

DUNES WEST SWIM TEAM



2025

SWIM TEAM HANDBOOK

"GO SWORDFISH"

2025 SWIM TEAM SEASON

Dear Parents and Swimmers,
Welcome to the 2025 swim team season! Your coaches and board of parent volunteers have been busy preparing to make this a wonderful, enjoyable, and successful season. We would like to extend a special welcome to the members of the swim team who are new and a warm welcome back to those returning members. Whether you are a new member or a past team member, thank you for joining us!

Please take the time to read the whole handbook. Most of the information needed for the season is covered in this handbook. Also, please make note of the contact information under the Communication section of this booklet. Please read about how we will communicate this year.

We have three goals for this summer swim season:

1. HAVE FUN- we want every child to have a good time being on the team and enjoy swimming.
2. LEARN THE BASICS- we will focus on learning the four strokes, how to do a start off the blocks and how to turn and finish strong at the walls.
3. GET A PERSONAL RECORD- we want every swimmer to get a chance to compete in a meet and earn their fastest time yet! Whether it is a 1 second or a .001 second drop, we will celebrate this summer!

SWIM COACHES

Head Coach Will Slowey

Head Coach Jacob Hills

Assistant Coach Jack Troy

Assistant Coach Charlie Minister

Lead Junior Coach Brody Johnson

Lead Junior Coach Ella Johnson

Junior Coach Sydney Boyette

Junior Coach Cheyenne Ivey

Junior Coach Madeline Donato

Junior Coach Ava Ganz

Junior Coach Bailey Pinson

Junior Coach Henry Ward

Swim Meets

Wednesday, May 21st at 6:00PM: Home vs. Carolina Park

Wednesday, May 28th at 6:00PM: Away at Park West

Wednesday, June 4th at 6:00PM: Away vs. Belle Hall

Wednesday, June 11th at 6:00PM: Home vs. Brickyard

Wednesday, June 18th at 6:00PM: Home vs Wild Dunes

***Tuesday, June 24th or Wednesday, June 25th at
6:00PM:

6 and under Mini but Mighty Meet

*** Sunday, June 29th (time to be determined):
CHAMPS meet for 7 and ups away at RL Jones
Center

IMPORTANT GUIDELINES

PRACTICE POLICY

All swimmers need to be able to swim one length of the pool (25 yards) at the beginning of the season to participate on the swim team. This is not only for the safety of the swimmers, but also to ensure coaches are able to effectively run practices. We believe that practice is a time for the coaches to get to know the swimmers and to spend time working on technique.

Practices allow us to determine who should swim specific events at meets and at Championships. However, we know other things come up and we understand that your child might miss some practices. Daily practices are not mandatory, with the exception of Tuesdays. We ask that all swimmers attend practice on Tuesday mornings. We have swim meets on Wednesday evenings and the coaches would like to be able to work with swimmers prior to the meet on their events and make sure they know what to do at the meet.

COMMUNICATION

The coaches want to be able to give the swimmers our full attention during their in-pool time. If you need to speak with us, please wait until after practice and we are off the pool deck. Please direct all questions to Sara Slocum, President. We are always available for questions and comments, so please don't hesitate to contact us.

The website will not only have all the information pertaining to our team's schedule, contact information, newsletters, records, etc.; it will also allow members to register, have any important announcements scroll on the home page. As always, email will remain as our primary source of communication, so please be

sure we have your current email address. The Remind App will be our resource to announce weather closures, delays, or other related quick updates. We will also still use our Facebook page that can be found by searching Dunes West Swim Team. We love our families posting their pictures from meets and team events!

MEET ATTENDANCE POLICY

You will need to access your child's TeamUnify account to commit or decline for EACH SWIM MEET. You will need to let us know 5 times, on 5 different sign ups, if your child (ren) will attend each meet. We ask that each child does their absolute best to be at every meet. It is VERY IMPORTANT that we know ahead of time if your child will be missing a meet. There will be no late entries if you miss the commit deadline. If your child is sick and you don't anticipate they will be swimming, we ask you give the coaching staff 24-hour notice, whenever possible. If we schedule your child to swim a relay and he/she does not show up to the meet, this affects each member of the relay team. It is very difficult to change the meet line-up at the last minute, which is why we need to know in advance if your child will be absent.

MEET RELAY POLICY

The coaching staff believes that the only fair way to create a relay team is to put the four fastest times together and form a relay team. However, this may change based on attendance/participation. The final decision is at the coaches' discretion and is non-negotiable.

