



Mount Vernon Canyon Club

Summer Club Swim Team

2024 Pre-Season Packet

Welcome to the Mount Vernon Makos Swim Team! Please see below for important information for all parents...

Coaches

Position	Name	Email	Phone
Co-Coach	Steve Schneider	swimteam@mountvernoncc.com	719-238-5363
Co-Coach	Paul Karlsson		303-960-8129
Assistant Coach	Tawny McEahern		720-467-0092
Assistant Coach	Kileigh Ackerman	kileighack@comcast.net	720-505-1612
Assistant Coach	Zander De Jager		

Meet and Event Schedule

- All events can be found on the GoMotion App (formerly TeamUnify), under the “Events” tab (even if not logged in).
- Meets are GENERALLY every Friday - but there are a couple exceptions to that.

Required Gear for Swim Team

- **Practice Suits**
 - A suit to wear to practice. This should ideally be a competitive swimsuit, and NOT their team suit.
- **Goggles** need to be purchased on your own.
 - Coach recommendation: [Speedo Vanquisher Junior](#)
 - The kids with these goggles have the fewest issues, and can focus more on practice and swimming.
 - I know these are a bit more expensive, but goggles are a huge part of kids enjoying swim practice and meets.



- Opt for the mirrored version for the most sun protection.
- **All swimmers will receive** (included in the price of swim team):
 - a team shirt
 - A swim cap for new swimmers to the team. Additional and replacement caps can be purchased for \$10
- **Additional Gear / Summer Rec Roll Out**
 - **If you haven't ordered team gear yet and are interested, please let a coach know, and we ****may**** be able to place one more bulk order. However, it likely wouldn't arrive until the end of the season.**
 - The sign up banquet / "Summer Rec Roll out" is held at MVCC in the main dining room each year, for swimming and other summer activities.
 - While this is not required to sign up, it is important for several reasons.
 - **Meet your coaches:** This is the first chance to meet the coaches and have your kids know who they will be swimming with.
 - **Try-On and Order Team Gear:** At Welcome Night, you will be able to try on a suit before you commit to buying a certain size. Once you have purchased an MVCC suit they are not exchangeable so it's a good idea to try one on.
 - **Please purchase a team suit!**
 - It helps us represent the team well at meets
 - It makes it easier for coaches and parents to spot and help your swimmer get to where they need to be at meets.
 - **Consider other gear too!** Blankets, hoodies, warm jackets and pants can also be purchased and they come in VERY handy on chilly meet mornings.
 - You'll be able to purchase team gear on-site at Welcome Night, OR you can place your order online at <https://outofbreathsports.tuosystems.com/stores/mvcc24>
 - Gear will be delivered to the club and can be picked up from the coach the first week of practices.
 - **Swimsuits and gear DO sell out so please order early.**

Practices

- Monday - Friday (unless we have a meet):
 - 7:30a-9:00a M-F
 - For swimmers older and more experienced swimmers, ages ~10 and up.
 - 7:30a - 8:30a for any swimmers in Summer Experience.
 - 9:00a-10:00a M-F
 - For younger swimmers (~9 and younger) or those new to swimming.
- Night Practice:
 - 6:00p-7:00p, Mon & Weds ONLY, weather permitting.
 - Open to swimmers of all abilities.
- You may attend both morning and evening practices if you'd like.



- It is a good idea to bring water to practices

Volunteering:

- All swim team families are expected to complete 10 hours of volunteer work to help the season run smoothly. There are opportunities to help throughout the season but the expectation is that families will help at meets and leagues. The team will need help with meet setup and take down at home meets, heating, call boards, hospitality, timing, ribbons, and more so if you're not sure how to help- just ask! The volunteer signups and logging of hours all happen on Team Unify and can be accessed in the same place you sign up for your swimmers events at meets.
- NEW this year. In order to make the volunteering fair for everyone, we will require volunteer signup before the beginning of the season. You must register for at least 10 hours of volunteer time
 - **If you can't volunteer**, you can opt-out by paying \$250 per family at the beginning of the season
 - **If you don't sign up to volunteer for 10 hours by June 15, 2024**, you'll be charged \$250 per family
 - **If you sign up, but then fail to fulfill the volunteer times you signed up for**, you'll be charged \$500 per family at the end of the season.
- Sign up to volunteer on the GoMotion App or on the team's website

