



HANDBOOK 2023



Notice

In addition to the Cullman Swim & Dive Handbook, information will be emailed, and posted on the website at [Cullman Swim Team Home](#) posted at the pool, and/or announced at practice. Swim season is a busy two months, so be sure to maintain communication about all that is happening with Cullman Swim & Dive.

Organization

The Cullman Swim & Dive (CST) organization, has been in existence for more than 45 years. We are currently operating as a summer recreational league team in District II of the Alabama Recreation and Parks Association. While Cullman Park and Rec provide the primary funding, along with the use of facilities, the CST parent organization provides volunteer personnel necessary for resource management, organizational planning, and coaching support. In addition, parents are responsible for all duties required in conducting local swim meets at the Cullman Wellness and Aquatic Center (Timers, Officials, Bullpen, etc.). Plus, at the end of the season, it is the parents who celebrate our swimmers' successes by hosting the team pool party and the Awards Banquet. It is the cooperation between Cullman Park & Rec and CST parents that provides the swimmers with the many benefits that would otherwise be unavailable.

2023 CST Board of Directors

President – Jose Rodriguez

Vice President – Justin Aaron

Secretary- Sara Hughes

Treasurer – Julie Below

Tracy Smith, Kira Long, Ashley Lackey, Tracie McPhillips, Adriann Basch, Stephan Reese, Kayla Corliss

Coaching Staff

Head Coach – Charis Peek

Assistant Coach – Logan Holley

Junior Coaches – Ruby Hudson, Ella Cupp, Madeline Dowdy, and Mika Lackey



Fees

CST fees cover Park and Rec charges, the general expense of conducting swim meets, team equipment, trophies, website fees, office supplies, directories, and entry fees (excluding the Madison Medal Meet). In addition to swimmer fees, we also rely on the annual t-shirt and website sponsorships. As for attending meets in the summer, there is no charge for entries, admission, or parking until the District and State meet. You should expect additional expenses for goggles, swimsuits*, fins, team pictures (if desired), state shirt (if desired/make time requirements), and possibly the cost of your meal at the Awards Banquet in August. New swimmers with CST will receive one swim cap per swimmer to be included with your registration fee. If you would like extra or personalized swim caps, please order them during the registration process.

**Solid black suits are preferred at swim meets. If your swimmer wears a cap for racing, a CST cap is required.*

Eligibility

The 2023 ARPA Recreational Sports Manual continues to list this rule of eligibility for Park and Rec swimming.

A swimmer or diver cannot compete on two (2) swim teams at the same time during the ARPA swimming season. This season begins June 1 and ends with the completion of the State Swimming and Diving Meet. A swimmer or diver may compete in ARPA Competition and U. S. Swimming Open Competition if the swimmer is representing the same ARPA team in both competitions. A swimmer or diver may compete in ARPA Competition and U. S. Open Competition if the swimmer is independently registered with U. S. Swimming and is swimming in U. S. Swimming Open Competition unattached.

Translation: USA/AAU swimmers may participate in their respective meets if they are signed up “unattached.” If you disregard this rule between June 1 and the State meet, you are no longer eligible for ARPA swimming for the season.

*The age of the swimmer on June 1 will determine the age group in which that swimmer will compete for the duration of the summer. Age groups are 6 and under, 7-8, 9-10, 11-12, 13-14, and 15-18.

Parents

Your priority is to help your swimmer by getting them to practice and meets on time and encouraging them to do their best at both. Please leave the coaching to the coaches. Although it is hard not to notice in what place a swimmer finishes, it is much more important to recognize when they drop time in a race. Remember that the #1 reason kids join the swim team is that it is FUN! By combining “doing our best” with “having fun,” swim team not only teaches children to push for excellence in the sport, but it also carries over to other aspects of life.

If you need to discuss something with a coach, please do so before or after practice, as their attention needs to be on the swimmers during practice. Please do not have any negative discussions or comments in front of the swimmers. Please do not discuss negative thoughts or opinions on social media.

Practice is in a group setting, so if you feel that your swimmer would benefit from private lessons, please see one of the coaches for recommendations.



Practice and meets continue even with light rain. Lightning, however, will cause a delay or postponement of 30 minutes of the meet until it is safe to resume.

Volunteers Needed

The swim meets could not happen without the help of parents. The home meets **require** around 50 workers, while the away meets need approximately 25 workers. The jobs include setting up, timing, placing judges, ribbons, runners, bullpen workers, and volunteers to take down equipment/supplies. Some additional training is required for meet starter, meet referee, timing console, scoring, and stroke/turn judge.

