



# DC WAVE SWIM TEAM

# Swimmer & Parent Handbook

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## FOREWARD

This handbook is intended to provide information helpful to the parents and swimmers of the DC Wave Swim Team. Changes and additions which may be required will be announced by the DC Wave Coaching Staff, or the DC Wave Booster Club's Executive Committee, and distributed via emails and included in the monthly newsletters. If the information offered herein fails to satisfy the reader's needs, the reader is urged to:

1. Seek answers to questions on swimming or practice from the Coach;
2. Seek answers to questions that appear to fall within the purview of a particular board member or committee chairperson from that individual;
3. Contact your child's group representative.

The reader is reminded that all officials of the team are volunteers, whose primary motive for serving, arise from an enthusiasm for the sport and a sense of duty to do their part. The same statement applied to all the officials and workers at every swim meet.

Questions, criticisms and complaints set forth in a courteous manner are apt to prompt the most courteous replies and diligent action, if the latter is appropriate.

*This handbook was last updated August 2018.*



# THE DC WAVE SWIM TEAM

The team began in 1983 as the “Capitol East Blue Waves” Swim Team. Its nucleus at the time consisted of five families whose children were in learn-to-swim classes at the Capitol East Natatorium (later renamed the William H. Rumsey Aquatic Center). The swim team was the next logical step toward continuation of children’s water activities at the conclusion of the summer’s lessons.

Over 30 years later, the DC Wave Swim Team is over 200 swimmers with three different locations: William H. Rumsey Aquatic Center, Takoma Aquatic Center and East Potomac Pool (Summer). We are constantly looking to grow and improve our team and welcome those who are passionate about competitive swimming and wish to be a part of that growth.

## **Our Mission**

The mission of the DC Wave Swim Team is to enhance the profile of competitive swimming in the Nation’s Capital by contributing to the social, ethnic, and economic diversity of the United States Swimming (USA Swimming) while providing a quality and affordable competitive swimmer experience for the youth of the District of Columbia and the surrounding Metropolitan area.

## **Our Goal**

The goal of the DC Wave Swim Team is to assist youths in the development, pursuit, and achievement of personal goals through the sport of competitive swimming. We strive to help each athlete reach individual excellence while also contributing to team success.

## **Team Structure**

We are a nonprofit competitive swimming program, owned and operated by the DC Department of Parks and Recreation Aquatics Division, and an elected board of Booster Club Executives which meet each month. All members are welcome at each meeting and are encouraged to be involved in team activities and fundraisers.

## Our Vision & Philosophy

*"Preparing the child for the path, not the path for the child."*

*"Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives—choice, not chance, determines your destiny."*

In managing a competitive swimming program, the DC Wave coaching staff strives to prepare each individual on the team for the next logical step in their development both as a person and as a swimmer. This often involves challenging our athletes in areas that they themselves did not believe they could be successful.

We seek to develop the complete swimmer in four major areas. These four areas comprise the foundational building blocks of what it takes to be a successful competitive swimmer.

**Socially:** We encourage our swimmers to become leaders during team activities, by being a positive role models for younger teammates and being respectful to parents, coaches, officials, and teammates. Additionally, activities such as goal setting, visualization, and self-talk, are promoted by the coaching staff as effective ways to meet challenges and overcome obstacles in everyday life, not just in swimming.

**Athletically:** In order for swimmers to have control over their bodies in the water, they must first be able to master control over their bodies on land. Dry land exercises are incorporated into weekly workout plans to help develop our swimmers athleticism, core strength, coordination, and flexibility. The dry land component of training is not a substitute for other areas of development, but is used to enhance the performance of the athletes in the water.

**Mechanically:** Proper stroke mechanics is the key to efficient and easy swimming. It is for this reason that we seek to teach our athletes the importance of proper body position, alignment, timing, coordination, rhythm, and technique in each of the four competitive strokes. Portions of practice will be dedicated to teaching these concepts by having our swimmers practice short distances of a drill or stroke with ample rest and time in between for feedback and correction.

**Aerobically:** Aerobic fitness is critically important for all of our athletes. We seek to challenge and develop the aerobic systems of our athlete so that they are better prepared for the work that lies ahead, and are fit enough to tackle the work and exercise within each workout.

# DC Department of Parks & Recreation

The District of Columbia Department of Parks and Recreation Competitive Swim Program is a year-round program founded to sponsor and coordinate within the Washington Metropolitan Area, Age-Group, Junior National, Senior National, International, High School, College, and Summer League competitive swimming.

The aim is to develop a love of swimming, advanced aquatic skills, capacity for teamwork, and principles of good sportsmanship. To this end, the program will create an atmosphere conducive to the total personal (physical, psychological, social, and academic growth and development). Any swimmer, college aged or under, is welcome from the Novice to the National level.

[www.dpr.dc.gov](http://www.dpr.dc.gov)

## USA Swimming

USA Swimming (USAS) is the National Governing body for amateur competitive swimming in the United States. USAS was conceived in 1978 with the passage of the Amateur Sports Act which specified that all Olympic sports would be administered independently. Prior to this act, USAS was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, IN. USAS headquarters office was established in Colorado Springs, CO, in 1991 and is located at the Olympic Training Center.

As the national governing body for the sport, USAS is responsible for the conduct and administration of swimming in the United States. In this capacity, USAS formulated the rules, implements policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects the athletes to represent the United States in international competition.

United States Swimming is a non-profit organization made up of very dedicated volunteers. Interested individuals donate their time, energy, and expertise at every level from the national Board of Directors to the local swimming clubs (LSC). All policy decisions are made through a chain of committees—committees reporting to elected vice presidents. The USAS House of Delegates meet once a year and determines the rules and regulations for swimming for the following year. In between yearly meeting of the House of Delegates, an elected USAS Board of Directors is charged with the responsibility of making decisions for the corporation.

[www.usaswimming.org](http://www.usaswimming.org)

## Potomac Valley Swimming

Within the United States, USAS is divided into fifty-nine Local Swimming Committees (LSC) with each one being responsible for administering USAS activities in a defined geographical area. Each LSC has its own set of by-laws under which it operates. The LSC for the DC Wave Swim Team is Potomac Valley Swimming (PVS). A House of Delegates with representation of athletes, coaches, members of the Board of Directors, and clubs are responsible for managing the business affairs of each LSC.

[www.pvswim.org](http://www.pvswim.org)



## THE DC WAVE BOOSTER CLUB

*The DC Wave Swim Team Booster Club exists to promote the sport of youth swimming in the DC Metropolitan area by heightening community awareness of the sport of swimming, providing financial support, public outreach, and advocacy for the DC Wave Swim Team.*

The DC Wave Booster Club is a non-profit 501c3 volunteer organization consisting of swim team parents and guardians, and acts as the support arm of the swim team. The Booster Club serves as an advisory group, and provides the necessary “people-power” to implement the team’s programs and special activities.

In order to remain a strong organization, we encourage the participation of all parents, guardians, and other interested parties in the activities of the club.

### **Why is there a Dual Registration Process?**

The DC Wave Swim Team is owned and operated by the DC Department of Parks and Recreation Aquatics Division (DPR Aquatics). DPR covers the cost of coaches salaries, pool time, pool equipment, and athlete, coach, and club registration with USA Swimming (USAS). The DC Wave Booster Club is the team’s administrative and financial arm.

Both organizations require a registration fee from families to secure your spot on the team and cover the cost of providing these services to our membership. USAS rules prohibit non-USA Swimming members to practice with USAS Clubs and Teams. For this reason, swimmers must be registered with DPR for the DC Wave Swim Team prior to participating in any team activities, including practices.

# DC Wave Booster Club History

The Booster Club was established in the early 80's shortly after DC Wave began. In the beginning their function was to provide incentives and awards for the swim team. The Booster Club establishment was essential for team growth. This proved to be a turning point for the program by creating cohesion and structure.