Signing up for and attending meets

- **Signing Up for meets**
 - If you're going:
 - You will sign up for all meets on the [MVCC Makos GoMotion website](#).
 - We will send out a link about a week before each meet with a reminder to sign up or decline.
 - In order to sign up for events you must ACCEPT/ATTEND the meet first, then you can sign up for events you want.
 - If you can't make it:
 - Please DECLINE if you are not attending, so we're not hounding you asking if you are coming or not.
- **Relays**
 - After you submit your individual entries, relays are selected by the coaching staff, and included in the heat sheets we send out.
 - If you sign up for a meet, we will do our best to get your swimmer into relays.
 - **PLEASE MAKE SURE TO CHECK THE HEAT SHEET FOR ALL EVENTS, INCLUDING RELAYS!**
 - **Your team is counting on you, and if a swimmer leaves because they didn't realize they were in a relay, the whole team is left scrambling and the relay team is likely DQ'd.**



- If you sign up for a meet, and later decide not to attend for some reason, PLEASE let the coaches know as soon as you know so we can fill your child's spot on the relays we entered them in.

- **Warm-ups**

- Warm-ups start at
 - 7:00am for home meets.
 - 7:30am for away meets.
- It is important that swimmers be in the pool to warm up!
- Most away meets are in the Denver area and there can be traffic on Friday mornings. Please allow time for traffic.

- **Heat sheets**

- Heat sheets are generally sent out the night before the meet.
- How to read: events are races. Within each event there often is more than one heat. You need to know which events you are swimming, which heat you are in, and what your lane number is. It is helpful to write w/ Sharpie on their arms. Examples: Event#-Heat-Lane (Option to add stroke)



- **First Call**

- At every meet they will have a "first call" for heating which means you should head to the heating area where they will help stage swimmers. This helps the meet move quickly.

- **Final Call**

- There will also be a "Final call" which is the event that is up next. If you see your swimmers event on the final call board you need to hightail it to heating immediately to not miss your event.
- *It's a good idea to know your swimmer's full meet schedule and write their events, heat and lane on either their arm or leg in Sharpie so that both you and your swimmer can have it accessible throughout the meet (see picture above).

- **What to bring to meets:**

- Sharpie



- extra towels or quick dry towel
 - water bottles
 - easy healthy snacks
 - warm clothes, blankets, sleeping bags and/or heavy swim jacket / parka
 - extra goggles
 - Chapstick
 - Sunscreen
 - activities, cards or games for long stretches between events
 - picnic blanket or chairs for away meets
- Expect meets to last at least three hours. Small meets may wrap up sooner, but be prepared you might have a late event.
 - Food at meets- some clubs will allow you to use your MVCC number to charge for food. Others will not and some are cash only. Be prepared.

“A” League, “B” League and All Star Meet

The swimming season concludes with league meets. All swimmers that do not qualify for “A” league can swim at the “B” league meet where they can still earn a spot at the “A” league meet. The qualifying times will be posted by the coach and you can keep track of your swimmer’s best times on Team Unify. These are very large, long meets attended by many clubs. Expect to be there the better part of the day. You can qualify for the State Meet at any time during the season with a qualifying time. “A” league provides one last meet to do so.

“A” League

- “Make 1, Swim 3” rule
- Must make 1 qualifying time, AND compete in at least two regular season meets.
- Okay to be a year-round swimmer.
- (See appendix for qual times)

“B” League

- This meet is for 12 and under swimmers who do not have an “A” League qualifying time are allowed to compete in the “B” League meet.
 - As an example, if your swimmer has any “A” League times, they are not eligible for the “B” League meet, even if they’re not able to attend the “A” League meet for some reason.
- The “B” League meet is also a last chance opportunity to qualify for the “A” League meet. If your swimmer achieves a qualifying time at this meet, they will entered in that event at the League “A” meet two days later.



All Star Meet

- All swimmers are eligible to compete in the All star meet, regardless of year-round status.
- Qual times still being finalized.
- “Make 1, Swim 3” rule still applies.
- See appendix for details on exactly how it will work.