While each family should plan to commit to helping in some way, no one has to work every meet. **Each year, once new swimmers have registered, families will be notified of a predetermined number of meets that each family must volunteer for in order for their swimmers to attend district.** New families are encouraged to initially start out as timers, runners, ribbons, and other positions which do not require additional training. All new families are encouraged to jump in and get started. If you have preschool children at the meet, attending to them is your first priority. You can sign-up for volunteer positions at www.cullmanswimteam.com, so please visit the website, sign-up, and help us run a smooth meet for the swimmers. At times, we will be short of volunteers and a volunteer coordinator will be asking for help. Please say “Yes” when asked. **Families that do not volunteer the predetermined number of meets will be charged \$300.00 at the end of the season. If issues with meeting volunteer requirements arise, it is the responsibility of the guardian to notify a board member before the end of the season.*

New Families

Please know that it is not unusual to feel confused about how things work. You will probably get the hang of it at the last meet. We mostly have dual meets, which include CST and one other team from the area. We swim in ARPA District II. ARPA (Parks and Rec) District II includes Arab, Albertville, Boaz, Decatur, Guntersville, Ft. Payne, Madison, and Scottsboro. We may also swim against other district teams such as Jasper, Sheffield, Florence, and Oneonta. We will participate in two championship meets. The Area District meet and the State meet. All swimmers are welcomed and encouraged to swim at the District meet. In order to swim at the State meet, each swimmer has to qualify at the District meet.

At the District meet, swimmers can qualify for the state ARPA Championship. Both meets are held in July. Swimmers must finish in the top 4, or the top 16 with qualifying times. The top 9 relay teams of each relay event get to go to State. **If you qualify and cannot go to State, you must let the coaches know before the meet is over since someone may be able to move into your spot.** Those results that qualify are automatically sent to the State meet host.

Throughout the summer, the swimmers are learning the 4 strokes (free, back, breast, fly) and will be entered in the meets by the coaches. The swimmers may have to learn how to do a stroke legally before they will swim it during a meet. They will learn about the different strokes and how to race in practice.



Daily practice helps build up stamina, an important part of racing.

Practice

Check the website to see your swimmer's group assignment. Any changes due to schedules or transportation issues should be discussed with the head coach.

Meets

Participating in meets is SO much fun for the swimmers and gives them something to work toward in practice. Each meet has a particular order of events and includes both individual and relay events for each age group. The two leagues use a different order of events, and it can be confusing. For home meets, available swimmers will be entered in 2-3 individual events, as well as 1 or 2 relays, for a maximum of 5 events. Generally, the top three swimmers from each team for a given age group will swim the competition heat, and all others are exhibition heats. Relay entries are based on times, legal strokes, and the number of available swimmers. The coaches try to get entries completed the day before the meet and then post the entries at practice the morning of the meet. For away meets, we try not to overwhelm the hosts with all of our swimmers. Exhibition swimmers, therefore, may be slightly more limited in the away meets, especially in our age groups with 15-20 swimmers. The coaches will have a better idea on this as we get into the season.

At the meets, the "bullpen" is used to organize the swimmers getting ready to race. An announcer calls periodically for swimmers in each event to go to the bullpen. You may accompany your child to the bullpen, if necessary, but please step aside after you deliver them. Parents generally do not need to hover here, as it can add to the chaos rather than help. Bullpen workers make sure the swimmers are lined up to go to the correct lane and heat. The veteran CST swimmers are the best resource for the new swimmers. Don't be afraid to ask questions.

Stroke and Turn Judges are a necessary part of swimming competitions. They report any infractions they may observe to the Meet Referee. It is not appropriate to question a Stroke and Turn Judge during a meet. You need to ask one of our coaches rather than a Stroke and Turn Judge.

Parents may check the ribbon box at practice for ribbons with times for each event from the meet. Missing ribbons may be due to a DQ or an error. We ask that swimmers be dry if they check the ribbon box.

Madison Medal Meet

This is a fun meet and an extra opportunity to get in some good races. Medals and ribbons are awarded in multiple divisions. You are encouraged to participate (some fees are required).



Sign Up for Meets

It is essential that you indicate if your child is attending each swim meet on the Cullman Swim Team website at www.cullmanswimteam.com. If you do not indicate the attendance of your child, they will not be assigned an event for the meet. Please sign up prior to the deadline. Waiting until the day of the meet is too late. The championships have earlier deadlines and will be listed on the signup sheet.

Swimmers

Our team is fortunate to have a great group of swimmers and super coaches. Please remember to pay attention when your coach is talking or demonstrating. Clean up after yourself at the CWAC and at pools we visit. It is YOUR responsibility to make sure your fins, goggles, cap, towels, etc. get packed up and taken home each day. You are expected to follow general safety rules at all pools. Be a good teammate and an encouragement to others. Good sportsmanship conveys respect for others ... even your rivals.