MEET EVENT POLICY

The coaching staff believes that all swimmers should try to swim all of the events during a summer swimming season. We will do our best to help all swimmers learn each stroke so that they can complete a 25m/y or 50m/y legally in a swim meet. Swimmers

may swim events that are not a favorite. We will never enter a swimmer in an event that we think he/she can't complete. Please do not ask the coaches to pull a swimmer out of an event because a swimmer is fearful or unhappy, instead encourage your swimmer to talk to a coach about it.

UNIFORMS

- Team swimsuits are available for purchase through Augusta Swim Supply. Please be on the lookout via email for team try on date/time. A team link will be provided by Augusta Swim Supply for online purchases as well.
- Please note, your team swim suits do include logo so they are NOT returnable.
- However, THEY ARE NOT REQUIRED! If you choose to not purchase a suit through Augusta Swim Supply, we ask that you have a plain black suit for meets. One piece for girls and either jammers or swim briefs for boys.
- To prolong the life of the suit you may want to consider only having your child wear it to meets.
- EVERY REGISTERED SWIMMER WILL RECEIVE A TEAM SHIRT and ONE TEAM CAP.
- It is the responsibility of the parent/child to bring their caps/goggles to each meet.

SWIM & DIVE MEET GENERAL INFO

SWIM MEETS

Warm-ups start approximately at 4:45/5:00 PM and the meets begin at 6:00 PM. We expect our meets to be done by 9:00pm-10PM.

Exception is if the head coaches for both teams decide differently due to weather or other circumstances. In that event, we will let you know in advance. Please arrive at the pool in time to get your swimmer in the water for warm ups. We ask for the parents to help in making sure their children are where they need to be. We don't want anyone to miss their race.

Prior to arriving at the pool for a meet, swimmers will receive a heat sheet with your swimmer's events. Before the meet begins, please write the events, heats and lane placements on your swimmer's arm. Please also include your swimmer's first and last name and age group on his/her back shoulder. It will be helpful to keep a Sharpie marker in your swimmers' bag so that you always have one on hand at a meet!

1. Event Number and Name

- **Event Number:** The heat sheet will list events in order, each with a specific number. For example, **Event 1** might be the 25m Freestyle, and **Event 2** the 50m Backstroke.
- **Event Name:** This will be listed alongside the event number. It tells you which stroke and distance is being swum (e.g., **50m Freestyle, 100m Individual Medley, 200m Freestyle Relay**).

2. Heat and Lane Information

- **Heat:** Swim events are often broken up into "heats" or rounds based on the number of swimmers. Each heat is a smaller race within the larger event. If there are more swimmers than the pool can accommodate in a single race, the event will be split into multiple heats.
- **Lane:** The heat sheet will show which swimmer is assigned to which lane. The pool typically has 5-6 lanes, and each lane will be numbered.

Example:

- **Heat 1, Lane 1:** Swimmer A
- **Heat 1, Lane 2:** Swimmer B
- **Heat 1, Lane 3:** Swimmer C

3. Swimmer's Name and Team

- Each heat sheet will list the name of the swimmer, their team/club, and sometimes their seeding time (the swimmer's previous best time in that event). This helps to show the relative speed of the swimmers, where a swimmer with a faster seed time is often placed in the middle lanes.

Example:

- **Heat 1, Lane 1:** John Doe (Team A) - 1:00.00
- **Heat 1, Lane 2:** Jane Smith (Team B) - 1:01.50
- **Heat 1, Lane 3:** Michael Lee (Team C) - 1:05.00

4. Seeding Times

- The heat sheet will also list each swimmer's seeding time. This is the swimmer's best time in that event (usually from a previous competition). The seeding time helps to arrange swimmers in heats from fastest to slowest.
- **Top-seeded swimmers** are often placed in the middle lanes (which are typically considered the fastest). This ensures that the best swimmers race against each other and the race is as competitive as possible.

5. Event Format

- Some events, like **individual medleys** or **relays**, will require specific instructions on how the race will be swum. You might see things like **100m IM** or **4x200m Freestyle Relay**.
- If your child is 12 and under, please put their last name on their back. This lets our swimmer and bullpen workers know what race they are swimming in and where to line up.
- The order of events and event numbers stay the same for each meet throughout the season.
- Children 12 and under must report to the bullpen before each of their races.
- The bullpen is the area designated for swimmers before their race to line up and prepare for their event.
- After each child swims, he or she must talk to the coaches for feedback. **NO SWIMMER MAY LEAVE A MEET WITHOUT FIRST CHECKING OUT WITH THE COACHES!!** If a swimmer leaves before the last relay and they are needed on the relay team, the relay cannot compete. Please don't leave without checking with the coaches first!