The [League “A” and State](#) Qualifying can be found on the team website under the documents tab.

Yards vs Meters

- Most of the pools in the Country Club Swim League are 25-meter pools (known as a Short-Course-Meters, or SCM, course), except for Mt. Vernon and Hiwan, which are 25-yard pools (SCY).
 - For this reason, times for the “same” event (ie, 50 free) will seem **faster** at Mt. Vernon than other pools, because the distance is about 10% less. (in a 50 yard free, you only swim 45.5 meters)
 - To compare times from meters to yards, use a 1.11 conversion factor.
 - **Multiply** Yards time by 1.11 to get meter time approximation
 - **Divide** meter time by 1.11 to get yard time approximation
- Qualifying Times
 - “A” League and State Meet Times offer both SCM and SCY times.
 - Use the correct qualifying time for each facility.
- 400 / 500 Free
 - At Mt Vernon, we do the 500 yard free, at other pools its a 400 meter free.
- If you want to geek out on swim courses, read this:
<https://www.swimtopia.com/converting-swim-times/>

Ribbons

- Swimmers will earn ribbons from each meet they attend if they place from 1st to 6th place in their event.
- Ribbons will be labeled with name, time, and date (this is a volunteer opportunity) and will be filed by swimmers’ last name in a file box that is located on the ledge by the lifeguard station.
- Please feel free to check as often as you like and collect your ribbons as the season goes on.
- Of note, ribbons go up to 6th place. Remind your swimmers that there are multiple heats and sometimes even if they win their heat, they may not be able to get a ribbon.
- We try to remind the kids that it is about racing against your own times and having fun! A personal best time is much more important than their place at the meet.



End of Season Banquet

- This is the annual event at the end of the season where all swimmers are individually recognized, coaches are thanked and kids wrap up the season with an optional swim party.
- Strongly encourage everyone to attend as this is when awards are given.
- Free for swimmers.
- Parents and non-swimmers pay for the meal.

Swim Lessons - outside of swim team

If your swimmer(s) need more lesson time there are a couple options available for an additional fee. These lessons are 45 minutes for most age groups, prices based on MVCC Membership with pool access. All swim lessons (including private) must be booked through the Pool Calendar with the club.

- **Group swim lessons**
 - M-TH, 4 morning lessons with the same instructor \$64 (group lessons require a minimum of 3 people to run)
- **Private swim lessons with standard swim instructor**
 - For 1-2 people (must be similar level): \$51 per 45 minute lesson
- **Weekend private swim lessons with standard swim instructor**
 - Sa & Su morning lessons. 2 days in a row with the same instructor for up to 2 people (must be similar level). \$144 for the weekend.
- **Private lessons with assistant swim team coach (Tawny or Kileigh)**
 - Subject to availability
 - For 1-2 people (must be similar level): \$51 per lesson
 - Still must be booked through MVCC. Confirm with the coach first, then book through the club.
- **Private lessons with head coach (Paul or Steve)**
 - Subject to availability
 - For 1-2 people (must be similar level): \$90 per lesson 45 minute lesson
 - Still must be booked through MVCC. Confirm with the coach first, then book through the club.



Appendix

Season layout

ROCKY MOUNTAIN COUNTRY CLUB SWIM LEAGUE

SEASON LAYOUT

DIVISION I TEAMS

DIVISION II TEAMS

1

DUAL MEETS

5 Dual Meets throughout June and the beginning of July. Swimmers must compete in at least two dual meets to be eligible for Championship Meet and All Stars

1

DUAL MEETS

5 Dual Meets throughout June and the beginning of July. Swimmers must compete in at least two dual meets to be eligible for Championship Meet and All Stars

2

B LEAGUE MEET

12&under meet for all Division I swimmers who did not qualify for Division I Championships. Individual Awards, no Team Awards

2

DIVISION II CHAMPIONSHIPS

Championship meet for all Division II Teams. No qualifying times. Team Trophies and Individual Awards

3

DIVISION I CHAMPIONSHIPS

Championship meet for all Division I Teams. Must have at least one qualifying time to compete. Team Trophies and Individual Awards