Prior to the Booster Club, the Swim Team was merely just a group of kids which wanted to swim. Essentially, they were the DC Department of Parks and Recreation (DPR) program which followed in succession from Learn-to-Swim. Swim Meets, and other team events were not on the radar. With the establishment of the Booster Club, the team began to evolve and think about expanding the ideas of what they could be and what they could do.

In the beginning, DPR took on many of the financial tasks that the Booster Club does today, such as registration, entry fees, and more. However, it was soon discovered that it was more complexed and the swim team ended up being in debt to Potomac Valley Swimming (PVS).

Originally, DPR's regulations only allowed the Booster club to keep \$500 in their treasury. As it was soon discovered, \$500 for swimming matters does not cover a whole lot. The booster club owns the various equipment, tools, technology and software programs used at swim meets. Soon this cap was raised to \$1,000, \$1,500, and eventually DPR removed the cap. Once this was done, the booster club could now finance many of the events and functions they needed to without having to prioritize, or cut items off their list.

Since then, the Booster club has grown and taken on more tasks: hosting team building events, attend travel swim meets, educational talks, events such as swim-jitsu, holiday parties, and sending kids to championship meets such as Zones and Sectionals where the Booster Club assists financially. As the booster club has grown they have been able to service more swimmers and families. When DC Wave first began, it was comprised of 8 families at William H. Rumsey, and 12 families at Wilson. Today, we have over 200 swimmers on our team and continue to be growing each season.

## What do the Booster Club Fee's Cover?

- DC Wave Uniforms
- Awards Banquet
- Team Travel and Team Building Activities
- Meet Host Sanction
- Splash Fees for Swim Meets and Fee Assistance for Championship Meets
- Concessions and Hospitality
- Administrative Supplies and Equipment
- Maintenance and Upkeep of the Team's Website



# Booster Club Committees

**Awards & Team Records:** Maintain a list of awards presented each year and suggest additional awards as necessary. Prepare (along with the Head Coach and the Records Chairperson) a final listing of awards for the banquet. Arrange site and guest speaker(s) for the banquet. Order and check awards for the banquet.

**Communications:** Consists of at least one parent from each pool site. They maintain a phone, email, and address listings for swim families. They help provide communication assistance between parents at their site.

**Finance & Budget:** Oversee the finances of the club. Prepare budget and develop accountability guidelines for the various other committees.

**Hospitality:** Administration of concession stands at meets that we host. Hospitality for officials at meets. Organize food preparations for award banquet and other events.

**Meet Organization:** Chairs by the meet manager. Arrange to ensure all officials and requirement for hosting meets are in place. Members of this committee are encouraged to attend meet managers training session.

**Officials:** Comprised of all certified officials. Arrange for other members to be training in order to swell the ranks of registered officials.

**Planning:** Oversee plans for the swim season. Adjust plans as necessary depending on changes in meet dates and so forth. Prepare information for the communications committee.

**Publicity, Recruitment, & Registration:** Help to make the general public aware of the team's accomplishments. Ensure that all swimmers competing and training with the team are proper registered with both DPR and the DC Wave Booster Club.

**Swimmer/Parent/Coach Relations:** Accept concerns of parents/swimmers/coaches. Meet with coaches and parents to resolve any concerns.

**Team Uniform & Equipment:** Oversee the choosing and ordering of swim team suits, T-shirts, Etc. Maintain information regarding practice suits availability.

**Travel & Fundraising:** Arrange team travel during the swim year for travel meets. Enforce eligibility guidelines and determine the amount of funding required. Coordinate and arrange each trip or activity proposed. Coordinate fundraising activities such as the swim-a-thon.



## Volunteer Positions at Swim Meets

**Clerk of Course:** This job is responsible for getting the swimmers organized by event, heat, and lane. The clerks start lining up the swimmers for the first relays 10 minutes prior to the meet start.

**Concessions:** They help to sell food to spectators (and often hungry kids). After the meet is over, they clean up and pack away all the remainders.

**Head Timer:** Start your own stop watch at the beginning of each heat in case a timer misses a start. Collects time sheets from timers when the event has finished and gives the sheets to the runner.

**Hospitality:** They ensure that there is adequate and appropriate food and beverages available to workers. They also will go around to ensure that Coaches, Officials, and workers attending the meet are taken care of.

**Ribbon Writer:** The ribbon writer takes the printed labels from the computer scorer and sticks them to the back of the proper awards/ribbons. The stickers are sorted by team.

**Runner:** Takes sheets from Head Timer to the computer officials. The runner should attend the head timers meeting 15 minutes prior to the start of the meet so everyone knows who to give their sheets to.

**Starter/Announcer:** They are responsible for picking up the starter kit prior to each home meet, setting it up, starting each race, and making any announcements that need to be made throughout the meet. They will also announce which events should be reporting to the clerk of course for check-in.

**Timers:** They start and stop their stop watch but also press a button when the swimmer touches the wall/touch pad to ensure that times are accurately captured in the computer and is visible for spectators on the scoreboard.



## USA Swimming Officials

We are always looking for more volunteers to become certified officials. There are many different roles and swim meets are not possible without them. Officials are what make competitive swimming possible. While there are many official positions, below are some of the most common among the DC Wave Swim Team:

**Colorado Timing System Operator:** The Timing Equipment Operator is responsible for the timing equipment, including the electronic starting system and scoreboard (if used), and advises the Referee or Administrative Official of any system problems that might affect the accuracy of times or whenever the touchpad is observed to have failed to record the finish when the swimmer completed the race. This is a great position as the training can be done online; anytime and anywhere!

**Stroke & Turn Judge:** The purpose of a stroke and turn judge is to observe, but not scrutinize, the competition for compliance with the technical rules of swimming. They are the eyes of the referee on deck. Other than the referee, they are the only official who can make a call without dual confirmation.

If they witness a clear infraction, they raise their hand to report it. The purpose of calling violations is not to punish the violator, but to be fair to and to protect the other swimmers in the race.

This is a great introductory position into the world of officiating in the competitive swimming world. This position helps you to gain a better understanding of the rules for each stroke, and the structure and operations of a swim meet.

All information about requirements and upcoming certifications can be found online through the PVS website.

# The Do's and Don'ts for Swim Parents

## Do for Yourself

- Look relaxed, calm, positive, and energized. Your attitude influences how your child feels and performs.

## Do with Other Parents

- Volunteer as much as you can. Swimming depends upon involved parents.

## Do with Coaches

- Give them any support they need to help them do their jobs better.
- Communicate with them about your child.
- Inform them of relevant issues that might affect your child's behavior.

## Do for your Child(ren)

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Provide a healthy perspective to help children understand success and failure. Show them you love them regardless of whether they win or lose.
- Understand that your child may need a break from sports occasionally.

## Don't for Yourself

- Lose perspective about the importance of your child's sports participation.

## Don't with Other Parents

- Talk about others in the sports community negatively.

## Don't with Coaches

- Interfere with their coaching during practice or competitions.
- Work at cross purposes. Make sure you agree philosophically and practically.

## Don't with your Child(ren)

- Ignore your child's bad behavior in practice or competitions.
- Ask the child to talk with you immediately after a competition. It is important that they speak with their Coach to get feedback on their race, and if necessary cool down.
- Make your child feel guilty for the time, energy, and money you are spending and the sacrifices you are making.
- Compare your child's progress with that of other children.

**You can help your child become a strong competitor by emphasizing the importance of learning and transferring life skills such as hard work, self-discipline, teamwork, and commitment.**



# TEAM AWARDS

*It is team policy to recognize the efforts of every swimmer who participate on the swim team with various levels of awards. The following awards are given to swimmers who, based on a determination by their Coaches and other criteria, listed below, have excelled within their swimming group.*

## Special Awards

- Jesse Howard Thomas & Chantice Caruth Memorial Awards
- Most Accomplished Veteran and Rookie
- Most Improved Veteran and Rookie
- Attendance Awards
- Iron Athlete Awards

## Jesse Howard Thomas & Chantice Caruth Memorial Award

This is a special award dedicated to the memory of Jesse Thomas and Chantice Caruth, former DPR swimmers. It is presented to the rookie female and male swimmer(s) who have distinguished themselves by dedication, hard work, enthusiasm, and support of their fellow team members.

