watch when any part of the swimmer touches the wall. The writer works beside the timer and records the time for that swimmer on the lane slip. Neither the timer nor the writer makes decisions on legal strokes/turns/finishes. The timer times and the writer writes the times down. The timer calls for a back-up (Head Timer) if their watch fails during the event.

Ø **Runner** (two per home meet): Picks up the lane slips after the completion of each race and delivers to the Sweeps Judges for final placement. Carries slips from Referee's table to Score Table for use in determining scores given each swimmer and team for that particular event.

Ø **Scorekeeper** (one per team per meet): Completes roster of swimmers for each event with information supplied by coaches. Assigns points to swimmers/team for each event based upon order placement by Sweeps Judges and/or Referee.

PARENTS/OFFICIALS SWIM CLINICS

Two clinics have been scheduled to provide parents with basic fundamentals of competitive swimming so that they may be prepared to assist with officiating at the

swim meets. In addition to the Referee and Starter, responsibilities for Stroke and Turn Judges and Scorers are discussed. At least 17 officials are needed to conduct a home meet. We encourage our parents to take part in one of the clinics as we are always in need of officials.

Please attend one of the below trainings. You do not need to register, just attend and sign-in upon arrival.

June 3rd 10:00am Wade Palmore (from Elizabeth Lakes) will offer S&T certification in his home 401 Brittain Lane, Hampton, VA

June 7th, 6:30pm at James River Country Club (Referee, Starter, and S&T) AND

June 10th, 8:30am at Kiln Creek (S&T)

Please check gpsaswimming.org for updates on training sessions.

SWIMMERS' AWARDS

Meet Ribbons

Ribbons are awarded for each swimmer who participates in an event. Ribbon colors are as follows:

1st Place – Blue

2nd Place – Red

3rd Place – White

Participation – Light Blue (or other) for those who swim in an exhibition lane or an exhibition heat

Participation and Coaches Awards

Each swimmer will receive a trophy and/or medal at the end of the season, Coaches may give additional awards to those swimmers who exemplified the following during the swim season: Contribution to the team, Sportsmanship, Team Spirit, Cooperation, Determination, and Attendance.

Team Swim Suit

The team suit is black with royal blue rib (trim) with our name embroidered in white. Male suits are available in both jammer and racing brief style in all black. Suits can be purchased from Swim and Sports Shop located at 13641-B Warwick Blvd, Newport News, VA 23602. Please order your suit as quickly as possible. Those that prefer to order online may order from www.swimoutlet.com

Important Dates

- May 30 – 1st Day of afternoon practice
- June 15 – last day of school and afternoon practice
- June 3 – S&T training at the home of Wade Palmore
- June 7 – Officials training at JRCC
- June 10 - Officials training at Kiln Creek
- June 16– Morning practice begins
- June 19 – AWAY MEET vs. Riverdale
- June 26 - HOME MEET vs. North Hampton
- July 10 - HOME MEET vs. Beaconsdale
- July 13 - Make up Date
- July 17 - AWAY MEET vs. Briar Queen
- July 20 – AWAY MEET vs. Wendwood
- July 24 – HOME MEET vs. Mallory
- Aug 5 - CITY CHAMPIONSHIP MEET
- **Aug 11? - Banquet (will have definite date as soon as possible), but will be after the City Meet.

Frequently Asked Questions (FAQ)

What is GPSA?

The GPSA is the Greater Peninsula Swimming Association. There are four divisions within the GPSA – red, white, and blue. We currently swim in the Blue division. At the City Championship Meet, we compete against all of the swimmers in the GPSA that have qualified for the events. www.gpsaswimming.org

How many practices to I have to attend each week?

If the coaches feel that a swimmer has not been at enough practices and they have not been attending a year round practice, then they may not be eligible to swim in a meet. Please make every effort to attend every practice and let your coaches know if you will be missing any practices and why!

What do I bring to practice?

Be dressed in your swimsuit and bring your cap, goggles, towel, and a bottle of water.

When am I supposed to arrive at a meet?

For home meets, arrive by 4:30 p.m. and by 5:15 p.m. at away pools. Weekday meets begin at 6 p.m. The City Championship Meet are on Saturday and begin early in the morning.

What are “A” meets and “Friendship” meets?

“A” meets are used to determine a place finish within the Red division of the GPSA. The fastest swimmers will swim for points so that the team can win the meet. However, there are exhibition heats at every “A” meet so that every team member has a chance to swim. “Friendship” meets give less experienced swimmers a chance to compete with others at their level and win place ribbons. All times at any meet can be used to qualify for the City Championship Meet at the end of the season.

What do I wear to a meet?

We have a team swimsuit and cap that you will wear for meets. Swimmers are encouraged to “save” the team suit and purchase an alternative practice suit or jammer. Board shorts, regular swim shorts and girls’ two pieces are not recommended – they tend to fall off when diving!

What about the caps?

Each swimmer will be issued one team cap at the beginning of the season. Replacement caps will be available at a cost of \$5.

How do I know if a practice or meet is cancelled?

Check the team bulletin board at the pool, Beechwood Sharks Swim Team Facebook page (both private and public) as well as your email! And Remind 101

What do we use the registration and fundraiser money for?

Each year we raise funds for coaches’ salaries, buy new equipment, and support the general management of the team. We also try to provide some type of spirit wear at the beginning of the season to each swimmer as well as a gift at the team banquet.

When can parents talk to the coaches?

Anytime except when the coaches are on the deck leading practice or during a meet. The coaches need to have their full attention on the swimmers. Catch them before or after practice or email them your questions or concerns.

How is information communicated to the parents?

Email! Email! Email! We rely heavily on email communications so please make sure we have a valid email address on file for you. If you have a situation where both parents need to be notified separately, that's not a problem – just provide both email addresses! Check the team bulletin board at the pool. Updates and other information will be posted here regularly.

We're also on Facebook! Search Beechwood Sharks Swim Team and join us. (we have both a public and private page) Updates and information are posted here as well.

“Beechwood Sharks” – public page

“Beechwood Sharks Swim Team” – private group Ask to join!

Remind 101-this is our on the fly communication service. It allows you to receive a text for important information.

Who do I ask if I have questions?

Contact the Swim Team Coach, one of our Swim Team Board Members, or our GPSA Representative at the phone #'s / email address listed below. Do not hesitate to ask questions! Other families who are veteran swim team families are also a great resource!

beechwoodsharks@gmail.com

www.facebook.com/beechwood.sharks - public

Remind 101 – Beechwood Sharks

If you have already signed up you do NOT need to sign up again

Enter this number

81010

OR

email

vbree@mail.remind.com

Text this message

@vbree

Team Coordinator	Vickie Breeding	757-509-1634
GPSA Rep	David Richardson	757-869-3572
Treasurer		
Head Coach	Kristin Stiff	757-871-1991