ALL STARS

Championship Meet Finale
Top 8 finishers for each individual event, at each Championship Meet, swim against each other. Team Trophies and Individual Awards

All Stars Qualifying

- Top 8 finishers for each individual event, at each Championship Meet, automatically qualify.
- Swimmers can also qualify by achieving an All Stars Time Standard
- Similar to Division Championships, swimmers with at least one top 8 finish or at least one qualifying time, are eligible to swim 3 events.
- The spot of a Top 8 Finisher will not be filled with another swimmer if they don't attend All Stars



How to not get DQ'd

BASIC COMPETITION RULES or “What mistakes will get a swimmer disqualified (DQ'd)”

In any event, a swimmer will be DQ'd if the swimmer...

- Touches the bottom of the pool during the race
- Pulls on the lane line (touching the line is okay if unintentional)
- Fails to swim the correct stroke
- Does not complete the race
- Leaves the start prematurely (false-start) There is no 2nd chance.

Butterfly—a swimmer will be DQ'd if...

- The arms do not go around at the same time
- The feet do not stay together and kick at the same time
- The swimmer fails to touch the walls with both hands, simultaneously

Backstroke—a swimmer will be DQ'd if...

- The swimmer turns onto his/her stomach, except during the turn
- The swimmer takes more than one stroke while on the stomach at the turn
- The swimmer glides while on the stomach into the turn

Breaststroke—a swimmer will be DQ'd if...

- The swimmer takes more than one underwater pull
- The arms fail to be symmetrical or out of breaststroke form
- The swimmer does any kick other than the symmetrical breaststroke kick
- The swimmer fails to touch the walls with both hands, simultaneously

Freestyle—a swimmer will be DQ'd if...

- The swimmer fails to touch the walls on the turns

Individual Medley—a swimmer will be DQ'd if...

- The swimmer fails to swim the strokes in the correct order
- The swimmer does a flip turn from the back to breast transition



Qualification Times (possibly subject to change for 2024)