## Most Accomplished Swimmer Criteria

These awards are designed to recognize the swimmers who are performing at the highest level in all four competitive strokes, and the IM event.

## Most Improved Swimmer Criteria

These awards are designed to recognize the swimmers in each age group who have shown the most improvement during the winter swim season in the various competitive strokes and events.

## Attendance Award Criteria

This award is given to swimmers from each training site who have attended the most training sessions during the season.

# Iron Athlete

The Iron Athlete Challenge was created as a way to introduce our swimmers to the many different distances and events that exist in competitive swimming. Our program seeks to develop swimmers in all four strokes, sprint, middle distance, and distance events, to give each athlete a balanced competitive swimming foundation to build upon at the high school or collegiate level of the sport.

## What Do You Have To Swim To Qualify For IMX?

To be considered an Iron Athlete, swimmers must legally complete each of the events designated for the age group below, in competition during the season. Athletes who have completed this challenge by the end of the season will receive an award at the end of the season in recognition of their accomplishment.

	8 & Unders	9-10	11-12	13 & Older
25 Fly	✓			
50 Fly	✓	✓	✓	
100 Fly		✓	✓	✓
200 Fly				✓
25 BK	✓			
50 BK	✓	✓	✓	
100 BK		✓	✓	✓
200 BK				✓
25 BR	✓			
50 BR	✓	✓	✓	
100 BR		✓	✓	✓
200 BR				✓
25 FR	✓			
50 FR	✓	✓	✓	✓
100 FR	✓	✓	✓	✓
200 FR		✓	✓	✓
500 FR		✓	✓	✓
1,000 FR			✓	✓
1,650 FR				✓
100 IM		✓	✓	
200 IM	✓	✓	✓	✓
400 IM				✓

# IM-Xtreme Challenge

USA Swimming's IMX program is very similar to our Iron Athlete Challenge. Swimmers receive points based on times achieved in select events. Swimmers accumulating over 1,800 IMX points can qualify for the IMX Extreme Games, and other select competitions across the nation.

## What Is IMX?

IM Xtreme is a program that allows USA Swimming (USAS) members to track their times (or Coaches to track their team's times) against swimmers all across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region, and even across the USA!

## What Do You Have To Swim To Qualify For IMX?

The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank, and on your club.

- **10 & Under:** 200 FR, 100 BK, 100 BR, 100 Fly, and 200 IM
- **11-12:** 400 FR (LC) or 500 FR (SC), 100 BK, 100 BR, 100 Fly, and 200 IM
- **13 & Older:** 400 FR (LC) or 500 FR (SC), 200 BK, 200 BR, 200 Fly, 200 IM, and 400 IM

## How Do I Score Points?

Every swim listed in the USAS times database includes a Power Point value. This point system allows for comparison of the quality of performances across strokes, distances and events, as well as between age groups.

So how exactly does the power point system work? The power point scale ranges from 1 to 1100 points. The higher the points, the stronger you are in that event. We use these points to rank you and your club in IM Ready, IMX and Virtual Club Championships programs.

## Why Use It As A Swimmer?

Ever wonder how your long course times compare to your short course times? Wonder no more. Comparing your season swims is just one way Power Points can be of use to you. Here are other ways to use them:

- So you're pretty decent in your events across the board, but you want to know which events are stronger for you on a national scale. Use Power Points! For example, you can compare your score in the 100 back vs. the 200 back or across several freestyle distances such as the 100, 200, and 400.
- Look at the strength of one stroke vs. another stroke. For example, compare your freestyle to your breaststroke. Determine the quality of your short course vs. long course swims.
- This comparison is a great way to measure progress from the end of the short course season through the long course season.



## TRAINING GROUPS

### **Developmental I**

This is our entry level group for the competitive swim team. Swimmers must be able to complete, at minimum, 25 yards of Freestyle using rhythmic side breathing, Backstroke, and either Breaststroke or Butterfly. All strokes must be completed independently without stopping.

This level focuses on stroke construction, stabilizing kick, and aerobic system development. Swimmers will also be taught the basics of diving and turns for all the strokes.

Swimmers must attend a minimum of 2 practices per week and be able to attend competitions at least once per month, competition schedule permitting.

### **Developmental II**

This is our entry level group for the competitive swim team. Swimmers must be able to complete, at minimum, 50 yards of Freestyle using rhythmic side breathing, Backstroke, and either Breaststroke or Butterfly. All strokes must be completed independently without stopping.

This level focuses on stroke construction, stabilizing kick, and aerobic system development. Swimmers will also be taught the basics of diving and turns for all the strokes.

Swimmers must attend a minimum of 2 practices per week and be able to attend competitions at least once per month, competition schedule permitting.



## **Age Group I**

From the Developmental level, athlete move up to this level by Coach recommendation only. Swimmers must have at least 1 year of competitive USA Swimming experience, or the equivalent; must be able to perform all competitive strokes legally; perform a racing start from the block; must be able to perform all the turns for the competitive strokes; must be able to complete 200 IM, and 100's of stroke in competition.

This level focuses on stroke efficiency, aerobic capacity, skill building and development, and goal setting. Swimmers at this level will build upon the fundamentals taught at the Developmental level.

Swimmers must attend a minimum of 3 practices per week and be able to attend competitions at least once per month, competition schedule permitting.

## **Age Group II**

A more advanced level of Age Group I. Swimmers in this group must have at least 1 year of competitive USA Swimming experience, or the equivalent; must be able to perform all competitive strokes legally; perform a racing start from the block; must be able to perform all the turns for the competitive strokes; must be able to complete 200 IM, and 100's of stroke in competition. This group also prepares swimmers to swim in beginner distance events such as the 500 Freestyle.

This level focuses on stroke efficiency, aerobic capacity, skill building and development, and goal setting. Swimmers at this level will build upon progress made in Age Group I.

Swimmers must attend a minimum of 4 practices per week and be able to attend competitions at least once per month, competition schedule permitting.

## **Age Group Select**

Swimmers are invited into this group via coaches recommendation only. Athletes in this group must be at least 10 years old, and have at least 2 years competitive USA Swimming experience, or the equivalent. This group is exposed to training geared towards athletes of a B+ time standard. This group prepares for 200's of each stroke, the 1,000 Freestyle, and the 400 IM.

This level focuses on stroke efficiency, aerobic capacity, skill building and development, and goal setting. Swimmers at this level are introduced to anaerobic training capacity, race strategy, and a higher competitive performance.

Swimmers must attend a minimum of 4 practices per week, demonstrate leadership qualities and a strong desire to excel in competitive swimming, and attend all meets indicated by the coaching staff. Swimmers who are in this group, or are looking to join this group, must participate in Long course and dryland training during the summer.

## **High School/Summer Prep**

This group is for swimmers who are unable to commit to training consistently year round but wish to continue training in preparation for the High School or Summer League swimming season(s).

Swimmers must be a minimum age of 14 years old, and be proficient in at least 3 of the competitive swimming strokes (Butterfly, Backstroke, Breaststroke, and Freestyle).

This level focuses on stroke efficiency, aerobic capacity, skill building and development, and goal setting. Swimmers at this level are using this to supplement their high school or summer league swim team.

Swimmers must attend a minimum of 2-3 practices per week and be able to attend competitions at least once per month, competition schedule permitting.

## **Pre-Senior**

Athletes entering this group must display an ability to train on a more committed basis. The Pre-Senior level is for athletes that are ready and able to make competitive swimming a priority in their life. The minimum age for entry into this group is 13 years old. For the time standards for this group, please see the team website as are subject to bring updated each year.

This level focuses on anaerobic training capacity, race strategy, and competitive performance. Athletes must be able to train a minimum of 10 hours per week (5 practices). Long course and dryland training are requirements at this level.

