

WEST CARROLLTON WAVES

2025 SWIM TEAM HANDBOOK

The West Carrollton Waves Swim Team would like to welcome you to the 2025 swim season! To ensure a successful start, we have compiled this handbook of information. The team believes that every swimmer, regardless of skill, is important to the team. Our program is designed to encourage healthy family activity and to provide an environment of socializing and competition for the swimmers and their families.

Practices are held exclusively in the evenings while school is in session. Once school is out, practices are held Monday through Friday mornings and Monday and Wednesday evenings. Swimmers are coached in their strokes at this time. Some practices are used as reward time for all the effort that the swimmers have devoted to the week's practices.

Meets are held as dual meets against another team in our SOSL League on Tuesday and Thursday evenings. We have a very short season as you will see from the enclosed schedule. At the end of the season, we will be swimming in a championship meet for all the teams in our league. This meet is an all-day Saturday event. Some meets will be held at our pool, others will require us to travel to other pools.

For home meets we need a large group of volunteers to handle the various responsibilities (officials, timers, concessions, clerk of course, awards, scoring, announcer, runners, setup, and tear down). **It is expected that each parent will help so that the workload is evenly distributed.** We will teach you any job for which you volunteer. With more volunteers we will be able to provide a superior program for our children! We are using SignUpGenius, a digital platform, to coordinate volunteer positions.

At the conclusion of this year, there will be vacancies on the swim team board. Please consider volunteering for a position so the swim team can continue with its great reputation! If you are interested in a position, please contact one of the Board members and arrangements can be made for you to work with the current Board member so that you may learn the duties of that position.

We are looking forward to a great season and lots of fun!

Swim Team Fees

The swim team fees help to cover the cost of coaches' salaries, team T-shirt, cap, ribbons, trophies, concessions, and the overall maintenance of swim team equipment. First year swimmers may receive a partial refund within the first 2 weeks of the season if they decide they would not like to continue with the swim team program.

Fee Schedule

1st child - \$90.00

2nd child - \$85.00

Each additional child - \$70.00

The deadline for regular registration is June 1st. No additional registrations will be taken after June 1st.

Practice Schedule

Practice Times are Subject to Change

Evaluation Week: Tuesday, May 27th through Friday, May 30th

10 and under: 6:00 PM to 7:00 PM

11 and older: 7:00 PM to 8:00 PM

Regular Practices: Monday, June 2nd through Friday, July 11th

Morning Practices (Monday through Friday)

Unassisted Swimmers: 7:45 AM to 9:00 AM

Evening Practices (Mondays and Wednesdays)

10 and under: 6:00 PM to 7:00 PM

11 and older: 7:00 PM to 8:00 PM

Note: Minimum Temperature for practice is 60 degrees by 7:30 AM. If it is too cold, the coaches will send a message on GroupMe and may hold a dryland practice. Please use your discretion, you know your child best.

Minimum Requirements to Participate

Swimmers **must** be able to swim freestyle unassisted for 25 meters (across the pool one time). No flotation devices will be allowed. Practices will focus on teaching the other three strokes (backstroke, breaststroke and butterfly) as well as improving freestyle.

Swim team is not a substitute for swim lessons.

Please do **not** interrupt the coaches during practices and meets. If you have questions or concerns which you would like to discuss with a coach, please wait until the practice or meet has concluded. If your questions or concerns cannot wait, please contact a Board member or the Board President at swimmingwaves@gmail.com.

2025 Meet Schedule

Date	Day	Team	Location	Arrival Time
June 10	Tuesday	Idle Hour	Away	5:30 PM
June 12	Thursday	Germantown	Home	5:00 PM
June 17	Tuesday	Cardinal Hill	Home	5:00 PM
June 19	Thursday	Preble County	Away	5:30 PM
June 24	Tuesday	Forest Hills	Home	5:00 PM
June 26	Thursday	Vandalia	Away	5:30 PM
July 1	Thursday	Rain Date	TBD	TBD
July 8	Thursday	Miamisburg	Home	5:00 PM
July 12	Saturday	SOSL Champs	Home	TBA
		End of Year Picnic	Home	TBA

Meet Attendance

Parents will be required to declare meets and events for each meet. Parents will receive an email with instructions and deadlines for each meet. If the parent or swimmer would like the coach to select their events they should declare as attending and note their request. If you do not declare for a meet, your swimmer will not be entered into events. The coach has final approval of the requested events. Relays will not be declared, they will be selected by the coaching staff.

Remember, swimmers must swim at two meets in order to be eligible to swim at the Championship meet!

