

The Chinquapin Wahoos Summer Swim Team is jointly managed by two entities with different responsibilities:

City of Alexandria	Chinquapin Wahoos Booster (Parent Volunteers)
Coaching Staff	All dealings with the Colonial Swim League (CSL http://csl.nvblu.com)
Registration	Roster Management, Team Communication and Web Site Maintenance
Practice	Swim Meets planning, preparation, meet supplies; Running the meets
Pool & Facility	T-Shirts, Uniforms, Breakfast/Dinner Socials, Banquet and Other Fun Team Activities, etc.
	<i>^^^^^ without dedicated volunteers, none of the above would happen ^^^^^</i>

WANTED: VOLUNTEERS

Parents, your ideas and contributions are what make the Wahoos a safe and fun swim team for your children! This is a community team. If you don't like what you see and want to make it better for your children, the team is open. If you want your children to have an enjoyable breakfast or dinner with their teammates after practice, jump in with ideas or offer to organize the socials. If you have a fundraising idea, there are always parents who are willing to help you. There are various leadership openings available.

Whenever you sign up for swim meets, sign up to volunteer also.



We need fresh faces to work with the current leads. Contact volunteer@teamwahoos.org to fill these positions:

- **Meet Co-Lead** – Choose A- or B-Meets to lead. You are in charge and you will have everyone else do what you ask them; work with head timer, runners, computer table, etc., to make sure the meet keeps going. You will be delegating the work because there are plenty of parents available on deck.
- **Team Co-Rep** – Choose A- or B-Meets. You will represent Chinquapin Wahoos in dealing with the opposing team, before and during the meet, following CSL rules. In meets, the team rep gets a seat on the pool side next to the Head Coach.
- **Clerks of Course Lead** – coordinate other Clerks of Course; put swimmers into groups and line them up to race.
- **Concession Table Co-Lead** – collect food donation, sell food, drinks and spirit-wear, work with local businesses/food trucks.
- **Fundraisings Co-Lead** – contact businesses for sponsorship or sales proceeds, organize fundraising events, sell spirit-wear.
- **Socials Co-Lead** – organize after-practice breakfast, dinners, and other team activities.
- **Computer Co-Lead** – review meet signups, prepare meet lineup with the coaches, work with data-entry volunteers during the meets, process meet results and update TeamUnify. Guaranteed shade and seat in the pool!

Not comfortable with these tasks? Seasoned parents will assist you.

The current leads have older swimmers who will age out soon!

If you have younger children, don't wait until we're already gone...



MEETS are run by volunteers. There several types of meets:

Dual Meets (Team 1 vs Team 2) – [Signup Deadline is Monday of the Same Week](#)

A-Meet	B-Meet
5 Saturday mornings	4 Wednesday afternoons
Limited slots per CSL rules. <u>Coaches choose swimmers</u> based on availability and best chance to help the team win	<u>Open to everyone</u> , except: cannot swim the same stroke if swimmer won 1 st , 2 nd or 3 rd in the immediate Saturday before
Must sign up online to be considered by the coaches	Must sign up online to get a computer time card
Must still login and declare 'NO' if not available, so coaches know that the swimmer is out. PLEASE DO THIS.	If not signed up, can still swim but results may not be in the computer
Relays can pull our team ahead! Don't leave early without talking to the coaches first!	No relays
Scoring: 1 st place 5 points, 2 nd place 3 pts, 3 rd place 1 point Relay scoring: only the 1 st place gets 7 pts	Not scored

Colonial Swim League Multi-team Meets – [Signup Deadline is Saturday of the Previous Week](#)

- Relay Carnival (Sunday morning)
- Divisional (All Star Qualifier, Saturday morning)
- All Star (League-wide Individual Competition, Saturday morning)



MEET EVENTS, e.g., “Boys 9-10 50M Backstroke”

EVENTS: these are simply the swim strokes. If a coach says, “you have 2 events in this meet,” that means the swimmer will be swimming 2 strokes.

GENDER: Except for certain mixed gender events in the CSL Relay Carnivals, all meet events are separated by gender.

AGE GROUPS are **8 and Under, 9-10, 11-12, 13-14,** and **15-18.** Per CSL rule, a swimmer’s age group is determined by his or her age as of June 15. For example, a swimmer is in the 9-10 age group at the beginning of the season and turns 11 on June 19. This swimmer will stay in the 9-10 age group for the entire summer instead of moving up to the 11-12 age group in the middle of the season.

DISTANCE: M is for meter and Y is for yard. Our Old Town Pool is 25 yards long, but most CSL pools are 25 meters (about 27.3 yards). When looking at result times, be aware of the pool size, Y or M!