A DC Wave Pre-Senior Athlete:

- Has goals of scoring at PVS Junior Champs or Junior Olympics; competing at Senior Champs and Eastern Zone Championships.
- Has goals of being selected for USA Swimming Diversity Select Camps and/or Zone Select Camps.
- Takes responsibility for performance by developing and executing race strategy.
- Demonstrates ability to balance family life, schoolwork, and swimming.
- Exemplifies commitment to goals to teammates, parents, and coaches.

Expectations:

- Exemplify qualities of a pre-senior level swimmer
- 11 month commitment
- Must attend practice at least 5 days a week
- Maintain 85% practice attendance monthly
- Attends all competitions designated by coaching staff
- Understands and performs personal race strategies
- Effectively communicate commitment to teammates, parents, and coaches
- Knows the team goals
- Takes an active role in developing specific and attainable practice group goals

## Senior

Athletes entering the Senior group must display a strong desire to perform at the highest level they are capable of. Training for this group is geared towards individual talents, although a strong aerobic endurance factor is present.

Graduation into this level is by Coach's invitation only, and athletes must be able to adhere to coaches and training group standards and requirements to remain at this level. Minimum age for entry into this group is 15. For the time standards for this group, please see the team website as are subject to bring updated each year.

This level focuses on anaerobic training capacity, race strategy, and competitive performance. Athletes at this level train for 12 or more hours per week (6 practices). Training focuses on regional and/or national level competitions. Long course and dryland training are requirements at this level.

A DC Wave Senior Athlete:

- Has goals of scoring at PVS Senior Champs and/or qualifying for Sectionals.
- Has goals of being selected for USA Swimming Diversity Select Camp, and/or the National Select Camp.
- Takes responsibility for performance by developing and executing race strategy.
- Demonstrates ability to balance family life, schoolwork, and swimming.
- Exemplifies commitment to goals to teammates, parents, and coaches.

Expectations:

- Representing DC Wave at the highest levels
- Be a model for the younger, up and coming swimmers on and off the pool deck
- 12 month commitment
- Must attend practice 6 days a week
- Maintain a 90% practice attendance monthly
- Attends all competitions designated by coaching staff
- Commitment and desire to excel at practice and at meets



## Practice Etiquette & Expectations

### For Swimmers...

1. Swimmers must obey all rules of the practice facility.
2. Swimmers attending practices and workouts should suit up, use the restroom, and be on the deck before practice begins.
3. It is the swimmers responsibility to notify the Coach of any physical challenges or issues that may affect performance before getting in the water.
4. Swim team members who are not prepared, or who do not intend to participate in practice are still subject to the rules of the facility management as well as the rules of the coaching staff.
5. At the coach's discretion, swimmers who are later than 30 minutes may be excluded from practice that day.
6. Cell phones and other electronic devices should be left in swim bags or in the locker room.
7. During practice, talking will be limited. Swimmers are required to pay close attention to instructions.
8. No swimmer may interfere with another's workout.
9. Unsportsmanlike conduct and inappropriate language is totally unacceptable.

### For Parents...

1. Please do not interrupt Coaches and/or swimmers during practice. Practice time belongs exclusively to the swimmer and the coach.
2. If you wish to watch practice, you must follow all facility rules and not prove to be a disruption.
3. Parents are not allowed on deck. For emergencies or urgent messages, parents and guardians are asked to utilize the pool staff.



## REQUIRED EQUIPMENT

While all the sites that we use have basic equipment such as kick boards, it is important that swimmers have their own equipment so they learn to be responsible for their equipment, and not waste practice time finding the right equipment.

Below is the equipment which swimmers are expected to have in their equipment bag each day.

In addition to all the equipment listed below, all swimmers are expected to have a mesh bag to hold all equipment, extra goggles, caps, and swim suits.

	Kick Board	Pull Buoy	Fins	Hand Paddles	Snorkel	Socks	Drag
Developmental I	✓	✓	✓				
Developmental II	✓	✓	✓				
Age Group I	✓	✓	✓	✓	✓		
Age Group II	✓	✓	✓	✓	✓		
Age Group Select	✓	✓	✓	✓	✓	✓	
High School/ Summer Prep	✓	✓	✓	✓	✓	✓	
Pre-Senior	✓	✓	✓	✓	✓	✓	✓
Senior	✓	✓	✓	✓	✓	✓	✓

# A Visual Guide for Equipment Buying

All the different levels of swimming require different equipment. Choosing the right equipment for their needs can be tricky. Below is a visual guide to help aid you in the equipment buying process for some of the most common buying mistakes.

## Kick Board



They come in different sizes. Make sure to get a board which is not too big and is comfortable to use.



Alignment kick boards are not recommended. **DO NOT BUY THEM.**



Arrow kick boards are only recommended for experienced or swimmers prone to shoulder injury.

## Pull Buoy



This is best for smaller swimmers and those in the Developmental levels.



This is best for older children ages 11 & up.



The Fastskin pull buoy is not ideal for our training groups. **DO NOT BUY THEM.**

## Fins



Long fins are best for Developmental (I & II) and Age Group I.



Speed, or "burner" fins are best for swimmers Age Group II and up.



While adjustable fins, such as scuba fins, may be tempting, **DO NOT BUY THEM.**

## Paddles



While these are very comfy, **DO NOT BUY THEM.** These are swim gloves, not paddles.



These are suitable for all our levels. They come in various sizes, so be sure they fit correctly.



Agility paddles are recommended only for experienced swimmers, Age Group Select and up.

## Snorkel



Front snorkels are used for competitive swim training. They come in different sizes.



The most common snorkels are side or recreational snorkels. **DO NOT BUY THEM.**



Full face snorkel masks are not conducive for competitive swimming. **DO NOT BUY THEM.**

# Apps That You Should Have

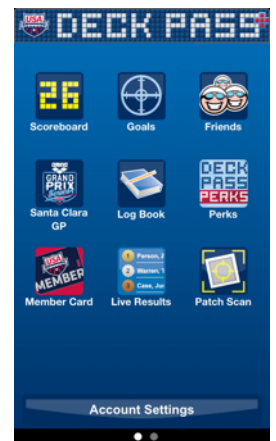
Competitive swimming has come into the technological age. There are many apps out there which are useful for swimmers, parents, and coaches. The DC Wave Swim Team recommends having Deck Pass, Meet Mobile, and OnDeck. All of these apps can be downloaded through iTunes or Google Play.

## Deck Pass

Deck Pass is an online platform that tracks swimmers' times and rewards them with digital incentives. USA Swimming (USAS) members can track their best times, set goals, check their IMX scores and earn digital patches for their achievements.

Families with multiple swimmers have 2 options. On the USAS website, parents will need to create a parent account for themselves and athlete accounts for each of their swimmers. Once the account are created, you can add each swimmer to their (parent) account. On the Deck Pass app, you will need to connect with your swimmers through the friend request option.

With this app, your and your child will have access to a digital copy of their USAS Membership Card. This can be done through both the app and online. The digital card serves as proof of current membership and is often needed for deck entries, or access to the deck for some qualifying meets.



## Meet Mobile

This app provides real-time meet results and standings. As soon as a swimmer finishes, you will be able to see their time on your phone. As soon as the event is completed, you will be able to see results instantaneously. You will also get to see pre-race rankings (psych sheet), standings, and heat/lane assignments as they become available.

## OnDeck

This app sync's with our team's website. You can check attendance percentage, best times and meet results, invoice balances, upcoming swim meets and entires, and so much more!

With this app there is no need to create a new account. You can use the same information for your account with our team's website!

For more information on how to use the app and get the most out of the app, teamunify has created many instructions videos which can be found online: <https://university.teamunify.com/ondeck-naa>



OnDeck



For Parents, Coaches & Admins!



## COMPETITIONS

Competition is an essential element of the DC Wave Swim Team experience. Through competitive opportunities participants can effectively set and pursue goals, learn coping mechanisms to deal with peaks and valleys of winning and losing, establish friendships, learn to respond from failure and adversity, develop discipline, and the ability to perform at their best under pressure.

