

SHERWOOD SHARKS

POLICIES AND PROCEDURES

Welcome to the City of Sherwood – Sherwood Sharks. We are pleased that you chose the Sherwood Sharks for your child. The Aquatics Coordinator has been working hard to plan the summer season. If you have any questions, please give the Aquatics Coordinator a call:

P: 501-835-6893 or C: 501-231-9844.

TRYOUTS

Bill Harmon Recreation Center
51 Shelby Road, Sherwood AR

Saturday, April 27th: 10:00AM-12:00PM

Sunday, April 28th: 2:00PM-4:00PM

REGISTRATION

Returning Sherwood Sharks: Returning swimmers will need to register in-person during tryouts on April 27th and April 28th to pay and fill out the necessary paperwork.

Brand New Sherwood Sharks: New swimmers will need to tryout for the Sherwood Sharks. Please refer below to the minimum tryout standards. After a successful tryout, a guardian in charge of the swimmer will fill out necessary paperwork.

If a swimmer does not meet the minimum tryout standards, they will be directed to the Sherwood Swim Academy.

MINIMUM TRYOUT STANDARDS

The Sherwood Sharks are a competitive swimming team. Coaches will teach the competitive strokes – but at the time of registration, each child must be able to swim and have the minimum swimming skills as described below.

- Enter the water on their own, without guardian being at poolside and not be afraid of the water.
- Swim with confidence including fully putting face into the water while letting to the pool ledge to swim.
- Swim non-stop without touching the bottom for a full pool length on top of the water using the freestyle stroke.

REQUIRED ITEMS

GOGGLES

- Competitive goggles are required – not recreation or dive goggles with a nose piece.



SWIMSUIT

- Boys: briefs or jammers
- Girls: one-piece suit
- Team swimsuit should be worn at competition meets.



RECOMMENDED ITEMS

SWIM CAP

- A Sherwood Shark swim cap will be available for purchase.
 - Swimmers with hair that can be put in a ponytail should be wearing a swim cap.



SPARE GOGGLES – Clear lenses for indoor. Tinted lenses for outdoor.

PRACTICE SWIMSUIT- A practice swimsuit should not be worn at swim meets.

WATER BOTTLE- Hydration is important!

SUNSCREEN- Important to wear sunscreen at outdoor practices and swim meets.

TOWEL- 1-2 large towels per swimmer for swim meets; 1 towel for practice.

GYM BAG / BACKPACK- Important to keep a tidy environment for swimmer and others around.

FOLDING CHAIR- There is limited seating at the outdoor pool. Bring your own seating for practice and/or meets.

POOL RULES

- Safety first! No horseplay.
- The locker rooms are not a play zone for rough-housing or congregating.
- Swimmers must treat their coaches and teammates with respect.
- Swimmers should rinse off in the shower before entering the pool.
- No food or drinks are allowed in the pool area, except for drinking water.
- Swimmers may not get in the pool until given permission by their coach.
- Clean up after yourself!
- No one other than Bill Harmon Center members may swim in the open part of the pool, even while practice is going on unless approved by the Aquatics Director.
- Team membership does not grant full use access of the Bill Harmon Recreation Center.
- The City of Sherwood is not responsible for any lost or stolen items.

FAMILY RULES

The most important item that we ask of parents and relatives is their assistance and cooperation at all Sherwood Shark events. During practice it is important that coaches maintain the attention and focus of your child. When the season begins it can be confusing for swimmers, coaches, and parents. To reduce the level of stress and provide the coaches with the environment that they need to begin to develop your swimmer's confidence and skills, we ask that parents and relatives assist the team as follows:

1. Please sit in the bleacher area of the pool deck during practice. You can bring your own folding chair for extra seating.
2. Please do not stand or sit in either end of the pool deck or on the narrow deck on the opposite side of the bleacher area.
3. If you have any concern regarding practice or your swimmer during the practice session, **please contact the aquatics coordinator or a parent volunteer.** P: 501-835-6893 C: 501-231-9844
4. During the transition between individual practice sessions the coaches are attempting to get swimmers out of the pool and the next session into the pool. Please be brief in any conversations with coaches regarding your swimmers at that time. If you need more in-depth information, a Parent Representative or the Aquatics Director will be happy to listen to your concern and get an answer or decision.
5. Guardian responsible for a swimmer for is 6-7 years old & under must remain at the Bill Harmon Rec Center or Thornhill facility during practice. For a swimmer that is 8 and older, the guardian may drop-off and pick-up for practice – however the swim club and coaches cannot be responsible for the actions or safety of your swimmer other than when they are in the pool during the practice session.