2022 RMCCSL Time Standards

Girls		State	State [yards]	KC Inv	A Lg	A Lg [yards]	Boys		State	State [yards]	KC Inv	A Lg	A Lg [yards]
8&Under							8&Under						
2022							2022						
25	Free	20.00	18.02	24.50	24.00	21.62	25	Free	20.00	18.02	25.00	24.00	21.62
50	Free	46.00	41.44	57.00	55.00	49.45	50	Free	46.50	41.89	58.00	55.00	49.86
100	Free	1:46.00	1:35.50	2:13.00	2:15.00	2:01.02	100	Free	1:47.00	1:36.40	2:13.00	2:20.00	2:06.13
25	Fly	24.00	21.62	30.50	30.00	27.03	25	Fly	25.50	22.57	32.50	35.00	31.53
50	Back	24.50	22.07	31.00	31.00	27.83	50	Back	25.00	22.52	32.00	31.00	27.93
25	Breast	28.00	25.23	33.00	33.00	29.73	25	Breast	28.00	25.23	34.00	35.00	31.53
100	IM	2:01.00	1:49	2:25.00	2:30.00	2:15.14	100	IM	2:05.00	1:52.61	2:31.00	2:35.00	2:19.64
9-10							9-10						
2022							2022						
50	Free	38.00	34.23	43.50	45.50	40.99	50	Free	38.50	34.68	44.00	45.50	40.99
100	Free	1:27.00	1:18.38	1:41.00	1:43.00	1:32.79	100	Free	1:27.50	1:18.83	1:48.00	1:43.00	1:32.79
200	Free	3:15.50	2:56.13	3:55.00	4:05.00	3:40.72	200	Free	3:18.00	2:58.38	3:52.00	4:05.00	3:40.72
50	Fly	45.00	40.54	57.50	53.00	47.75	50	Fly	47.00	42.34	59.00	59.00	47.75
50	Back	46.00	41.44	56.00	56.00	54.05	50	Back	47.00	42.34	58.50	59.00	47.75
50	Breast	51.00	45.95	58.50	58.50	54.05	50	Breast	51.50	46.40	1:01.50	1:06.00	59.46
100	IM	1:40.00	1:30.09	1:59.00	1:55.00	1:43.60	100	IM	1:42.50	1:32.34	1:59.00	2:00.00	1:48.11
11-12							11-12						
2022							2022						
50	Free	33.50	30.18	40.00	40.50	36.49	50	Free	33.50	31.18	39.50	45.50	40.99
100	Free	1:16.50	1:08.92	1:31.50	1:34.00	1:24.68	100	Free	1:16.50	1:08.92	1:36.00	1:40.00	1:30.09
200	Free	2:53.00	2:35.86	3:29.00	3:35.00	3:13.69	200	Free	2:55.50	2:38.11	3:29.00	4:00.00	3:36.22
50	Fly	38.50	34.68	48.50	53.00	47.75	50	Fly	40.00	36.04	50.00	59.50	53.60
50	Back	41.00	36.94	50.00	56.00	50.45	50	Back	41.50	37.39	51.50	1:03.00	56.76
50	Breast	44.50	40.09	52.50	52.50	47.30	50	Breast	46.00	41.44	56.00	1:04.50	58.11
100	IM	1:27.50	1:18.83	1:42.00	1:49.50	1:38.65	100	IM	1:30.00	1:21.08	1:46.00	2:00.00	1:48.11
13-14							13-14						
2022							2022						
50	Free	32.00	28.83	37.50			50	Free	30.00	27.03	36.00		
100	Free	1:11.00	1:03.96	1:24.50			100	Free	1:08.50	1:01.71	1:23.50		
200	Free	2:43.50	2:27.30	3:10.00			200	Free	2:41.50	2:25.50	3:06.50		
400	Free	5:56.00	6:46.05	6:50.00			400	Free	5:50.00	6:39.33	6:40.00		
100	Fly	1:28.00	1:19.28	1:48.00			100	Fly	1:29.00	1:20.18	1:46.00		
100	Back	1:24.50	1:16.13	1:36.00			100	Back	1:25.00	1:16.58	1:37.00		
100	Breast	1:34.50	1:25.14	1:43.00			100	Breast	1:30.00	1:21.08	1:46.00		
200	IM	3:06.00	2:47.57	3:32.00			200	IM	3:05.00	2:46.67	3:24.00		
15-16							15-16						
2022							2022						
50	Free	32.00	28.83	34.50			50	Free	29.00	26.13	32.50		
100	Free	1:11.00	1:03.96	1:17.00			100	Free	1:04.00	57.66	1:12.00		
200	Free	2:40.00	2:24.14	2:54.00			200	Free	2:29.50	2:14.68	2:56.00		
400	Free	5:50.00	6:39.33	6:35.00			400	Free	5:38.00	6:25.88	6:35.00		
100	Fly	1:27.00	1:18.38	1:46.00			100	Fly	1:18.00	1:10.27	1:41.00		
100	Back	1:22.50	1:14.32	1:32.00			100	Back	1:19.00	1:11.17	1:33.00		
100	Breast	1:34.00	1:24.68	1:44.50			100	Breast	1:26.50	1:17.93	1:41.00		
200	IM	3:03.00	2:44.86	3:25.00			200	IM	2:51.00	2:34.05	3:24.00		
17-18							17-18						
2022							2022						
50	Free	33.00	29.73	34.50			50	Free	29.00	26.13	32.50		
100	Free	1:14.00	1:06.67	1:17.00			100	Free	1:04.50	58.11	1:12.00		
200	Free	2:45.00	2:28.65	2:54.00			200	Free	2:40.00	2:24.14	2:56.00		
400	Free	5:55.00	6:44.93	6:35.00			400	Free	5:55.00	6:44.93	6:35.00		
100	Fly	1:33.00	1:23.78	1:46.00			100	Fly	1:30.00	1:21.08	1:41.00		
100	Back	1:25.50	1:17.03	1:32.00			100	Back	1:26.00	1:17.48	1:33.00		
100	Breast	1:37.00	1:27.39	1:44.50			100	Breast	1:31.00	1:21.98	1:41.00		
200	IM	3:09.00	2:50.27	3:25.00			200	IM	3:02.00	2:43.96	3:24.00		