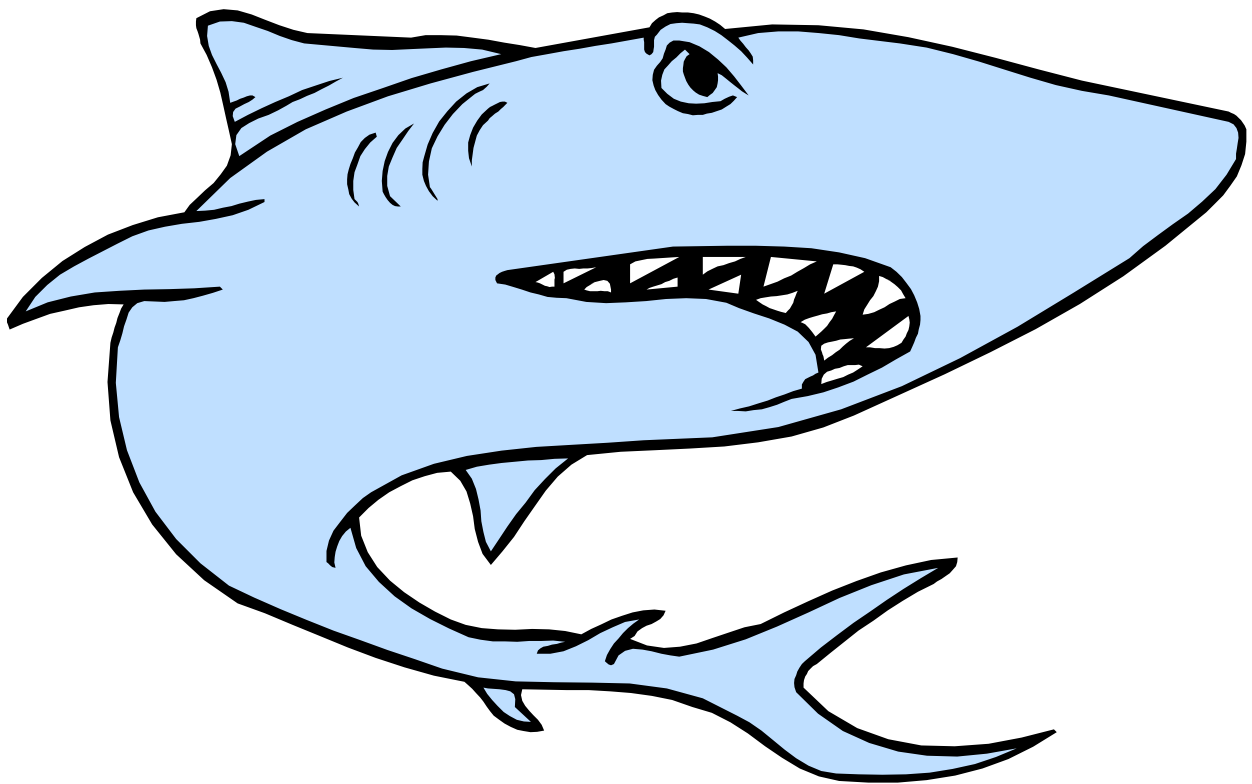


# Sharonville Sharks Parents Handbook 2010





This handbook is designed to answer the majority of your questions about the operation and organization of the swim team program in Sharonville.

The handbook's format is:

- **Section 1** Welcome
  - Parents Club Organization
  - Coaches Contact Information
  - Sharonville Shark Non-Resident Policy
  - Swimming Requirement for New Swimmers
  
- **Section 2** Alphabetical listing of Swimming Topics
  - Affiliation
  - Buddy Family
  - Championships
  - City of Sharonville Responsibility
  - Communication with Parents
  - Dual Meets
  - Exhibition
  - Expense Reimbursement Form
  - Financial Information
  - Fund Raisers
  - Fund Raising
  - Intrasquad Meet
  - Pop-A-Record
  - Practice Sessions (Cancellation Policy, Workout Schedule, Reward System)
  - Shark Bytes
  - Cheer Buddies
  - Stroke Clinic for Parents
  - Stroke/Turn Judging
  - Swimmer of the Week
  - Swim Team Rules
  - Team Philosophy
  - Team Records
  - Team Swimsuit
  
- **Section 3** Frequently Asked Questions

## **WELCOME !**

**Welcome to the Sharonville Sharks Parents Club!** We hope this summer swim season will foster team spirit along with competitive swimming skills for your swimmer. We have a full social calendar planned for this year and we hope these activities allow the swimmers to form friendships and have fun.