Children's sports are supposed to be fun for the children. We ask that you set a good example of sportsmanship for your children. Make sure your swimmer knows and follows the rules the

City of Sherwood has set forth. We will have both “home” and “away” swim meets. The rules for the Bill Harmon Recreation Center, Thornhill facility, and each facility visited will need to be respected. Each team will most likely have an area that is restricted to swimmers and families. There may be different restrictions on what can be brought into each facility – please respect those rules. The key to a successful season is having lots of help. Our parent volunteer group are volunteers.

******Each family is expected to volunteer to work home meets******

REPORTING CHILD ABUSE OR NEGLECT

All coaches are mandated reporters of child abuse, child neglect, or serious licensing violations. Abuse occurs when a parent, guardian, or caregiver injures or allows another to injure a child physically or emotionally. Abuse may occur when a parent, guardian, or caregiver puts a child at risk of serious injury or allows another to put a child at risk of serious injury. Neglect occurs when a child does not receive proper care, supervision, or discipline, or when a child is abandoned.

SWIM MEETS

The guardian will be given a schedule of Central Arkansas Swim League (CASL) from the Aquatics Director. All swim meet times and fees are subject to change. Children may bring a change of clothing to wear in between races, but all personal belongings need to be organized within a gym bag or designated area. **THE CITY OF SHERWOOD, PROGRAM DIRECTOR, AND COACHES ARE NOT RESPONSIBLE FR LOST, STOLEN, OR BROKEN ITEMS.**

Please have your child present on the premises no later than half an hour before warmups start. This enables coaches and aquatics director to finalize meet entries. All swimmers are required to swim in two regular season swim meets to receive an end-of-season trophy. Swimmers are encouraged to attend all swim meets.

Experienced swimmers and less experienced swimmers do not compete against one another. Awards and race finishes are based on how swimmers perform against other swimmers in their own age group. Points are awarded for 1st, 2nd, 3rd place, and ribbons are awarded for the top 8 finishers in each skill level division.

Relays: Relays are an exciting event and all swimmers usually look forward to being on a relay. Swimmers are selected for one of the relays based on their freestyle fastest time that season. The final relay assignments are determined the day before each meet and it is always important that each swimmer check with a coach to determine if they are selected for a relay team.

Swimmers need to be dressed in Sherwood Shark uniform at swim meets including swimsuit, swim cap, and goggles.

Please discourage your child/children from bringing money, toys, video games, mp3 players, iPod, or cellphones.

PHOTOS

Photos may be taken of the children by staff or contracted photographers by the City of Sherwood for use in the City of Sherwood publications, posters, website, or other media sources.

Swim Meet Order of Events

| Boys Event # | Girls Event # | Event |
|-----------------|------------------|---------------------------|
| 1 | 2 | 6 & under 25 Freestyle |
| 3 | 4 | 7-8 25 freestyle |
| 5 | 6 | 9-10 50 Freestyle |
| 7 | 8 | 11-12 50 Freestyle |
| 9 | 10 | 13-14 50 Freestyle |
| 11 | 12 | 15 & up 50 Freestyle |
| 13 | 14 | 6 & under 25 Backstroke |
| 15 | 16 | 7-8 25 Backstroke |
| 17 | 18 | 9-10 50 Backstroke |
| 19 | 20 | 11-12 50 Backstroke |
| 21 | 22 | 13-14 50 Backstroke |
| 23 | 24 | 15 & up 50 Backstroke |
| 25 | 26 | 8 & under 100 Relay |
| 27 | 28 | 12 & under 100 Relay |
| 29 | 30 | 18 & under 100 Relay |
| 31 | 32 | 6 & under Kickboard |
| 33 | 34 | 6 & under 25 Breaststroke |
| 35 | 36 | 7-8 25 Breaststroke |
| 37 | 38 | 9-10 50 Breaststroke |
| 39 | 40 | 11-12 50 Breaststroke |
| 41 | 42 | 13-14 50 Breaststroke |
| 43 | 44 | 15 & up 50 Breaststroke |
| 45 | 46 | 6 & under 25 Butterfly |
| 47 | 48 | 7-8 25 Butterfly |
| 49 | 50 | 9-10 50 Butterfly |
| 51 | 52 | 11-12 50 Butterfly |
| 53 | 54 | 13-14 50 Butterfly |
| 55 | 56 | 15 & up 50 Butterfly |
| 57 | 58 | 8 & under 100 IM |
| 59 | 60 | 12 & under 100 IM |
| 61 | 62 | 18 & under 100 IM |