DC Wave swimmers compete in USA Swimming (USAS) and Potomac Valley Swimming (PVS) meets within the DC Metropolitan Area with the opportunity for several out-of-town travel meets per season. Some of our past out-of-town travel swim meets have included:

- East Coast Open Water Championships (Huddleston, VA in September)
- SAKA Kettlebell Classic (Philadelphia, PA in December)
- Pittsburgh Aquatics Christmas Meet (Pittsburgh, PA in December)
- RSA January Jubilee (Cary, NC in January)
- Black Heritage Swim Meet (Cary, NC in May)

### Competition Seasons

The DC Wave Swim Team is a year round competitive swimming program. Our swimmers train and compete in both Short Course and Long Course formats.

Short Course Season runs from September through April, and is swum in an indoor 25 yard pool. Long Course Season runs from May through August and is swim in an outdoor 50 meter pool.



## **DC Wave Meet Entry Procedures**

All swim meets will be posted online through our team website. Meet announcements, and any other relevant documentation regarding the meet will be posted on the event page.

Some swim meets require certain qualifications such as qualifying times, or “no faster than” (NFT) times. For meets with qualifications, only eligible athletes will be entered. For these meets we will post eligibility reports so that you can see whether or not your swimmer(s) have qualified.

Entries must be submitted by the deadline in order to ensure that they will be entered. All entries after the deadline must be emailed to the team registrar and are not a guarantee to be entered into the swim meet.

All meet entries are subject to approval by your child’s primary swim coach. Your child’s swim coach reserves the right to change the events they are entered in. You may always email your child’s primary Coach to figure out the reason(s) why the events were changed. Some of the standard reasons for event changes are:

- Not ready for the event (i.e. wants to do the 200 Freestyle but has yet to do the 100 Freestyle.)
- Looking ahead at other meets that have certain qualifying times
- Completion of their iron athlete

Entry reports, psych sheets, and timelines will be posted online and emailed out in a timely fashion.

## **Team Relays**

Many of the meets which we attend have relays. These relays can be either at the beginning or at the end of the meet. If you want to know whether a meet has relays, we recommend looking at the meet announcement as it will have a list of the events to be swum on each day, and the order in which they will take place.

If your child cannot commit to being in a relay, please put a note in the comments section when signing your child(ren) up for the meet. If not comments are made, it will be assumed that you have no schedule conflicts and the coaches will consider your child(ren) for relays.

Never leave a meet without asking the coaches if you are needed for relays. One missing swimmer can cause three swimmers to miss a chance to compete.

## **DC Wave Meet Schedule**

The meet schedule can be found online at our team’s website. We do reserve the right to make changes to the schedule. Any changes to this schedule will be communicated via teamunify emails and news posts. We recommend talking with your child’s primary coach to determine what meets they should attend.

# Swim Meet Etiquette

1. Swimmers must obey all rules of the meet facility and those in charge of running the swim meet.
2. No horseplay will be allowed at the meet facility before, during, or after the meet.
3. Swimmers are required to pay close attention to Coach's instructions during a meet. AN IMMEDIATE AND PROPER RESPONSE TO A COACH'S INSTRUCTIONS IS A MUST.
4. IT IS THE SWIMMER'S RESPONSIBILITY TO PAY ATTENTION TO THE MEET PROCEEDINGS AND TO REPORT ON TIME FOR THEIR EVENT.
5. Unsportsmanlike conduct is completely unacceptable.
6. Swimmers must, at least 15 minutes before warm-ups, notify coaches of any condition(s) which might affect their meet performance.
7. Warm-up before competitions is a must. Swimmers are strongly advised to arrive at meets in time to warm-up.
8. AT THE COACH'S DISCRETION, SWIMMERS MAY NOT BE ALLOWED TO SWIM SOME EVENTS WITHOUT PROPER WARM-UP.
9. All swimmers are expected to come prepared for a swim meet. This includes bringing an extra pair of goggles and cap(s). SWIM COACHES ARE NOT RESPONSIBLE FOR PROVIDING ANY EXTRA EQUIPMENT.
10. ALL SWIMMERS ARE EXPECTED TO KNOW WHAT THEY ARE SWIMMING THE DAY OF THE MEET. If heat sheets are sent out prior to the start of the meet, it is expected that they know what they are swimming, and what heat and lane they will be swimming in for each event.
11. Coaches are responsible for determining in which events the swimmer is to compete. COACHES WILL HOWEVER, BE RECEPTIVE TO INFLUENCE BY PARENTS AND SWIMMERS.
12. If the meet is utilizing "positive check-in" it is the responsibility of the swimmer to check themselves into their events. Coaches will not be checking swimmers in.
13. Swimmers will not wear gear (caps, t-shirts, jackets, etc.) of another swim team. When at a swim meet, swimmers are expected to represent DC Wave by only wearing DC Wave or PVS gear.
14. IN THE EVENT OF A SWIMMER'S FAILURE TO COMPLY WITH THESE RULES, THAT SWIMMER MAY BE SCRATCHED FROM THEIR EVENT, FROM A SESSION, OR FROM THE REST OF THE MEET. MEET ENTRY FEES WILL NOT BE REFUNDED.

# General Meet Guidelines For Parents

## What To Take To The Meet

1. Swim suit, team cap, and goggles.
2. Talcum powder to dust the inside of the cap. This helps to preserve the cap and make it easier to put on.
3. Pack at least 2 towels.
4. Something to sit on; chairs (if they are allowed at the meet), sleeping bag, old blanket, or anything that will be comfortable to sit on.
5. Sweats or some type of clothing to cover up and keep muscles warm in between races.
6. Games, books, homework, or anything to help pass the time between events. While ipads and electronic devices are not banned, we strongly encourage swimmers not to bring them as they can often be more of a distraction.
7. Food. Each swimmer is allowed to bring a small cooler. It is better to bring your own snacks. Most meets which we attend have a concessions stand, but often times the lines are long and the food supplied may not be what your swimmer needs to fuel up.

## Before The Meet Starts

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time.
2. Upon arrival, find the team area, and have your swimmer change and rinse off before stretches and warm-up.
3. Find out if there is positive check-in, and if there is, where it is. If there is positive check-in, have your swimmer do so promptly.
4. For younger swimmers it is a good idea to write their event, heat, and lane on them. For all meets which pre-seed, we will send out the heat sheets at the latest, the night before the meet.
5. Once they have changed and have settled in the team area, have your swimmer check in with their Coach. Sometimes we have a coach who is not their primary coach covering the session which they are attending. If you do not see their primary coach, ask another coach who they will report to for the session.

# DC Wave Parent Code of Conduct

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our team. The Code of Conduct was developed as a standard to emphasize our organization's commitment to making everyone's involvement with our team a positive experience.

## We as an organization highly encourage the following parent behavior:

- Open communication between parents, athletes, and coaches, emphasizing goal-setting and focusing on performance expectations of both the athlete and parents.
- Meeting with the coaches/athletes/parents during normal operating hours to discuss issues.
- Positive reinforcement of all athletes in all situations; team spirit, team loyalty.
- Parent involvement in the DC Wave Parent Booster Club and in organizing and running of competitions and other team events.

## We as an organization will not tolerate the following behavior from parents:

- Coaching your children at practice or during competitions; that is the coach's job.
- Interrupting or confronting the coaching staff during practice or competitions.
- Abusive language towards coaches, athletes, parents, officials, and your own children.
- Any behavior that brings discredit or disruption to our athletes and our organization.