The Parents Club is a support group for the swim team whose primary purpose is to run the swim meets. In addition, they:

- Provide volunteer leadership to aid the swimming program
- Provide support to the swimmers
- Help establish a good rapport with the team's coaches

## **PARENTS CLUB BOARD**

The governing body of this organization is the Parents Club Board. The Board assists the coaching staff in the operation of a successful program.

In order to affect a consistent, efficient operation of the swim season, the parents need to be aware of the following guidelines:

1. The Head Coach and Assistants are paid employees of the City of Sharonville and are governed by the guidelines set forth by the Recreation Division.
2. The Head Coach and Assistants have final authority over all areas pertaining to swim practices and meets.
3. The Parents Club Board acts as a liaison between the parents and coaches and their responsibilities consist of the following:
  - Organize and conduct Parent's Informational Meetings.
  - Collect dues.
  - Attend Northern Suburban Swim League meetings throughout the year.
  - Help with arrangement and financing of various team activities.
  - Organize fund raising.
  - Secure volunteer help needed to run home/away meets.
  - Promote the swim team by announcing swim team sign-ups at local schools, post signs at the pool, and place announcements in the local newspapers.
  - Meet with the coaches on a regular basis to discuss the week's events.
  - Attend swim meets and assist coaches by being accessible to parents as the coaches are not available to parents during the meet since they are coaching the swimmers in the meet.

If you have questions regarding your child's participation, how a meet is run or other swim team related questions that were not answered by the handbook, please contact a member of the Parents Club Board.

<b>2009 Sharonville Shark Board</b>		
Co-Presidents	Trisha Roddy	769-1554
	Sue Knight	563-8784
Co-Vice Presidents	Julie Grender	563-4378
	Jill Bumiller	754-8394
Treasurer	Donna Steinmetz	563-7144

## **SHARONVILLE SHARK NON-RESIDENT POLICY**

If you attend a Sharonville School such as Stewart or St. Michaels OR if you attend PCMS or PHS, you may join the Sharks Swim Team by purchasing a non-resident single membership pool pass (\$80/swimmer) and pay \$20/swimmer to join the team. A family pass is not allowed to be purchased unless the family resides in Sharonville.

Any non-resident family will be accommodated on a first come – first serve basis based on the waiting list as of the first date of swim team registration. Swimmers from these families will be placed on the swim team depending on age group availability after June 8. Sharonville residents “late” sign-ups will be given a higher priority than non-residents.

Any employee for the City of Sharonville Pool may be a member of the Sharonville Sharks Swim Team as long as they pay the \$10.00 fee to join the team.

Below are the maximum numbers of swimmers for each age group:  
(Resident Sign-up may go over the max. number)

6 & Under	12 girls and 12 boys
8 & Under	18 girls and 18 boys
9-10	20 girls and 20 boys
11-12	20 girls and 20 boys
13-14	20 girls and 20 boys
15-18	20 girls and 20 boys

## **SWIM TEAM REQUIREMENT FOR NEW SWIMMERS**

Swimmers must be able to swim 1 length of the pool after the team has had at least 2 weeks of practice. The swim team is not meant to take the place of swim lessons for those children who do not yet know how to swim. The coaches will give this ‘swim test’ to new young swimmers after the children have had at least 2 weeks of practice sessions.

## **AFFILIATION**

The Sharonville Sharks Swim Team is affiliated with the Northern Suburban Swim League (NSSL) which consists of 8 teams in the Northeast sector of the city. These include Springdale, Wyoming, Greenhills, Reading, Evendale, St. Bernard, and Norwood.

## BUDDY FAMILY

Each new Sharonville Shark family will be provided a Buddy family whom they can ask questions regarding the new experience of being a Shark. The Buddy family can be extremely helpful during those first couple of meets to help answer any concerns or questions.

## CHAMPIONSHIPS

At the end of the season, the swimmers compete in the Northern Suburban Swim League Championships where the swimmers are competing against swimmers from all 9 teams in the league. Championships for 2009 will be held at Springdale all day on Monday July 13 and Tuesday July 14 in the afternoon and evening.

**Swimmers must compete in at least two-three (check w/ coach) of the eight dual meets held during the season to qualify to swim at championships.**

The number of entries allowed per event per team for Championships is as follows:

<u>Event</u>	<u># Entries Allowed/Team</u>
200 Freestyle	6
Medley Relay	2
Butterfly	6
Freestyle	Unlimited
Individual Medley	6
Backstroke	Unlimited
Breaststroke	6
Free Relay	2

At championships, swimmers compete on the first day against all swimmers entered in that event to qualify for the Finals Heat (top 6 swimmers of the event) or the Consolation Heat (7<sup>th</sup>-12<sup>th</sup> place swimmers) that will be held on the second day of championships. In addition, two alternates will be listed (top 13<sup>th</sup> and 14<sup>th</sup> swimmer). On the second day of championships if a swimmer fails to show for their heat, alternates will be placed in the Consolation Heat. Alternates will not be placed in the Finals Heat.