PARENT VOLUNTEERS

Parent volunteers are the most essential part of the Sherwood Sharks program. **WITHOUT PARENT VOLUNTEERS THE TEAM CANNOT OPERATE.**

The parent volunteer programs include:

1. Meet Setup & Breakdown

- a. If you are unable to work during the meet but want to help get ready for the meet, this might be the job for you! For specific information, please ask the Aquatics Director. 501-835-6893
2. Place Judge (2)
 - a. If you can count to eight, you are qualified. There are two place judges seated on each side of the pool. Place judges watch swimmers touch the wall each heat then record the swimmers' finishing place (1-8th place). One judge will watch and place swimmers while the other records and observations of pre-printed slip. The completed slips are picked up by the runner and taken to the data consolidator.
3. Runner
 - a. We use this term loosely...it's more like a speed walker! The runner will collect the timers and place judge slips after each heat and take them to the data consolidator.
4. Data Consolidator
 - a. This person transfers information from the timers and place judge slips to the data consolidation sheet. This information is then taken to the data entry person. (aquatics director).
5. Clerk of Course
 - a. Gather swimmers and put them into a line corresponding to the lanes in which they will swim. Clerk of course workers verify that the right participants are present and in the right spot Then, the wranglers escort the swimmers to the correct lanes just before each heat.
6. Wrangler
 - a. Gather swimmers from the clerk of course and lead them to the appropriate lane just prior to the beginning of each heat. Wranglers return to the clerk of course and repeat this process with next heat of swimmers.
7. Timers
 - a. Two timers for each lane. One is responsible for recording the time and operating the stopwatch. The other will operate a second stopwatch. The recording timer will then write down the times from both stopwatches on a pre-printed slip.
Stopwatches are provided
8. Snack Bar Workers
 - a. Sell snacks and make change! We try to have plenty of works so you can take turns watching swimmers.

CENTRAL ARKANSAS SWIM LEAGUE RULES

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

1. Each event will be divided into Bronze, Silver, Gold, and Platinum divisions for the purpose of scoring awards.

2. Each Swimmer will swim in the appropriate division for each event based on their best time achieved during the season.
3. The 6 and under kickboard event is not scored. This will not be divided into Bronze, Silver, Gold, or Platinum divisions.
4. A host team can change the order of the events; however, they must provide an order of events for the visiting team(s) so they can communicate this to the parents ahead of time.
5. For the 2021 season, meets are split by age, 10 and under will swim one weekend. 11 and over will swim the next weekend and continue to alternate until both age groups have had 3 regular meets.
6. Freestyle relay- first two meets
Mixed freestyle relay- 3/4 meets
IM Relay- 5/6 meets