As a parent or guardian of an athlete and a member of the team, I will abide by the following guidelines:

1. Practice teamwork with all parents, athletes, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
2. As a parent, I will not coach or instruct my child or any other athlete at practice or at competitions (from the stands or any other area), or interfere with the coaches.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other athletes, parents, officials, and the coaches at swim meets, practices, and team sponsored events.
4. Maintain self-control at all times. I will know my role:
  - **Athletes— Compete**
  - **Coaches— Coach**
  - **Officials—Officiate**
  - **Parents—Parent**
5. As a Parent, I understand that criticizing, name calling, use of abusive language or gestures directed towards any coach, official, and/or any participating athlete will not be permitted or tolerated.
6. As a parent, I understand that the DC Wave Swim Team is not a recreational swimming program, and that all team members are expected to compete in meets at least once per month as the team's competition schedule permits.
7. Enjoy involvement with the team by supporting the athletes, coaches, and other parents with positive communication and actions.
8. During competitions, questions or concerns regarding decisions made by officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.

**Sanctions:** Should I conduct myself in such a way that brings discredit or discord to the team, or our national governing body, I voluntarily subject myself to disciplinary action. The DC Wave Swim Team maintains the right to terminate any membership with cause in the interest of our vision, mission, and objectives.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# DC Wave Swimmer Contract

I, \_\_\_\_\_, pledge to abide by the following policies and code of conduct as a member of the DC Wave Swim Team. I understand that my membership with the team is a privilege, not a right, and that my continued membership with the team is dependent on my behavior and my willingness to adhere to team policies. I understand that this contract is not only for the benefit of the team, but for me as well. I understand that failure to live up to my obligations as a member will put my status on the team in a negative standing, and repeated abuses will result in disciplinary action, up to and including, the termination of my membership with the team.

1. Treat all team members, coaches, parents, officials, and opponents with respect. Profanity, violence, bullying, or any behavior that puts me or my team in a negative light will not be accepted. Failure to abide by this rule will result in disciplinary action up to, and including, the loss of my membership with the team.
2. I will give my best effort and bring a positive attitude to each workout, practice, and competition. My success and the success of my teammates depend on my ability to positively contribute to the team's goals as well as my own.
3. Out of respect for my coaches and teammates, I will wear DC Wave Swim Team attire only at competitions, and not swimming attire from another team.
4. I will develop personal and swimming goals for myself each season. I understand that I am not a finished product, and that I must continue to improve in every area of my life. My coaches are here to help me in this process, and so I must share with them my goals and aspirations so they can assist me.
5. I will memorize my personal best times and events for each swim meet. If I expect others to take my swimming seriously, I have to be the first person to take it seriously—it starts with me!
6. I will respect any and all facilities in which my team trains, visits, and/or competes at. I will not abuse these facilities by littering, destroying property, or misusing any part of the facility. This includes the use of cell phones and electronic devices in locker rooms. Failure to abide by this rule will result in the immediate loss of my privileges to use these facilities.
7. I will respect the belongings of others. I will not steal, vandalize, hide, or misuse items that do not belong to me. If I find something that does not belong to me, I will give them to a parent or a coach.
8. I will be prepared for each workout that I attend with the required training equipment. I understand that I cannot be at my best if I am not prepared.
9. I will not lie to my coaches, parents, teammates, or officials. When I lie, I tell people around me that I cannot be trusted. When I cannot be trusted, people are less likely to want to help me or work with me. I will be honest with myself and those around me.
10. I will not engage in any behavior that is dangerous or reckless, including fighting, horseplay, drugs, alcohol, or playing with weapons. If I see one of my teammates engaging in that behavior, I will tell a parent or one of my coaches immediately. Any behavior that is deemed dangerous or brings discredit to the team will result in the immediate disciplinary action up to and including expulsion from the team.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# TEAM POLICIES & PROCEDURES

Our policies help to guide the organization and ensure its continued success. Because we continue to grow, and the world around us is evolving, our policies and procedures will evolve over time as well. The policies and procedures were last updated August 2018.

## **Attendance Policy**

At the coach's discretion, swimmers who are later than 30 minutes may be excluded from practice that day.

If a swimmer arrives to practice more than 30 minutes late, the coach reserves the right to mark their attendance in accordance with how much of practice they actually attended (1/4, 1/2, 3/4).

If a swimmer is to leave early, it is expected that this be communicated to the coach, either in writing or verbally, prior to the start of practice.

## **Bullying Policy**

Bullying of any kind is unacceptable on the DC Wave Swim Team and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The team is committed to providing a safe, caring, and friendly environment for all of our members.

If bullying does occur, all incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, a DC Wave board member, a member of the pool staff, or someone who they trust.

If your child is the victim, please report this to us immediately letting us know any information around the incident(s).

## **Communication Policy**

Because we do not have work numbers, Swim Coaches reserve the right to give their personal number to parents and guardians if they so choose. If a coach gives their number out, we ask that you respect their personal lives and only communicate during appropriate times. All Coaches are reachable via email and is the preferred method of communicating.

Coaches will not give out the contact information of any member of the DC Wave Swim Team.

## **Code of Conduct(s)**

All parents are expected to behave within the parameters of the DC Wave Code of Conduct. All swimmers are expected to read and understand, and sign the Swimmer Contract, which outlines the swimmer Code of Conduct.

These are to be signed by both parties before the first day of practice to ensure that both parents, and swimmers, understand what is to be expected of them. Those who are found to have violated this will be subject to disciplinary action. Repeated abuses will result in disciplinary action up to, and including, the termination of my membership with the team.

## **Deck Policy**

During practice, parents and guardians are not allowed on deck. When parents and guardians are on deck it can be more disruptive than helpful.

We ask that communication with Coaches be prior to the start of practice, or after practice has ended. Coaches not be able to talk to parents or guardians while on deck.

## **Excused Absence Policy**

Excused absences are only granted for medical illness and injury, health related issues, or family emergencies. These must be communicated to your child's primary Coach in advance or within 24 hours of the missed workout(s).

Academic or other extracurricular conflicts are not granted as an excused absence.

If your child has a pro-longed injury, such as a broken bone, we do ask for a doctor's note and to keep your Coach(es) updated throughout the recovery if you are looking for excused absences for the entire period.

If your child has a chronic health issue, we ask that you send us a doctor's note explaining the situation, and communicate with us in advance or within 24 hours of when your child will be absent due to those conditions.

Any absences not communicated within 24 hours are subject to approval. Sufficient evidence must be presented to the Coaches but does not guarantee approval by the team.

## **Practice Cancellation Policy**

All practice cancellations will be communicated through teamunify.

In the event that practice is cancelled, the coaches will make every effort to have a make-up practice day. However, due to facility use and scheduling conflicts, make-up days are not guaranteed.

In the event that practice is cancelled at one location, but not another, swimmers may be invited to join the practice at the other location. Invitations will depend on lane availability at the facility.

## **Primary Practice Site**

Upon registration, you must select your child's primary practice site. This is the site which they will practice at during the weekdays. All groups and levels are strongly encouraged and invited to attend the Saturday morning practice at Takoma.

If you wish to attend another site's practice on a weekday, you must receive permission from the primary coach of the group in which you are trying to attend. All coaches reserve the right to not allow drop-in swimmers from other sites.

## **Priority Registration**

As we are a high in demand club, we use attendance to gauge team participation and involvement. We have a policy for the team which allows those with high attendance percentage and have met our swim meet requirements to register first.

Priority Group 1: This group includes swimmers who have attended 60% or more of their scheduled practices and have met the swim meet requirement of at least 3 swim meets. This group will get to register first. Registration for this group generally opens the beginning of August.

Priority Group 2: This group includes swimmers who have an attendance percentage between 40%-59% and have met the swim meet requirement of at least 3 swim meets. This group gets to register after our tryout period. There is no guarantee of spots, however historically we have had room in most groups.

Priority Group 3: This group includes swimmers who have an attendance percentage of 39% or less and/or have not met the swim meet requirement of at least 3 swim meets. If you have a high attendance percentage, but have participated in less than 3 swim meets, you will be placed in this group. This group will be the last to register with no guarantee of spots. Registration for this group opens up in September.



## **Social Media Policy**

The DC Wave Swim Team uses social media to post pictures, promote the team, and to promote organizations which we have partnerships with. All pictures taken by any other the Coaches, or DC Wave Booster Club Executive Board, will only be used for promotional purposes.