On the first day of championships, swimmers will receive a "heat ribbon" for individual events if they are the swimmer to come in first in the heat in which they competed.

Swimmers in the Finals and/or Consolation Heat can only change their place within that heat they are swimming on the day of finals (e.g., a 3<sup>rd</sup> place swimmer can move up to 1<sup>st</sup> place or a 9<sup>th</sup> place swimmer can drop to 11<sup>th</sup> place). Swimmers cannot move out of their heat to place in the event (i.e., an 8<sup>th</sup> place swimmer can not move up to place 1<sup>st</sup> through 6<sup>th</sup>).



**Medals are awarded to 1st thru 6th place and ribbons to 7th thru 12th place** for the Relay and the Individual events, with the exception of the 12 & Under age groups. They will also receive ribbons for **13th thru 18th place**, but no points are awarded to the teams for these places. Medals and ribbons are awarded to the swimmers at the Year End Awards Ceremony.

Results at championships are **official** thirty minutes after posting. **Parents should check the posted results for accuracy of time and place ranking.** Questions about any discrepancies from what you think happened to what is posted should be discussed with the Head Coach immediately since questions must be raised within thirty minutes of the time listed on the Posted Result.

Questions about times and/or disqualifications need to be directed to the Head Coach who will then discuss the issue with the Meet Referee if necessary. **Parents of swimmers are not to go directly to the Meet Referee.**

### **CITY OF SHARONVILLE RESPONSIBILITY**

The city of Sharonville provides the following to ensure the successful operation of the swim program:

1. Facilities for swimming and meetings.
2. Recruitment and hiring of the swim team coaches.
3. Team sign-ups.
4. Use and maintenance of equipment (P.A. system, starting blocks, timing system, lane lines and backstroke flags).

### **COMMUNICATION WITH PARENTS**



Each family will have a pendaflex folder with their family name listed as an identifier. It will be the responsibility of the swimmer or parent to check this folder for flyers and announcements concerning the swim team. The file of folders will be placed daily on a table in the Concession Stand area during practice sessions. If you wish to only receive electronic notification of the weekly updates (Fin Talk), then your folder will be designated as such.

The Sharonville Sharks have developed a website that serves the team in many purposes. The website's addresses are [www.sharonvillesharks.com](http://www.sharonvillesharks.com) or [www.sharonvillesharks/shutterfly.com](http://www.sharonvillesharks/shutterfly.com). The password is: **fins** Currently, the website features maps to all pools in the NSSL, past championship results, team records, team and meet photos, and weekly updates. Most importantly, an attempt will be made that on each day of a Sharonville swim meet, the (tentative) lineup will be posted on the Shark website around noon in order for parents to see when and what their child will be swimming that evening.

Also, families can subscribe to a Sharks email list to in order to get announcements through email. Parents can subscribe to the email list by going to the team website listed and following the instructions. (Website masters: Cindy Abbott, Trisha Roddy, and Dan Bohlen)

## DUAL MEETS



On Tuesdays and Thursdays, the swimmers will compete in dual meets where each team gets an equal number of lanes in which to swim for each event. There are 74 regulation events and a maximum of 16 exhibition events that can be run (see the Glossary of Swimming Terms for definitions of Exhibition and Regulation events). Most meets start at 6:30 p.m. and usually run until 9:30 p.m. If a swimmer can not attend a meet that he/she had previously signed up to compete in should notify the coaches.

A swim meet **Order of Events** sheet follows the Glossary of Swimming Terms; this is a useful aid for new parents to have at a swim meet so they can anticipate when their child will be swimming.

Stroke and Turn Judges officiate at the meets to ensure the swimmers follow all the rules of the start, turn and stroke in the event being swum. If a swimmer commits an infraction of a rule, they are disqualified in that event and cannot score any points for that event or receive a ribbon. **No leniency** with regard to stroke and turn judging will be allowed at any meet.

The swimmers are awarded ribbons at dual meets in the following manner:



1. Individual Events      Ribbons awarded for 1st thru 3rd place
2. Relay Events              Ribbons awarded for 1st thru 3rd place

**Ribbons will be placed in the swimmer's family folder in the Swim Team Parents Folder box the morning after a meet.**

## EXHIBITION

If your child is slated to swim an event 'exhibition', this means that he/she will swim the event as normal but he/she will not be eligible to earn team points or receive a 1st, 2nd or 3rd place ribbon. For most meets, the swimmers who swim exhibition in an event will be given an exhibition ribbon. The exhibition swims are necessary due to the limited number of entries/swimmers that are allowed in each event. The coaches want swimmers to be able to swim in multiple events in each meet to get a time even if it does not contribute to the team points.