| Central Arkansas Swim League (CASL) Yard Time Standards (Effective 2023) | | | | | | | | | | | | | | | |
|--|-----------|-------|----------|------------|-------|----------|---------------|-------|----------|-----------|-------|----------|-------------------|---------|----------|
| | Freestyle | | | Backstroke | | | Breast Stroke | | | Butterfly | | | Individual Medley | | |
| | Silver | Gold | Platinum | Silver | Gold | Platinum | Silver | Gold | Platinum | Silver | Gold | Platinum | Silver | Gold | Platinum |
| Boys 6 & Under | 28.93 | 25.90 | 21.90 | 35.00 | 30.26 | 25.17 | 43.53 | 36.03 | 30.73 | 33.84 | 31.87 | 23.44 | 2:24.23 | 2:21.46 | 2:14.66 |
| Girls 6 & Under | 31.47 | 27.76 | 23.37 | 36.23 | 32.66 | 27.64 | 43.58 | 38.26 | 34.14 | 40.97 | 36.75 | 29.77 | 2:47.60 | 2:36.34 | 2:30.65 |
| Boys 7-8 | 21.83 | 20.01 | 17.03 | 26.64 | 24.21 | 21.59 | 30.14 | 27.92 | 23.45 | 28.48 | 25.89 | 20.00 | 2:07.56 | 1:59.97 | 1:42.90 |
| Girls 7-8 | 21.73 | 20.37 | 16.98 | 26.07 | 24.25 | 20.84 | 30.34 | 27.51 | 24.58 | 28.16 | 24.86 | 19.69 | 2:05.01 | 1:55.94 | 1:38.28 |
| Boys 9-10 | 40.08 | 36.46 | 32.78 | 47.99 | 44.68 | 38.39 | 52.41 | 48.96 | 44.91 | 49.26 | 44.16 | 38.58 | 1:45.83 | 1:35.97 | 1:24.40 |
| Girls 9-10 | 39.47 | 37.27 | 33.18 | 48.83 | 45.06 | 39.56 | 54.08 | 51.28 | 47.64 | 50.64 | 46.72 | 39.27 | 1:46.68 | 1:38.92 | 1:30.58 |
| Boys 11-12 | 34.90 | 32.66 | 29.06 | 41.30 | 38.38 | 34.14 | 47.13 | 43.34 | 38.47 | 41.82 | 38.20 | 33.17 | 1:30.96 | 1:23.82 | 1:13.94 |
| Girls 11-12 | 35.68 | 33.18 | 30.31 | 41.91 | 38.95 | 35.17 | 49.27 | 45.73 | 41.46 | 42.33 | 38.66 | 34.51 | 1:32.59 | 1:25.83 | 1:19.90 |
| Boys 13-14 | 31.07 | 28.77 | 25.76 | 37.32 | 34.08 | 29.08 | 41.38 | 38.42 | 33.47 | 35.86 | 32.32 | 27.89 | 1:19.88 | 1:14.51 | 1:04.00 |
| Girls 13-14 | 33.36 | 31.49 | 29.02 | 39.11 | 36.37 | 32.08 | 44.80 | 42.13 | 38.39 | 38.43 | 34.72 | 30.83 | 1:26.31 | 1:20.21 | 1:12.36 |
| Boys 15-18 | 27.87 | 26.33 | 24.81 | 33.24 | 30.79 | 27.24 | 37.90 | 35.18 | 31.76 | 31.14 | 28.90 | 26.60 | 1:13.21 | 1:07.40 | 1:01.39 |
| Girls 15-18 | 32.24 | 30.13 | 27.42 | 37.65 | 35.13 | 30.97 | 44.06 | 40.70 | 35.42 | 36.83 | 32.83 | 30.05 | 1:22.70 | 1:17.48 | 1:09.96 |
| Central Arkansas Swim League (CASL) Meter Time Standards (Effective 2023) | | | | | | | | | | | | | | | |
| | Freestyle | | | Backstroke | | | Breast Stroke | | | Butterfly | | | Individual Medley | | |
| | Silver | Gold | Platinum | Silver | Gold | Platinum | Silver | Gold | Platinum | Silver | Gold | Platinum | Silver | Gold | Platinum |
| Boys 6 & Under | 32.11 | 28.75 | 24.31 | 38.85 | 33.59 | 27.94 | 48.32 | 39.99 | 34.11 | 37.56 | 35.38 | 26.02 | 2:40.10 | 2:37.02 | 2:29.47 |
| Girls 6 & Under | 34.93 | 30.81 | 25.94 | 40.22 | 36.25 | 30.68 | 48.37 | 42.47 | 37.90 | 45.48 | 40.79 | 33.04 | 3:06.04 | 2:53.54 | 2:47.22 |
| Boys 7-8 | 24.23 | 22.21 | 18.90 | 29.57 | 26.87 | 23.96 | 33.46 | 30.99 | 26.03 | 31.61 | 28.74 | 22.20 | 2:21.59 | 2:13.17 | 1:54.22 |
| Girls 7-8 | 24.12 | 22.61 | 18.85 | 28.94 | 26.92 | 23.13 | 33.68 | 30.54 | 27.28 | 31.26 | 27.59 | 21.86 | 2:18.76 | 2:08.69 | 1:49.09 |
| Boys 9-10 | 44.49 | 40.47 | 36.39 | 53.27 | 49.59 | 42.61 | 58.18 | 54.35 | 49.85 | 54.68 | 49.02 | 42.82 | 1:57.47 | 1:46.53 | 1:33.68 |
| Girls 9-10 | 43.81 | 41.37 | 36.83 | 54.20 | 50.02 | 43.91 | 60.03 | 56.92 | 52.88 | 56.21 | 51.86 | 43.59 | 1:58.41 | 1:49.80 | 1:40.54 |
| Boys 11-12 | 38.74 | 36.25 | 32.26 | 45.84 | 42.60 | 37.90 | 52.31 | 48.11 | 42.70 | 46.42 | 42.40 | 36.82 | 1:40.97 | 1:33.04 | 1:22.07 |
| Girls 11-12 | 39.60 | 36.83 | 33.64 | 46.52 | 43.23 | 39.04 | 54.69 | 50.76 | 46.02 | 46.99 | 42.91 | 38.31 | 1:42.77 | 1:35.27 | 1:28.69 |
| Boys 13-14 | 34.49 | 31.93 | 28.59 | 41.43 | 37.83 | 32.28 | 45.93 | 42.65 | 37.15 | 39.80 | 35.88 | 30.96 | 1:28.67 | 1:22.71 | 1:11.04 |
| Girls 13-14 | 37.03 | 34.95 | 32.21 | 43.41 | 40.37 | 35.61 | 49.73 | 46.76 | 42.61 | 42.66 | 38.54 | 34.22 | 1:35.80 | 1:29.03 | 1:20.32 |
| Boys 15-18 | 30.94 | 29.23 | 27.54 | 36.90 | 34.18 | 30.24 | 42.07 | 39.05 | 35.25 | 34.57 | 32.08 | 29.53 | 1:21.26 | 1:14.81 | 1:08.14 |
| Girls 15-18 | 35.79 | 33.44 | 30.44 | 41.79 | 38.99 | 34.38 | 48.91 | 45.18 | 39.32 | 40.88 | 36.44 | 33.36 | 1:31.80 | 1:26.00 | 1:17.66 |