We encourage all to follow, like, share, and comment on any of our DC Wave Swim Team's official social media platforms.

Swimmers who use social media, are cautioned to use it with care. When wearing DC Wave apparel and gear, we ask that you be mindful of your behavior and posts.

## **Swim Meet Award Distribution**

Some of the swim meets which we attend have medals, ribbons, or other various awards. These awards are collected at the end of the swim meet and will be distributed prior to practice. Please speak with a coach from each site to determine their distribution process as it varies by location.

## **Swim Meet Requirements**

As we are a competitive swim team, competitions are a requirement for all levels of the DC Wave Swim Team. At least 3 swim meets per year are required for all of our swimmers. These swim meets must be those in which they attend as a DC Wave swimmer. Swim meets in which we do not attend as a team do not count, with the exception of the Black Heritage Swim Meet.

## **Team Area at Swim Meets**

Swimmers are expected to stay with the team during swim meets. There will always be a designated spot at the pool in which we setup our team area.

Any time a swimmer is to leave the team area, go up for a race, go to the bathroom, etc., it is expected that the swimmer communicate with the coach. If the swimmer needs to go up for an event and they are not in the team area, the coaches will not leave the pool deck in search of the swimmer. It is the expectation that the swimmer stays in the team area.

## **Tech Suit Policy**

We believe that it is not appropriate for younger swimmers to use a swim suit to this effect. We want our developing swimmers to value hard work, skill, and technique as means to improvement.

Our team policy is that all DC Wave swimmers 12 years old and younger are not permitted to wear a "tech suit" at practice or in competition in any swim meet which we attend. This policy applies to prelims, finals, and relays at both in-season and championship meets.

Swimmers who are 13 years or older on the first day of the meet in questions, may wear a FINA-approved tech suit at championship meets ONLY or with the approval of both the Head Coach and their primary Coach.

## **Transportation**

Transportation is an individual's responsibility for practice, competitions, and team events. DC Wave does not provide transportation or organize carpools. The coaches do not give out the contact information, or any other sensitive personal information of any DC Wave Member. Those interested in carpooling are encouraged to talk to one another or get in contact with the communications committee of the DC Wave Booster Club.

Travel expenses to all meets are the responsibility of the individual. Funds are available from both the USAS and PVS association and the DC Wave Booster Club to assist swimmers competing in national level meets outside the normal travel area. Buses may be chartered for certain team meets, or events, with all expenses pro-rated among participating individuals.

## **Triangle Meetings**

The DC Wave Swim Team uses triangle meetings throughout the year to have open communication between parents, swimmer, and Coach. Triangle meetings are a great opportunity to sit down with your child's coach and talk about a vast array of things.

Some of the topics should include: upcoming swim meets, review of the underwater video, progress from last season or the last meeting, behavior at practice and swim meets, expectations for moving up, goals and strategies, successes and failures, and personal swimmer goals.

Some of the key questions and talking points which you should bring up as a parent:

- What can I do to assist so that my child is reaching their full potential?
- What are things that my child should be focusing on?
- How can we work together to help them reach their goals?
- What swim meets and events do you recommend for my child?

## **Underwater Video Taping**

The DC Wave Booster Club has partnered with Argo Swim, an underwater instructional video service which films swimmers underwater three times a year. This is an important learning tool for parents, swimmers, and coaches as it allows parties to view exactly what the swimmer looks like underwater.

While it may seem excessive to do this three times per year, it is important as you will be able to see the growth and technique differences between all of the filming. This is also good for kids to have if they are looking to move-up as all the coaches have access to all the videos.

## **Volunteering**

The DC Wave Booster Club refunds a the volunteer fee if families have volunteered 20 hours by March 1. For more information on getting involved and about the volunteer process, please contact the Booster Club Executives as they can further assist individualized queries.



## BASIC TERMINOLOGY

**Age Group:** Swimmers compete within their age range; 8 & under, 9-10, 11-12, 13-14, 15-18, open.

**Approved Meet:** A designated meet conducted by organizations in which swimmers, other than USA Swimming (USAS) members may compete, from which swimmers may use their times as a USAS qualifying times. A designated USAS official must be present to attest that the conduct of the competition conforms to all relevant USAS rules and regulations.

**Consolation Finals:** The competition for the fastest remaining swimmers of those who failed to qualify for the finals.

**Deck Entries:** Meet entries accepted at the meet, generally only for open lanes. Entries in this category are not usually seeded by times. Swimmers must present their USAS identification in order to be entered.

**Disqualification:** More commonly referred to as a "DQ". This is what happens when a swimmer's performance is not counted because of a rule(s) infraction. This is shown by a stroke and turn judge raising one arm with an open hand above their head. See page 37 for a list of Basic Disqualifications.

**Finals:** The fastest heat or two of each event of the day which is swum again at the end of the meet. These heats are determined in prelims earlier in the day. Sometimes, for longer events, those seeded to be in the fastest heat will automatically be entered into finals.

**Heat:** A division of an event in which there are too many swimmers to compete simultaneously. Heats are usually comprised of 6-10 lanes.

**Heat Sheet (Meet Program):** A form used for listing swimmers entered in an event, which designates the swimmer's heat, lane, and time for a pre-seeded event. Programs are usually available at the beginning of the meet and for some swim meets can be found in meet mobile.

**LSC:** Local Swimming Committee- An administrative division of USAS with supervisory responsibilities within certain geographic boundaries designated by USAS. DC Wave is a part of the Potomac Valley Swimming (PVS) LSC.

**Meet Announcement:** A document put out by the meet director or hosting teach which sets forth information of the meet including events, schedule, procedures, and contact information.

**Mini Meet:** A meet designated for younger swimmers. These meets will be for swimmers 10 & under, or just 8 & unders. These meets often have 25's, which are not too common.

**NT:** An abbreviation for no time. This means there is no official time for this swimmer in this event.

**Open Competition:** This designation is for events in which it is open to all swimmers of that gender. Usually these events are for senior swimmers (15+) and are not meant for younger athletes. Swimmers should only swim these events if there is no event for their specified age available.

**Positive Check-in:** This method is used in some meets to eliminate those swimmers who are not in attendance. For this, swimmers must check themselves in at the check-in table, usually by the officials, by the designated time so they are seeded into the meet. Those not checked in when the sheets are collected will not be seeded into the meet.

**Preliminary (Prelims):** A session of the meet in which trial heats are held. Those placing in the top 1-2 heats are then invited back to swim the event again at finals.

**Pre-Seeded Heats:** Swimmers are arranged in heats and events according to submitted times. These are all done prior to the start of the meet.

**Psych Sheets:** A listing in ascending or descending order by entry times of the swimmers in each event of a meet.

**Referee:** The USAS official who has authority over all other officials at a meet. The referee makes all final decisions and sees to the efficient running of the meet.

**Relays:** Comprised of four swimmers that are selected by the coach(es) from among the entrants of a meet to swim a relay event together.

**Sanction:** A permit issued by an LSC to conduct an event or a meet. All athletes participating in any USA-S sanctioned swim meet must be registered USA-S Swimmers.

**Scratch:** A withdrawal of an entry from competition (from an event).

**Seed:** A way of distributing the swimmers among the required number of heats and/or lanes, according to their submitted preliminary times.

**Seed Time:** The meet entry time, usually the swimmers best time from a USAS sanctioned swim meet, used to rank swimmers in an event. This time is used to determine the heats for that event.

**Soft Touch:** When a swimmer touches the touch pad either above the registered sensors, or too soft to register with the mechanics of the pad.

**Split:** A per lap time that coaches often record for teaching the concept of pacing and race strategizing.

**Split Time:** Time recorded from official start to completion of an initial distance within a longer event. For instance, split times in a 200 yards will often be done by 50 yards.

**Starter:** The USA-S official at the meet responsible for started each heat and calling the next heat to the blocks.

**Stroke & Turn Judge:** A certified USAS official who determines the legality of swimmers' strokes and disqualifies those who do not conform to USA-S rules.