## EXPENSE REIMBURSEMENT FORM

If you need to purchase items for the Sharks and need reimbursement, please fill out the Expense Reimbursement Form found in the file folder at the pool and follow instructions on the bottom of the form for submittal to the treasurer.

## FINANCIAL INFORMATION

A member of the swim team must hold a membership to the Sharonville Community pool. You may join the swim team if you go to a Sharonville school, are a resident of the Sharonville community or are employed by the City of Sharonville.



### Swim Team Fees

Resident (live in Sharonville)	\$15.00
Non-Resident (work in Sharonville)	\$20.00

On the first day of morning practice, individuals who do not qualify under the Resident or Non-Resident city policies can join the swim team if the roster for their age/gender group is not at the minimum capacity (8 swimmers). It is up to the discretion of the coaches to limit the number of swimmers in each age group.

### Parent Club Fee

In addition to the sign-up fee charged by the City of Sharonville, there is a \$20.00 Parents Club fee. The Parents Club fee is used as a "worker's deposit". Each family is required to supply at least one family member to work 3 meets during the season. It takes a minimum of 29 workers to effectively run one home meet. If a family fails to supply a worker at the 3 meets, the deposit is forfeited and may be used by the Parents Club to hire someone (usually an off-duty lifeguard or someone else not affiliated with the swim team) to work that meet.

If all 3 meets are worked by a family, the deposit will be refunded at the end of the season or it may be carried over to next year's season. If you find that you are unable to work a meet that you originally signed up for, it is your responsibility to find a replacement worker.

A Volunteer Information Sheet will be placed in the family folders at the beginning of the practice sessions. On this sheet you should indicate which meets you can/cannot work. This sheet along with your deposit must be turned in the Friday before the first meet. If a family fails to return their sheet along with a deposit, their child(ren) will not be allowed to participate in any meet event until the deposit is received.

WAYS TO WORK AT HOME MEETS:

Event Announcer	Timer
Pass Out Lane Slips	Cook
Ribbon Writer	Bake Sale Seller
Runner	Starter
Stroke/Turn Judge*	Assistant Starter
Split Timer	Meet Manager (computer)
Head Timer	Shark Parent Gatherer

WAYS TO WORK AT AWAY MEETS:

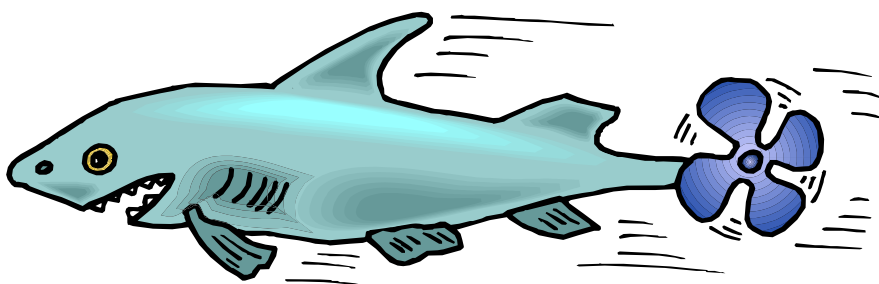
Stroke/Turn Judge\*  
Split Timer

\* These are positions where you must be qualified to work in this capacity. Before the beginning of every season, one of the league teams host a "Stroke Clinic" where volunteers are instructed on how to stroke and turn judge events. This is a great learning tool for both old and new parents. Information on the time and location of the Stroke Clinic will be passed out at the beginning of practice sessions.

## FUND RAISERS

To pay for the swim team expenses, fund raisers are conducted during the swim season. Parents willing to organize and be responsible for each of the fund raisers are needed each year.

### 1. SHARK-A-THON



This is an event in which your child will swim as many laps as possible during their normal practice time. Prior to the event, your child will collect pledges from neighbors, family members, etc. for each lap they swim. If the parent is unsure how many laps their child can swim then a flat fee can be collected. At the year-end Awards Ceremony, prizes are given by age group for the swimmers having collected the most money. Sheets announcing the date and time of the Shark-a-thon will be distributed to the swimmers two weeks prior to the Shark-a-thon to allow them time to solicit pledges.

**This is the Sharonville Shark's major fund raiser and every swimmer's participation is needed to make the swim team a success.**

## **2. BAKE SALES**

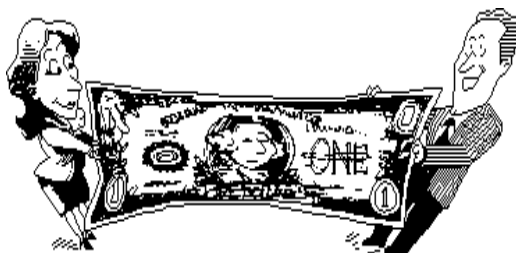
Bake sales are held at all home meets. Each family will be asked to donate baked goods, fruit, snacks, etc. for 2 meets. A flyer will be sent home with your swimmer denoting for which home meets you should send in your donation.