Other Important Dates

Date	Event	Time	Location
On Demand	Official Training	On Demand	Google Classroom (Ask Board Member for Link)
May 15	In-Person Registration Parent Meeting Suit Try-On	6:00 PM 6:30 PM 6:00 PM - 8:00 PM	West Carrollton Early Childhood Center Gymnasium
TBD	Spirit Wear Orders Due	TBD	Linked on Website and Socials
May 29	Mock Meet (Time Trials)	6:00 PM	Wilson Park Pool
June 3	Team Pictures	6:30 PM	City of West Carrollton Community Room, 300 E. Central Avenue

Official's Clinic

Each team is required to provide officials at each meet. All individuals who wish to officiate in the SOSL League, and are not USSA or YMCA certified, must set up a time to become certified. It is an easy procedure and gives you a front row seat for swim meets.

Team Suit

Buying a team suit is optional. We use Parrot Sports to order suits for the team. There are several suit choices. Our team colors are black and red. If you have any questions, ask one of the Parent Board members and they can help you.

Parents Meeting

The Parent Board will meet with parents at the West Carrollton Early Childhood Center (WCECC) in order to introduce the Board and coaches, outline the schedule, and answer any questions. Please try to attend this important meeting as it is a great opportunity to meet other parents and learn more about how the program works.

Team Pictures

Team pictures will be taken at the City of West Carrollton Community Room. Swimmers are encouraged to wear team suits for pictures if they have purchased them. You are **not** required to purchase pictures; however, **all swimmers should try to come for the team picture.**

Mock Meet (Time Trials)

All swimmers will be timed in each individual stroke for their age group. The timing will be done with handheld stopwatches by parent volunteers and coaches. We need timers at each meet, and this is an excellent time to learn how to time and to see how a meet is run. The swimmers get a chance to see how fast they can swim, and the coaches are able to determine the best events to place each swimmer in for the meets. We encourage all swimmers to attend. During the time trials, the new officials who have completed the clinic will be placed with experienced officials for on deck training.

SOSL Championship

This is the championship meet for all teams in our league and will be held at our pool. The teams arrive early in the morning and it is important that all swimmers report in with their coaches. Bring sunscreen, towels, ice, drinks, spending money and games for your swimmers. This is a long, exciting day, so help prepare your swimmer(s) by providing the right food and equipment. Each team will be required to provide parent volunteers to fill the various positions

at this meet. ***Swimmers must participate in at least 2 dual swim meets during the season in order to be eligible to swim at the SOSL Championship Meet. No exceptions.***

Swim Party/Awards Picnic

Come and join us as we wrap up the season with this fun event! Additional information regarding the end of year party will be provided near the end of the season.

Coaches

Our head coach is required to have lifeguard certification to ensure the safety of the swimmers. We look for coaches who have a good background as swimmers themselves, and who feel they can follow our general philosophy.

Lifeguards

Certified lifeguards are present at all practices and meets.

Swim Meet Agenda

1. Arrive at the pool by **5:00 PM for all home meets** and **5:30 for all away meets**.
2. After arriving at the pool, go directly to the bullpen (the area where Waves swimmers are to stay during the meet) and stay there for warm-up (stretching) and to check the line-up to see what events you swim.
3. Team warm-ups in the pool begin at approximately 5:35 PM.
4. After warm-ups return to the bullpen where you will have your event, heat and lane written on your back. **Swimmers: Please remain in the bullpen throughout the meet.**
5. At the start of meet (6:00 PM), each event will be announced. When your event is announced, go to the clerk-of-course and remain there to be checked by the adult in charge.
6. At the clerk-of-course you will be put in your assigned lane and instructed when to go behind the diving block of your lane.
7. You will be instructed to go up and stand behind your diving block.
8. After several short whistles, the starter will announce the event and distance.
9. When you hear one long whistle you need to step up onto your block.
10. You will then hear the starter say, "Take your mark" (as shown by your coaches at practice). The starter will depress a button and you will hear a horn or buzzer sound, which is your signal to dive into the pool and start the race.
11. After you have finished, you will be congratulated by your coaches, teammates and other adults for trying your best. You may be informed by an official that you were disqualified (DQ) and shown what you need to do correctly the next time. Your coaches will also show you and, if needed, you can ask them at your next practice to help you improve.
12. Return to the bullpen after each event you swim and wait for your next event.

13. Shortly after the meet is finished, the final score will be announced.
14. Ribbons which are won by the swimmers for a meet will be awarded the day after the meet. All ribbons will be placed in family folders.