What to Bring to Meets

- Suits, goggles, and CST cap (may want extra goggles and caps as they can break during a meet)
- 2-3 Towels per swimmer
- Water/Sports Drinks
- Snacks - preferably fruit, nutrition bars, and other healthy meals/snacks
- Money for food trucks
- Chairs and/or Blankets - some families bring pop-up tents for shade
- Dry change of clothes

Season Results

Results will be posted on the Cullman Swim Team website at the following address:

www.cullmanswimteam.com

PLEASE NOTE

You are not required to join the CWAC in order to participate in practice or swim meets. However, non-members are not allowed to use the facility at any other time without the purchase of a daily pass



CST MEET SCHEDULE (2023)

May 30 (Tuesday) Black and Gold Time Trials @ Cullman

June 1 (Thursday) NO MEET

June 6 (Tuesday) Ft. Payne vs. Cullman @ Cullman

June 8 (Thursday) Cullman @ Scottsboro

June 13th (Tuesday) Decatur vs. Albertville vs. Cullman @ Cullman

June 15 (Thursday) Cullman @ Arab

June 17 (Saturday) Madison Medal Meet @ Madison (OPTIONAL)

June 20 (Tuesday) Cullman Challenge @ Cullman

June 22 (Thursday) NO MEET

June 27 (Tuesday) Boaz vs. Cullman @ Cullman

June 29 (Thursday) Cullman @ Madison

*July 7-8 (Friday & Saturday)-ARPA District II Meet @ Scottsboro (ALL SWIMMERS
NEED TO ATTEND)

*July 22-23 (Friday & Saturday)-ARPA STATE CHAMPIONSHIP MEET @ Birmingham
Crossplex

(For swimmers that qualify at ARPA District II Meet)



Parent Code of Conduct and Acknowledgment of Responsibilities

I hereby pledge to provide positive support, care, and encouragement for my child participating in the Cullman Park and Recreation Cullman Swim and Dive Team by following this Parents Code of Conduct pledge.

We feel that parents play a vital role in the development of all swimmers, therefore, we believe in the following:

1. I will encourage good sportsmanship by demonstrating positive support for all participants, Coaches, Officials, Board Members, and Staff at a team-sponsored event either at home or away.
2. I will place the emotional, psychological, and physical well-being of my child, and any other child on my team ahead of any personal desires I may have.
3. I will insist that my child participates in a safe and healthy environment.
4. I will support all coaches, board members, and others working with my child, in order to encourage a positive and enjoyable experience for all.
5. I will accept that striving to win is more important than winning itself.
6. I will remember that the team is for the youth and – not for adults.
7. I will ask my child to treat other participants, coaches, board members, parents, and spectators with respect regardless of race, sex, creed, or ability.
8. I will, along with any guest of mine, refrain from any and all vulgar, lewd, or obscene language or gestures while participating in, or watching any team-sponsored event whether at home or away.
9. Be a positive role model through my own actions to make sure my child has the best athletic experience possible.
10. Be a “team” fan, not a “my kid” fan.
11. Show respect for the opposing swimmers, coaches, spectators, and support groups.
12. Be respectful of all officials’ decisions.
13. Don’t instruct your children before or after a meet, because it may conflict with the coach’s plans and strategies.
14. Praise swimmers in their attempt to improve themselves as students, athletes, and as people.
15. Gain an understanding and appreciation for the rules of the contest.
16. Recognize and show appreciation for an outstanding swim by either team.
17. If you as a parent have a concern or an unforeseen issue arises during a swim meet, take time to talk with coaches in an appropriate manner including the proper time and place. Be sure to follow the designated chain of command.
18. Please reinforce our drug, alcohol, and tobacco-free policies by refraining from the use of any substances before and during athletic events.
19. I will direct all comments and criticisms of parents, participants, officials, board members, and coaches away from the children participating on the team, and conduct myself in a calm, civilized manner when doing so.
20. I will respect the Cullman Swim Team rules and regulations, and agree to abide by those rules, responsibilities, and Code of Conduct. Violations of these rules could result in disciplinary action up to and including permanent dismissal from the Cullman Swim Team.
21. I acknowledge that I will NOT post anything on any platform of social media that shows any level of negativity towards any player, coach, parent, referee, or team.
22. I understand that my participation by volunteering at the swim meet is a vital part of being part of this team.
23. I understand I must volunteer a minimum of 5 times during the season and am encouraged to volunteer at both home and away meets.
24. I understand that if I do not meet the volunteer requirements a fee of \$300.00 will be charged to my account at the end of the season.

In order to participate in the Cullman Swim Team, this form must be signed and dated. Failure of the parent or guardian to read and sign this form will automatically render the parent ineligible to participate in the team activities at home or away. In addition, by signing this form, the signee agrees to abide by the guidelines set forth in the Code of Conduct and Acknowledgement of Responsibilities form. Also, by signing, you agree to be responsible for the actions and conduct of yourself and anyone who attends to watch the participant related to this form.

ParentSignature: _____

Name Printed: _____ Date: _____