## **3. OTHER FUND RAISERS**

The Board welcomes suggestions for other types of fund raisers. In past years, the team has held car washes, sold candy, sponsored splash dances, etc. In addition, there have been several Shark parents who have sold merchandise such as Mary Kay, AVON, or Southern Living and given a percentage of the proceeds back to the Sharonville Sharks. This is a wonderful way to provide funds back to the swim team.

## **FUND RAISING**



Fund raising is a necessary part of the operation of the swim team. Funds are used to pay for the listed major expenses and other expenses:

- Championship Entry Fees (\$1.50/individual event; \$5.00/relay). In championships, most swimmers will swim 2-3 individual events and/or 1-2 relays.
- Trophies for each swimmer and other awards for each age group awarded at the year-end awards ceremony. Refreshments served at year-end awards ceremony.
- Ribbons awarded for 1st, 2nd and 3rd place for individual events and relay events for each home meet. Exhibition ribbons awarded to all exhibition swimmers.
- League dues.
- Equipment replacement (e.g., stopwatches, backstroke flags, record board, computer/printer).

- A team swim cap for each swimmer (if funds available).

<u>EXPENSES</u>	<u>APPROXIMATE COST</u> (based on team size of 140)
Championship Entry Fees	\$700
Trophies	600
Awards Ceremony	200
Ribbons (for 4 home meets)	300
League Dues	50
Equipment Replacement	150
Swim Caps	350
Special Events (e.g., Pizza Party)	200
Misc. Fees	500
Total	\$3050

### **INTRASQUAD MEET**

An intrasquad meet is held at the beginning of each season to give everyone practice -- swimmers and parent workers -- before our first dual meet. It helps swimmers get used to event order, using blocks to start, turning in lane slips, etc. It helps parents become more confident in timing, stroke judging, ribbon writing, etc. The swimmers are also able to start establishing their times for the Pop-a-Record program. In addition, it's fun, creates team spirit and helps everyone to get acquainted.

### **POP-A-RECORD**

To encourage all swimmers to work on improving their individual times, the Sharonville Sharks has a "Pop-a-Record" program where each swimmer who improves their time in an individual event at an N.S.S.L. swim meet held in a **25 meter** pool will receive a "lollipop" with a sticker that lists their event and their new **best** time. These lollipops are distributed to the swimmers in the family folders on a weekly basis. We have found this program to be an effective method to encourage all the swimmers with positive reinforcement for their hard work.

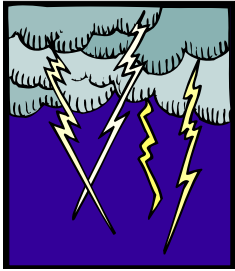


Note: The 25 meter pool times are used for comparison since this represents the majority of the pool lengths in the league.

### **PRACTICE SESSIONS**

Swimmers need to arrive **on time** to practice to ensure that they do not interrupt the swim cycles that are scheduled for that day's workout. When swimmers arrive late, they will be able to stretch first on deck but will not be able to do a "warm-up" cycle in the water; they will start into the set the swimmers in the water are swimming at that point in time.

## Cancellation Policy



1. If it is raining, practice will still be held in the pool.
2. If it is thundering, lightening, heavy rain with strong winds or the air temperature is 60 degrees or below, dry-land practice consisting of stretching, running, aerobics and fundamentals will be held in the gym if the gym is available. Please call the weather hot line at the Rec Center if you are ever unsure about the weather cancelling practice (563-4257 Ext. 113)

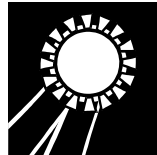
Swimmers should always wear gym shoes and sweats/shorts in case of dry land practice.

## Workout Schedule

At the start of each practice, the coach will have that day's workout schedule listed on a "marker board" by the pool area. The swimmers can review this information before getting into the pool so they know that days area of concentration.

If your swimmer will be out-of-town for an extended period of time (1+ week) and will have access to a pool during that time, you may want to request that week's workout schedule from the Head Coach who can explain any details to your swimmer. Swimming during vacation on the scheduled workout will ensure that your swimmer will maintain their stroke development and endurance level.

## Reward System for Attendance



The coaches use a positive motivational system to reward swimmers who come to practice each day. If the swimmer has attended all practices for that week then they get to select a "treat" from the "Coaches Bag of Goodies" on Friday.

## **SHARK BYTES**



Each Wednesday swimmers will get a treat after practice that is good for them. There will be a different surprise each week.