Swim Team Terms and Descriptions

Awards: Swimmers will receive ribbons for 1st through 6th place. Participation ribbons are awarded to all 12 & under non placing swimmers. Championship ribbons are awarded for 1st through 16th place for individual events and 1st through 8th place for relay events. At the awards picnic, each swimmer is given an award for participation on the team.

Bullpen: This is the hangout area for each team's swimmers until they are called to the clerk of course. Volunteers are needed in the bullpen at each meet to help organize relay teams, (particularly the younger kids) and get them to report to the clerk of course when announced. All swimmers must stay in the bullpen if they are not competing or at the clerk of course. All swimmers should clean this area at the end of the meet.

Clerk of Course: This is the area to which swimmers report before they swim their events. They will be told their lane in this area as well as which heat they are in. Swimmers must stay in the clerk of course until they're directed to their lanes. Relay teams should report together.

Entries: A swimmer may swim as many as three individual and two relay events each meet. No swimmer may swim more than five events but they may swim fewer, if desired. As described in the Meet Attendance section above, parents will declare meets and events but the coach has final approval of the requested events. Relays will not be declared, they will be selected by the coaching staff.

Heat Sheet: A packet that is available for purchase at most meets to show the events of the swim meet.

Events: There are two types of events; individual and relay.

- Individual events include each of four strokes (freestyle, breaststroke, butterfly and backstroke).
 - 25 meters (one length of the pool) (12 and under)
 - 50 meters (two lengths of the pool) (13 and over)
 - 50 meter freestyle (9-10 and 11-12)
 - 100 meter freestyle (13-14 and 15-up)
 - 100 individual medley (IM) (9 and up) (swimmer swims 25 meters of each stroke)
- Relay events include freestyle and medley. Four swimmers are on each relay team.
 - 25 meters per swimmer (12 and under)
 - 50 meters per swimmer (13 and over)

False Start: Starting before the starter's signal. A second false start charged to the same swimmer results in disqualification of that swimmer in that event only.

DQ: Disqualification is the elimination of a swimmer from the one event by an official, because of a rule violation. Do not be alarmed if your child is DQ'd because all swimmers have experienced a DQ at some time. DQ's are necessary to keep all events fair. You can still swim all your other events after a DQ.

Final Results: Points are awarded as follows: 4-2-1 for first, second, and third place, respectively, in individual events. No point sweeps are allowed, so a team can only score a max of six points for every individual event. Four points are awarded to the winning relay team, with no other points being awarded in relay events. Final places are determined by the official times of all the designated swimmers in the event. Two timers are assigned to each lane with stopwatches. The two times are recorded on the lane slip for that lane with the average time of the two measured times being the "official" time.

Officials: This person has attended a school or clinic to learn the rules of each stroke and will be judging the swimmers during their races. Officials wear white shirts with white or navy-blue shorts and are located around the edge of the pool. Officials will try to tell each swimmer the reason for their disqualification. Please do not interrupt any official during meets concerning DQ's. Wait until after the meet to talk with officials or see a board member if your concern cannot wait.

Strokes: The four competitive strokes are freestyle, backstroke, butterfly and breaststroke.

Swimming Up: This means a swimmer is swimming in an older age group than their actual age. The swimmer may swim up in any event. Once they swim up in an individual event, they must swim up in all their events for that meet only. A swimmer may swim their own age group in the individual events and up for the relays, if needed. A swimmer is never allowed to swim in a younger age group. Age group is decided by the swimmer's age on June 1st.

WEST CARROLLTON WAVES PARENT BOARD MEMBERS 2024	
PRESIDENT	Lauren Williams
SOSL LIAISON	Maryke Kirchner
TREASURER	Amanda Stidham
HEAD OFFICIAL	Frank Boller
MEMBER-AT-LARGE	Amber Lutz
EQUIPMENT MANAGER	Nathan Roddy
CONCESSIONS	Kate Springhart
SPIRITWEAR & ADVERTISING	Malia Pryor
COMMUNICATIONS	Leigh-Anne Williams

A Final Word

The West Carrollton Waves believe in a competitive spirit and, above all, good sportsmanship. We encourage all swimmers to do their very best and congratulate them for a job well done whether they finish first or last. Our coaches will teach your child to improve their swimming skills and above all, to have fun. Please be a positive role model for all our children by showing the same good sportsmanship towards the other teams that we expect from our swimmers.

Please check our website often:

<https://www.gomotionapp.com/team/ohwst/page/home>

Feel free to email any questions or concerns to the Parent Board at:
swimmingwaves@gmail.com