VOLUNTEER REQUIREMENTS

We need volunteers to run each and every meet. You will have the opportunity to sign up before each meet. It is expected that you will volunteer at least **three** times during the season. We appreciate your help to run a smooth and fun swim team season!

Below is a brief description of each job:

Starter: Starts each event with the announcement of the age and stroke and the words “Swimmers take your mark”, pauses to make sure that all swimmers are motionless, and then gives an electronic sound or a blast of a whistle. He/she shall be the sole judge of **false starts** and all false starts shall be restarted. This person will be on deck throughout the duration of the swim meet. Training is required for this position. **Home meets only!**

Lane Timers: Records the swimmer's time. **Each timer will stand at all times and refrain from cell phone usage while timing (per USA swimming).** Each lane will be assigned two timers. Each timer is provided with a stopwatch and a clipboard containing the meet's timecards. At the conclusion of each heat, the official time will be recorded on the timecard for safekeeping until collected by the runner. This job gives you the best view of the pool and the swimmers during their races.

Head Timer: Steps in for lane timer if/when breaks are needed. Replace stopwatch if any malfunction. **Home meets only!**

Time Sheet Runner: Responsible for obtaining the completed event cards and DQ forms for each race from the timers and judges. The cards and DQ forms are delivered to the scoring table as the timecards are individually completed. Runners should have good tennis shoes that work well on slippery surfaces. **Home meet only!**

Stroke and Turn judge: Determines if swimmers are DQ'd and writes on slip for coaches to review with the swimmer at practice. Only for swimmers 7 and up. (5/6s are not DQ or scored).

Training is required for this position. Each team (home and away) must provide one individual to fill this role. This position fulfills your family's entire volunteer commitment for summer swim.

Age group Bullpen/Wranglers: gets all swimmers to report to the clerk of course 10 minutes before their events (Junior coach job)

Clerk of Course: disperse swimmers in correct heat to appropriate lanes throughout the entire meet. **Home meet only!**

Score Table Workers: Averages time from the 2 Timers and read aloud to another table worker who is inputting into the computer. Ribbon label sheet is printed and given to the heat ribbon coordinator

Heat Ribbon Coordinator: Puts labels on ribbons and files accordingly. Gives file drawer to the coach at the end of meet who will distribute at next practice. This job keeps you sitting down throughout the meet and for a short while after the meet is over. **Home meet only!**

Heat Ribbon Distributor: responsible for distributing heat winner ribbons at the end of each heat. **Home meet only!**

Concessions: responsible for selling concessions. Helps set-up and tear down concession stand. **Home meets only!**

Meet and tent set-up: sets up the pool deck for the swim meet. Job includes moving deck chairs, setting up swimmer area with age group signs, chairs and numbers behind blocks for

swimmer, tables for scoring and ribbons, announcer stand and clerk of course area. This position requires you to arrive before the start of the meet (4:30). **Home meet only!**

Meet clean-up and tent breakdown: During the last few minutes of a meet the crew begins taking down and storing items in preparation for vacating the pool after the meet. The pool deck must be fully restored upon conclusion of the meet. Putting deck chairs back, packing up and returning all items to shed. This position requires time after the meet is over. **Home meet only!**

Chuck a duck: Walk around selling ducks for the kids to throw into the pool midway through the meet. **Home meet only!**

Meet Hospitality Coordinator: Bring snacks and 2 dozen cold water bottles in a cooler to the meet. Throughout the meet volunteer will provide other parent volunteers with water as needed. Then will be responsible to throw away empty water bottles as needed. **Home meet only!**

Trash removal: Volunteers will empty trash containers around the pool deck a few times during the meet. As well as walk through the swimmer area to ensure they clean up their trash throughout the meet. At the end of the meet, you must take trash bags to the dumpster on the other side of the gym. **Must wear closed toed shoes! Home meet only!**

Swimmer Check In: Only for our team, volunteers will stand near the pool entrance to check in all DW swimmers with pre-printed swimmer roster. Will then provide a list/clipboard to coaches. Please arrive at the pool no later than 4:45pm.

Deck Marshall: Directs swimmers and others to be safe on deck. Controls flow of traffic and keeps spaces clear for swimmers.