## CHEER BUDDIES

One of the coaches will be responsible for assigning a cheer buddies to the swimmers. The swimmers will volunteer if they would like to participate to ensure they will be at most of the dual meets. Each swimmer will make sure and cheer for their cheer buddies at the swim meets. At Championships (or the Splash Dance) the cheer buddies can bring/make a card or poster to their cheer buddy for Good Luck. This program will hopefully ensure a very spirited meet with lots of cheering and motivation – especially for our younger Shark swimmers.

## STROKE CLINIC FOR PARENTS

Each year the Northern Suburban Swim League sponsors a Stroke Clinic to train parents on how to judge the strokes and turns used during swim meets.

A flyer will be sent home with your swimmer regarding the date and time of the clinic. Parents are strongly encouraged to participate in the Stroke Clinic to aid them in gaining a better understanding of the sport of swimming and to ensure that trained judges are officiating during the swim meets.

## STROKE/TURN JUDGING

As mentioned earlier in the Dual Meet section of the handbook, stroke and turn judges officiate at each meet and at championships to ensure the swimmers follow all the rules of the start, turn and stroke in the event being swum. **At some point during your swimmer's season, they will be disqualified.** The majority of the times they will know they committed an infraction of the rules but at times it will be a new rule to them or it may not be apparent to them what they did incorrectly. Listed below are the "highlights" of what the stroke and turn judges will be watching for when officiating.

## **FREESTYLE**

- Can do any stroke; can vary stroke during event.
- Cannot push off bottom of pool; if touch bottom/stand, must "float up" before swimming.

## **BACKSTROKE**

- Feet must be under surface of water on start and flat on surface of pool; cannot curl toes over gutter.
- Once race started, cannot put feet/toes over gutter.
- Swimmer must be on back.
- Cannot pull on lane lines; can rest on lane line.
- Head must surface by/at 15 meter mark.
- Dolphin kick acceptable when swimmer is underwater.
- Once touch wall, can turn in anyway.
- Flip turn, key word is "continuous"; can turn over to do 1 or 2 handed pull (if 2, must be simultaneous), flip over, if hand is going down, can kick in. Needs to be done **continuously** with arm(s) going down slowly and pulling water.
- Cartwheel turn, shoulder cannot go beyond 90 degree mark.

## **BREASTSTROKE**

- Once dive in, can only have 1 arm pull and 1 kick (in that order) under water; head must surface before hands turn inward at the widest part of the second arm pull.
- First arm pull can go past hipline; no subsequent pulls can go past hipline.
- Elbows must be under the water (the point of the elbow); if see daylight between elbow point and water, swimmer is DQ. On last stroke, elbows are allowed to come out of water at finish.
- On kick, toes must point outward; can splash upwards with feet, but cannot use downward dolphin thrust.
- Two-handed simultaneous touch; hands do not need to be on same plane but shoulders must be level; cannot dip one shoulder.

## **BUTTERFLY**

- On stroke, both arms must be simultaneous and over the water; if see any skin, legitimate.
- Simultaneous dolphin kick down; legs can be at different positions, but cannot flutter.
- Two-handed simultaneous touch; hands do not need to be on same plane but shoulders must be level; cannot dip one shoulder.
- Cannot do underwater recovery of arms if misjudge wall and too close to do full arm stroke; can dolphin kick in.

## **INDIVIDUAL MEDLEY**

- Back to Breaststroke -- must use a finish turn. Once finish backstroke, can flip to breaststroke; as feet leave wall must transition into breaststroke.

## **RELAYS**

- Swimmer in water must touch wall before next swimmers feet lose touch with the starting platform.
- Judge relays using "top-down" approach; watch feet leave platform and then look to see that swimmer has touched wall.

## **STARTER**

- Swimmers Step Up -- Should stand anywhere on block with feet together; toes cannot be over the edge.
- Swimmers Take Your Mark -- Swimmers can get into racing/track position.
- Starting with the 2007 summer season, swimmers will no longer be brought back to the blocks when a swimmer false starts when the starter uses the beeper. The swimmer will be told after the race is over that they are disqualified due to starting too early.

## **SWIMMER OF THE WEEK**



Each Friday, the coaches will decide on one girl and one boy from each age group to receive the Shark 'Swimmer of the Week'. This award is given to the swimmer who portrays the characteristics of an ideal Shark – one who comes to each practice that week, gets in the water on time, works hard and is enthusiastic about swimming. This entitles the swimmer to have their picture taken with the coach of their choice and the picture will be placed on the swim team website.