Pool Locations and Notes (cont.)

Pool Locations (click the address to access Google Maps for directions)

1. Bryant (Saline County Swim Team): [Bishop Park, 6401 Boone Road, Bryant, AR 72022](#)
2. Cabot: [508 North Lincoln Street, Cabot, AR 72023](#) (additional parking is available at Cabot High School located directly across the street)
3. Lakewood: [2701 Crestwood Road, North Little Rock, AR 72116](#)
4. Lonoke: [Lonoke Community Center, 1355 West Front Street, Lonoke, AR 72086](#)
5. Maumelle: [1100 Edgewood Drive, Maumelle, AR 72113](#)
6. Otter Creek: [14000 Otter Creek Parkway, Little Rock, AR 72210](#)

Notes

1. Lakewood and Otter Creek pools are 25 meters. All other pools are 25 yards.
2. Follow the rules and regulations of each facility.
3. Assume that no food or drinks are allowed in any pool area, except for water in plastic bottles. Each facility will provide direction regarding where teams and families may keep their food, drinks, and coolers.

WITHDRAWAL FROM ENROLLMENT REFUNDS

Often parents sign up their children but later learn of a conflict that prevents them from participating or swimming. A notice of withdrawal must be communicated to the Aquatics Director stating when the last day of attendance will be. If a child or parent is unable to cooperate with the program, a child's behavior is overly disruptive to staff or other children, or a child brings a weapon of any kind will result in a dismissal from the Sherwood Sharks program.

The Sherwood Sharks Swim Team will 100% refund in between tryouts/registration and the first day of practice. Once the first day of practice passes and a family wishes to withdraw, a refund will not be issued.

Please note that the refunds noted above only apply to the per-child Sherwood Sharks Swim Team registration fee. This does not apply to equipment and clothing purchased that you have made such as t-shirts, team swimsuits, goggles, swim caps, etc.