**Tech Suits:** "Tech suits" include the Fastskin, FS2, FS3, the LZR, FSPro, the Aquablade, and so forth. These suits are engineered to reduce a swimmer's drag in the water, artificially enhancing performance.

**Timed Finals:** A competition in which only heats are swum and final placings are determined by the times achieved in the heats. For these meets there are no prelims.

**Time Standard:** The time a swimmer must have previously achieved in order to compete in that event at a designated competition

**Timer:** An individual who keeps backup times during a meet with a hand-held stopwatch or electronic button. This job is done by volunteer parents.

**Touch Pads:** The part of the electronic timing system that rests in the water at the end of each lane. Swimmers times are recorded when the pad is touched.

**Unattached:** An athlete member who competes but does not represent a club member of USAS. This is also a title given to swimmers for a probationary period when switching between 2 USAS club teams. Athletes may enter a meet as unattached if they are not their representing their team.

**Zones:** USAS is divided into 4 geographic zones; East, West, South, and Central. DC Wave is a part of the Eastern Zone.



# BASIC DISQUALIFICATIONS

## For All Strokes:

- Using assistance from the floor or lane line to receive forward propulsion
- Not touching the wall on a turn or an incomplete distance of the event.
- **False Start:** Starting before the start of the race. This also includes slight movements on the block after "take your mark" has been said.

## Backstroke:

- Turning onto the breast before touching the wall with the hand at the finish of the race.
- Turning onto the breast in the middle of the race while not preparing for a flip turn.
- Pushing off the wall on their breast rather than their back.
- **Delayed Turn:** Pulling or kicking into the wall once a swimmer has turned past the vertical.

## Breaststroke:

- Taking two arm strokes or two leg kicks while the head is under water.
- Touching with only one hand, or a non-simultaneous touch, at the turn or finish.
- Doing more than one pull-out underwater.
- Doing flutter kicks to get to the surface after diving in.
- Not breaking the surface after the pull-out during the first arm cycle.
- **Scissor Kick:** Use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

## Butterfly:

- Doing a kick other than butterfly.
- If the feet are not together and result in a non-simultaneous kick.
- Touching with only one hand, or a non-simultaneous touch, at the turn or finish.
- Alternating, or non-simultaneous, movements of the arms or legs.
- **Underwater Recovery:** Pushing the arms forward under instead of over the surface of the water.

# Frequently Asked Questions

## **What is the best way to communicate with my child's primary Coach?**

There are 2 really great ways to communicate with your child's primary coach, in person either before or after practice, or via email. We also encourage parents and swimmers to schedule triangle meetings throughout the year, not just during the fall/winter period.

## **Does my child have to participate in the Iron Athlete Challenge?**

No. However, many of our swimmers want to challenge themselves. This is a good measure for them as they get to experience the different events offered for their age group. It is also a good tool to use if you or your child has goals of moving up a group.

## **What if my child ages up before they complete the Iron Athlete Challenge?**

If they age up before they have completed it for their age group, it simply means that in order to complete the challenge, they will have to fulfill the requirements of their new age group before the short course season is over.

## **How am I notified about upcoming competitions?**

Swim meet information is sent out via email through the DC Wave teamunify site. When creating your account, please choose an email in which you check regularly as all communications, such as practice changes, swim meet information, events, and so forth, will be sent through our team's website communication system.

## **If the meet is for qualifiers only, how will I know if my child qualifies?**

We will always post the meet announcement, which has the qualifying times, to the event page. For meets with qualifying times, we will also pull a report which shows which swimmers have qualified and what they have qualified for. When signing up you will also be able to see their time. If it is red, it means that they do not meet the requirements.

## **Are Saturday practices important?**

Yes! Because we have our team spread across different DPR sites, Saturday's give everyone a chance to practice together. Swimmers get to swim with the other who they may not normally swim with due to their primary location. This also allows swimmers to get to know the entire coaching staff.

## **Should my child bring a water bottle to practice?**

Yes. We just remind parents no glass containers as they are prohibited in the faculties.

## **Is it really necessary to buy all the required equipment for my child?**

Yes. It is important that your child comes prepared to each practice. While the practice faculties may have extra equipment, they may not be the right fit for your child. When your child does not come prepared to practice it takes away from the overall learning experience, as well as additional time to collect the necessary equipment for practice.

## **Does a Coach monitor the locker rooms?**

Coaches do not monitor the locker rooms. We follow USA Swimming rules and Safe Sport and do not monitor the locker rooms. We believe in giving our swimmers privacy.

## **I have 2 children in different groups. It is more convenient to bring them to the same practices. Can I just bring both of my kids to the same practice?**

While we understand the convenience of bringing your children to practice on the same days and times, if they are at different skill levels they will not benefit from the convenience. The separate training groups focus on different things, and the swimmers in each of the training groups are different.

Our coaches are all trained professionals and have made recommendations on the groups based criteria such as skill level, technique, age, and maturity. Placing swimmers in a group which they are not fit for—either a group too advanced, or a group they have passed in technique—is not beneficial to their development as a swimmer.

## **If I give a Coach permission, can they drive my child home?**

No. Even with written permission our coaches cannot use their personal vehicles to drive a swimmer for any reason. This is both a USAS rule, and DPR policy which the team strictly follows.

## **Can and will my child be reassessed during the season to possibly be moved up?**

This is a coaches decision. Often times swimmers are not moved up mid-season due to whether the other groups are in their training; it may not correspond with where they are coming from. For example, they may hit the qualifying time standards for a group, but if it is mid-season, the group may be on higher intervals trying to accomplish faster times than the base time standards.

While it is uncommon, mid-season move-ups do happen, but is done on a case by case basis with approval from both coaches.

## **Is the Summer Long Course training required?**

This depends on what group your child swims with. If you have a swimmer 8 year old or younger, or are in Developmental I we recommend that your child participate in a summer league over the summer. Many of our swimmers participate in the Takoma All-Stars (TPDC) or the DC Summer Swim League (DCSSL) through DPR.

For swimmers in Developmental II, Age Group I, and Age Group II, it is not required, but strongly recommended. Swimmers should not feel pressured to commit to the entire summer, but the more your child participates, the better endurance and technique training they will receive.

Swimmers who are in, or have been invited into Age Group Select, Pre-Senior, or the Senior group are required to participate in the Summer Long Course Training. Swimmers who do not may forfeit their spot in that group at the coaches discretion.

The High School/Summer Prep group does not traditionally meet in the summer as swimmers in this group often have jobs, or are focusing on summer league, or academics. If they wish to attend long course training, we ask that you speak to one of our coaches to find which practice they should attend.

## **Is there an additional cost with the Summer Long Course Training?**

There is no additional cost for the Summer Long Course Training (morning practices). However, if your child wishes to participate in the DC Wave Summer Enrichment Program there are additional fees through DPR and the Booster Club.





## LOCATIONS

### **Short Course Training Locations:**

The sites below are used from September-May during our Short Course season.

#### **Takoma Aquatic Center**

300 Van Buren Street NW  
(202) 576-9284

This site offers Developmental I, Developmental II, Age Group I, Age Group II, Age Group Select, High School/Summer Prep, Pre-Senior, and Senior.

#### **William H. Rumsey Aquatic Center**

635 North Carolina Avenue SE  
(202) 724-4495

This site offers Developmental I, Developmental II, Age Group I, Age Group II, Age Group Select, and High School/Summer Prep.

### **Long Course Training:**

The sites below are used from June-August during our Long Course Season. Summer training is open to Developmental II swimmers and up.

#### **East Potomac Pool (Summer)**

972 Ohio Drive SW  
(202) 727-6523

#### **Banneker Pool (Summer)**

2500 Georgia Avenue NW  
(202) 673-2121

#### **Wilson Aquatic Center (May)\***

4551 Fort Drive NW  
(202) 730-0583

\*This site is only offered for Age Group Select, Pre-Senior, and Senior Swimmers.



## COACHES CONTACT INFORMATION

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