## **SWIM TEAM RULES**



Swimming is a very challenging sport and requires commitment from the swimmer to practice regularly to improve their strokes and build their endurance. To aid all the swimmers, the following rules will be in effect:

### **Practice Session Rules**

1. Swimmers should listen to the coaches when they are instructing. The coaches are available for the swimmers benefit and can help swimmers improve their times.
2. If you need to drop your swimmer off early for practice, they need to remain in the Concession Stand area until their practice session. The reason for this is the coaches need to give their attention to the swimmers in the pool and cannot be supervising the swimmers playing on the bleachers and/or near the deep end of the pool.
3. Horseplay will not be tolerated during practice in the pool area or the showers; the coaches need to ensure the safety of all the swimmers.
4. Swimmers should make an attempt to be at **all** practices.

### **Meet Rules**

1. Swimmers are responsible for the cleanliness of the pool and shower areas at both home and away meets. Please pick up after yourself and leave the area as clean as you found it.
2. Swimmers must display good conduct and manners while representing the Sharonville Sharks and the City of Sharonville at home meets and in other communities.

3. Parents need to supervise their own children during swim meets when they are not in the water. It is not the responsibility of the coaches to supervise the swimmers since it takes attention away from their primary job of coaching the meet. Please have kids sit and play cards, gameboys, etc. This will keep swimmers from exhausting themselves before their races.
4. Parents need to make sure that "new" or "young" swimmers are behind the starting blocks when their event is announced to ensure that they do not miss their event. The coaches do not have the time to track down swimmers. 6 & Unders will be led to the blocks by a coach.

**Infractions of the rules will result in a parent conference and possible suspension from the team, depending on the severity of the rule broken and the continuation of the problem.** If a member of the swim team is suspended by the Sharonville Recreation Department for any reason, they will not be permitted to attend practices or swim meets until the suspension period is completed.

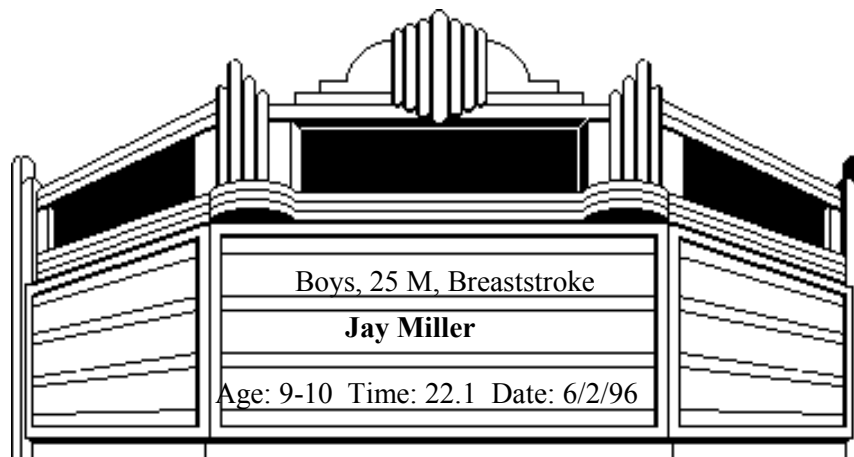
### **TEAM PHILOSOPHY**

The Sharonville Sharks is a **recreational** swim team. This means that all swimmers will be encouraged to do their best and work toward the success of the team, but undo pressure will not be placed on the swimmer to win at all cost.

The coaches will encourage the swimmers to be competitive as well as exhibit good sportsmanship. The coaches will train the team physically by teaching the swimmers the needed swimming skills and by developing endurance through practice. The swimmers will be trained mentally to develop a good attitude toward practice, teammates and the opposing teams. The coaches will aid all swimmers to improve their swim strokes and their individual times.

The Sharonville Sharks is open to residents and non-residents who work in Sharonville. The Parents Club recruits swimmers for the team by distributing flyers to the surrounding schools and placing announcements in the local newspapers but they do not actively recruit "competitive" swimmers.

### **TEAM RECORDS**



A Team Record Board is in the budget to be purchased by the Sharonville Recreation Center and will be maintained in the concession area of the Sharonville Pool. The team records will also be located on the Shark website and will be updated at the end of each season.

To break a team record, the following qualifications must be met:

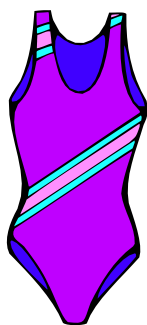
- Record must be made in a 25 meter pool at an N.S.S.L. swim meet.
- Swimmer must have swum as a Sharonville Shark.
- Record can be made during a regulation or exhibition event.

The lengths of the pools in the Northern Suburban Swim League are as follows:

<u>25 METERS</u>		<u>25 YARDS</u>
Evendale	Greenhills	Norwood
Reading	Sharonville	
Springdale	St. Bernard	
Wyoming		

Records that are broken will be announced at home meets. At the year end awards ceremony, swimmers who have broken records will receive a certificate and their name and record will be posted on the record board.