NOTE on BREASTSTROKE and BUTTERFLY: Wahoos coaches will help your swimmers improve. However, they may tell a swimmer not to swim breaststroke or butterfly if he or she is not ready to swim them ‘legally’ yet. Unlike freestyle or backstroke, these strokes have more technical rules. Not following these rules may earn the swimmer a DQ (disqualification) from meet officials, who would then temporarily stop the meet to write the DQ slips. To keep the meet moving as fast as possible, swimmers who are not yet legal should not swim breaststrokes or butterfly.

On the other hand, if a swimmer is close to legal, just swim it and keep trying! If in doubt, ask the coaches.



SIGNING UP FOR MEETS:

- If not going, always login and declare a 'NO' so coaches know that your swimmer is not available. You can do this anytime before the deadline,
- Do NOT signup with a 'YES' until the team Website is ready. WAIT FOR AN ANNOUNCEMENT!
- Once ready, you may sign up ahead for all **A-meets** for the entire season. Keep in mind that coaches choose the A-meet swimmers and, with limited spots, not everyone is selected, but they need to know who is available,
- **B-meet** signups can also be done ahead, but remember, if your swimmers wins 1st, 2nd or 3rd place on a Saturday, you must edit the following Wednesday's B-meet sign up to remove that event. Only the last Saturday results matter. Results from other earlier Saturdays are not counted.

For this reason, we prefer that you sign up for B-meet on a weekly basis, but do what's best for you as long as you do your part and don't burden the computer volunteers with cleanup steps.



Chinquapin Wahoos
Summer Swim Team, Alexandria, VA

Home News Info Center **Events/Meets Sign Up** Meet Results/Times Activi

Sign Out
Help & Training
TU Updates 154
TUMoney
My Sponsor Center
System
My Account
Team Admin
Contact Us

A Youth Summer Program by
CITY OF ALEXANDRIA VIRGINIA DPRCA
Chinquapin WAHOOS ALEXANDRIA, VA BOOSTERS
I ❤️ SWIMOUTLET

Events/Meets Sign Up
Current & Upcoming Past & Archived Hidden (Adm

Learn about meets | Meet Signup Tutorial | B-Meet Signup Policie
Verify your swimmer's name, gender and birth date!
Pool Locations | Practice Schedule
Subscribe to get TEXT ALERTS for event reminders, schedule
81010 with the message "@teamwahoos". You may subscribe n

Event Category: --ALL-- Search

June
9
2018

Time Trials @Old T
Jun 2 8
[Edit]
Edit Commitment Job Signup

The Time Trials meet is a non-co
swimmers . All swimmers are exp
swim time baselines for each swi

DO THIS ONLY AFTER THE TEAM WEBPAGE HAS BEEN
DECLARED READY FOR SIGNUP

To sign up, log in, then:

1. Click on **“Meet Sign Up”**
2. On the appropriate meet, click **“Attend/Decline”** or **“Edit Commitment”**, then **click a swimmer’s name** and declare **YES** or **NO**. When declaring a YES on certain meets, you may be prompted to choose the strokes as well. Enter note if applicable. **REPEAT STEPS FOR OTHER SWIMMERS** in your account.
3. Click **“Job Signup”** and take a volunteer spot. You can add a note about which parent is doing the job, etc.

Note that food/drink donations are much appreciated but do not take the place of volunteer hours.



MEET ETIQUETTE

SWIMMERS

- Bring swim suit, goggles, cap, towels, water bottle and healthy snacks. Leave kickboard and fins at home.
- Arrive early, stay in the team area when not swimming, and follow coaches instructions,
- Wear sunscreen and hydrate with water,
- Maintain sportsmanship throughout the meet, including in the clerks of course area when waiting with the other team,
- After your swim, wait for all swimmers to reach the wall and shake hands with both sides before exiting the pool,
- Winning is not everything, cheer your teammates, have fun! It's ok to get DQ's (everyone has),
- Do not leave early without telling the head coach ahead of time. Clean up before you leave!
- Say 'Thank You' to the officials, coaches, meet workers, parents and your car pool

PARENTS

- Park in designated spot. In Old Town Pool, park in the back lot or the street. The side lot is reserved for the visiting team,
- If you forgot to sign up for a meet job, join the pool setup party. After the meet, stick around and help with pool cleanup,
- Stay out of the team area, which is reserved for coaches, swimmers and volunteers,
- Keep clear of the Clerks of Course and make way for the Timecard Runners; they are on the move,
- Maintain highest level of sportsmanship and report any issues to the Chinquapin Team Rep on duty, who may in turn talk to the Referee as needed; do not approach any officials (those wearing white top and navy bottom),
- Be cognizant of parents from the other team; avoid badmouthing any team or their facility,
- Cheer on Chinquapin Wahoos swimmers; win or lose it's always fun if your children are having a good time