PRACTICE LOCATION AND TIME

Bill Harmon Recreation Center
51 Shelby Road, Sherwood AR

- Evenings Only

- Monday – Thursday (NO FRIDAY PRACTICE)
- May 13, 2024 – July 25, 2024

Thornhill Swimming Pool
2201 Thornhill Drive, Sherwood AR

- Mornings Only
- Tuesday – Friday (NO MONDAY PRACTICE)
- June 4, 2024 – July 26, 2024

All events and schedules are subject to change due to weather or unforeseen events. Outdoor practices may be modified or cancelled unexpectedly due to inclement weather. In the event of lightning in the area of the outdoor pool, swimmer safety will always be considered a priority over published schedules.

MAY PRACTICE SCHEDULE

May 13, 2024: FIRST DAY OF PRACTICE

We will practice at the Bill Harmon Recreation Center pool only during the month of May.

No outdoor practices until June 4th, 2024.

Monday & Wednesday: New swimmers and returning BRONZE level swimmers.

- 5:15PM-6:00PM: 6-year-old and under
- 6:00PM-6:45PM: 7–8-year-olds
- 6:45PM-7:30PM: 9 & 10-year-olds
- 7:30PM-8:30PM: 11 years & older

Tuesday & Thursday: Returning and experienced swimmers

- 6:15PM-7:15PM: 10 years old & under
- 7:15PM-8:30PM: 11 years old & older

JUNE & JULY PRACTICE SCHEDULE

June 3rd, 2024 – July 26th, 2024: OUTDOOR PRACTICES START

- Both morning and evening practices
- You may bring your children to as many or as few practices as you choose.

MORNING PRACTICE:

Tuesday – Friday @ Thornhill Pool

- 8:00AM-8:45AM: 6 & under / 7–8-year-old beginners
- 8:45AM-10:00AM: 7–8-year-old experienced swimmers plus all 9–10-year-olds
- 10:00AM-11:30AM: 11-year-old & older

EVENING PRACTICE:

Monday – Thursday @ Bill Harmon Recreation Center Pool

- 5:15PM-6:00PM: 6 & under / 7–8-year-old beginners
- 6:00PM-7:15PM: 7–8-year-old experienced swimmers plus all 9–10-year-olds
- 7:15PM-8:45PM: 11-year-old & older

ARRIVAL AND DEPARTURE POLICY

If a person other than the guardian is picking up your child, the guardian must notify the staff in advance. Additional persons authorized to pick up your child must be listed on the registration form. Any unrecognized person will have to provide a driver's license before release of the child. Be prepared to present a driver's license in the event of staff changes.

- NO parking in fire lane at the Bill Harmon Recreation Center or Thornhill Swimming Pool
- Only properly tagged vehicles park in handicapped spots
- Always park in a parking spot, turn off vehicle, and take keys out of ignition.
- Do not leave a handbag or valuables in your car in plain view. It is suggested to lock car doors prior to entering the facility.
- Please do not leave small children unattended in your vehicle.

HEALTH

Children who become ill while at swim practice and a coach deems a child too ill to remain at practice will be sent home from practice. Guardians will be contacted to pick up children for the following reasons:

1. Temperature of 99 degrees or greater
2. Vomiting
3. Liquid stools
4. Uncontrollable and persistent cough
5. Appearance of acute illness or severe pain
6. Abdominal pain
7. Conductivities or pink eye
8. Not able to physically and safely swim in the water due to injury or illness.
9. Severe headaches
10. Any other situations that arise cannot be handled by coaches or directors.

Until the child is picked up from guardian, the child will be separated from the group and excluded from activities with other children. With the large number of children in attendance it is of extreme importance to limit exposure to potential health problems.

In case of minor injury or accident, the staff will administer basic first aid. If an injury is determined to require the attention of medical personnel, parents will be notified immediately. If a guardian cannot be reached, a staff member will then try to reach someone from the emergency contacts list on the registration form.

No medication will be given to children without parental consent. Prescription medication must be accompanied with a completed medication form in order to be administered by a staff member.

SUMMER HOLIDAYS

Sherwood Sharks will not have practice on the following summer holidays. Dates will vary year to year based on the day of the week in which they fall.

- MEMORIAL DAY → Monday, May 27th, 2024
- JUNETEENTH → Wednesday, June 19th, 2024
- INDEPENDENCE DAY → Thursday, July 4th, 2024