### TEAM SWIM SUIT



The Sharonville Sharks team suit swim is a royal blue Speedo suit with a silver team logo.

The suit is available at: Swimville USA  
(Old Pannell Swim Shop)  
Ft. Thomas Plaza  
90 Alexandria Pike  
Ft. Thomas, Kentucky  
(859) 441-swim  
(800) 595-1153

The team suit used to change every 2 years, but we are switching to a team design which will be used for the next 5 seasons; it is not mandatory that your child have a team suit. This option allows for different choices in the straps for girls. **It is strongly recommended that your child only wear their team suit for meets and Championships so it will retain its color and shape for long term use.** Please remember to put your child's name in the suit because they will all look alike.

**Wearing team caps will be mandatory at the Championship Meet!! This helps the coaches identify the Sharonville Shark swimmers.**

## FREQUENTLY ASKED QUESTIONS (FAQ)



### Q. What will the coaches teach my child at swim team practice?

A. At swim team practice the coaches will work on the following with the swimmers:

- **Develop endurance**
- Teach diving starts
- Teach flip turns
- Stroke development on all 4 swimming strokes

Swimmers will receive basic instruction in the area of starts, flip turns and strokes. The fundamentals are taught during the 1<sup>st</sup> two weeks of after school practice and again during the 1<sup>st</sup> two weeks of morning practice. After this time, the swimmers need to work on developing their endurance so they can compete in the meets. For beginning swimmers, stroke lessons are often advisable to gain additional instruction on specific strokes.

### Q. How is it decided which swimmers will swim on the “A” relay team and which swimmers will be on the “B” and “C” relay teams?

A. The Medley Relay and Free Relay teams are determined based on the swimmer’s times. In other words, the four fastest swimmers will be on the “A” relay team, the next four fastest will be on the “B” team and the next four on the “C” team, etc.

**A swimmer earns the privilege to be on the “A” relay team and swimmers will be moved to another relay team when their times improve or change.** At the beginning of the season, the coaches time the swimmers at practice; once the meets begin, the coaches use the times from the swim meets.

If swimmers’ times are very close, the coaches will also do additional timings at practice sessions and the swimmer who **consistently** performs faster will be placed on the “A” team.

### Q. How is it determined which swimmers will get to swim which individual events?

A. The coaches watch the swimmers at practice and once a swimmer demonstrates the ability to swim a stroke without being disqualified they will have the opportunity to swim that stroke.

Based on the competition expected from the opposing team, the coaches will schedule individual events in the following manner:

- Large Opposing Teams: Two of the fastest swimmers in each event will be scheduled in each Regulation heat along with one other swimmer.

Other swimmers in the event in that age group will be placed in an Exhibition heat.

- Small Opposing Teams: One of the fastest swimmers in each event will be scheduled in the 2-3 Regulation heats along with two other swimmers. In the remaining heats, two of the fastest swimmers will be scheduled along with one other swimmer.

Other swimmers in that age group will be placed in an Exhibition heat.

The purpose for this type of scheduling is to allow the team to be competitive but also allow for all swimmer's to swim a Regulation heat at some point.

**Q. Who do I talk to if I have a question about my swimmer?**

- A. If your question relates to your swimmer, you should first talk to the Age Group Coach. If your question is not resolved, you should contact one of the Parent Club Board Members.

**The best time to discuss a question with the coaches is at 10:00 a.m. after swim team practice is over or to call them at home or at the pool.**

During practice they need to give their attention to the swimmers in that practice session and before and during swim meets their responsibility is to give their full attention to the swimmers competing.

**Q. How will I know what events my child will be swimming?**

- A. At each meet, the coach will post the events by age group. You will need to review the list to see which events your child has been scheduled to swim.

In addition, your child will receive a "lane slip" which tells the event they are swimming in and the lane they are assigned to swim in. A parent volunteer will hand out the lane slips as the meet progresses.

**Q. When swimmers are disqualified, how do they know what they did wrong?**

- A. When the logistics of the pool permits the stroke or turn judge to be close to the swimmer, it is their responsibility to inform the swimmer of the disqualification. However, the coaches always receive the "DQ" slip from the meet which lists why the swimmer was disqualified. The day after a meet, the coaches discuss with the swimmer what they did incorrectly and demonstrate how to correct the stroke for future events.

**Q. What time do the swimmers need to arrive at the pool on the night of the meets?**

- A. Swimmers should arrive at the pool at **5:45 p.m.** for most both home and away meets, unless other instructions are given by the coach. The swimmers need to be in the pool at 6:00 p.m. for warm-ups and arriving at 5:45 p.m. allows them to set their place in the team area and get any instructions from the coach.