

Aqua Culture Swim Team Handbook

Who Are the Coaches?

Leslie Ziegler

Galen Ziegler

Mac Placzankis

Sarah Beach

Leslie, Head Coach (443-504-3066)

Coaches@ACSwimTeam.org

Preliminary Practice Schedule

Practices will begin on June 1st.

Sunday, Monday, Tuesday, Wednesday evening: 6:00pm – 8:45pm

Monday and Wednesday morning: 7:30am – 9:00am

Wednesday morning may possibly move to Tuesday morning, depending on pool availability.

There will not be Wednesday evening practices when we have Wednesday meets.

Save the Date: August 13th @ 6:00 pm. End-of-season Swim Team Party!

We will be utilizing Harford Community College's Pool for some practices. Those practices will be on Sunday evenings. Also, all morning practices will be held at HCC. This will alleviate conflicts with Aqua Culture's morning programming and allow evening swimmers to swim in a 25-yard pool with more space and deeper water to be prepared for meets.

The practice schedule is designed in a way that all swimmers will still be able to get a sufficient amount of time to work on the competitive aspect of swimming while being able to attend their weekly class on Thursday, Friday, or Saturday.

Practice Details

The squads are determined by age, ability, and pool availability. If one of the coaches asks your swimmer to attend the older practice, it is because we believe they will benefit from the additional stroke work without compromising form. A parent may not choose which practice to attend. Swimmers attending a practice at the incorrect time will not get the appropriate workout and pose distractions and/or safety hazards. If your schedule conflicts with the practice schedule, a swimmer may swim down a practice, but they may not swim up. Practice groups will be posted at the end of May. We hold many practices to help meet the needs of our team size.

Practice Requirements:

You are not required to come to every practice on the calendar.

- 10&Under: 2-3 swims a week. One of those is encouraged to be a class at the swim school.
- 11&Older: 3 swims a week. One of those can be a class if enrolled.

- You are welcome to attend more practices than what is required. We will have plenty of swimmers who attend 3 and 4 practices a week in addition to their lessons. But do not feel overwhelmed by our schedule assuming it is all required time.

What Does My Swimmer Need For Practice?

Water Bottle

Polyester Swim Suit – Because of chlorine, heat, and sweat, your swimmer's suits will start to break down if they are not the right material. If they are not wearing a team suit to practice, look for one with polyester. These suits may feel different but will last much longer. There are practice suits available within the pro shop at the swim school. A suit cleaner is also available at the swim school that will help neutralize the chlorine to prolong the suit's life.

Goggles – Swimmers need a pair of working goggles for practices and meets. Please refrain from the great buy at the local box store. These are a lower quality, failing to keep their seal and leading to lost time at practice and meets. Tinted goggles are an additional tool swimmers will likely need for meets.

Cap – During practice, caps are not required. However, they are helpful for both speed and hair health. CAPS ARE REQUIRED FOR ALL MEETS. Coaches and fellow swimmers will help you learn how to put a cap on correctly. Placing it on incorrectly will lead to discomfort and tearing. Shaking a little bit of baby powder inside the cap after drying it with your towel will prolong its life. It is less painful if the swimmer's hair is wet. Nails will tear a cap. Once placed it should look like a biker's helmet.

Watch Missy Franklin do it: <http://swimswam.com/missy-franklin-how-to-make-a-swimmer-bun/>

Swim Team Sundays

This program is designed for every level of swimmer! We work on race-specific skills to help prepare the athletes for meets and give them a head start when practice begins. This is especially important for new swimmers and swimmers with limited team experience. There will be multiple groups organized by age and experience level. Sessions will run in the late afternoon on all the Sundays in May, leading to our first practice on June 1st.

Team Website

The swim team has its own website hosted by GoMotion. Our team is largely organized through this site. This is not to be confused with iClass. One program is used for lessons, and another is used for all competitive programming. Team registration, communications, meet scratches, volunteer sign-up, and more are done through this site. We encourage you to download the "OnDeck" app on your phone as it displays much of the information you can view on the website. Certain things can be done with the app, like scratching from a meet and volunteering to time at a swim meet.

Swim Meets

What League Are We Part Of?

Aqua Culture Swim Team is part of the Harford Swim League. The league follows USA Swimming Rules. We are now a part of division 1 within a 3-division system. To see results and standings across the league, go to www.harfordswimleague.org

Meet Details

Swimmers should come in their team swim suits.

Wednesday meets begin at 6pm. Swimmers will be entering the water at 5:30pm for warm-ups.

Saturday meets are at 8am. Swimmers will be entering the water at 7:30am for warm-ups.

Warm-ups are important because they immediately precede the Coaches' Scratch Meeting. Not showing up for warm-ups may lead to your swimmer being scratched.

8 and under swimmers/parents should seek a coach who can direct them to the parent in charge of their relay(if they are in one) as soon as they arrive. Swimmers 8 and under may leave the meet as soon their events are finished.

9&Older swimmers need to see if they will swim a relay before leaving the meet. Relays will be posted by the beginning of Butterfly, and a parent volunteer will help organize the relays.

Pool Lengths

Competition pools are measured in yards or meters. The HSL does have nonconforming pools, such as Emmorton (conversion factor .95 meter). Remember this when comparing times. The conversion factor is: 1 yd = .9144 meters, 1 meter = 1.094 yards. There are apps you can download and the OnDeck App can automatically convert times for you.

Spectators and Sportsmanship during Swim Meets

The space at the side of the pool is limited and we all want to see our children swim. Please consider this fact and move away from the side of the pool after your swimmer has completed their heat. All swimmers should congratulate the swimmers in the adjacent lanes. No swimmer shall exit the pool until everyone in their heat has finished. Please do not take your swimmer out before this time; it will reflect poorly on our team as sportsmanship is a focus. Older swimmers will sometimes do dive-overs when the previous heat stays in the water while the next heat starts their race. Parents and swimmers are never to speak to an official. We must respect the time and energy they devote to our swimmers and the league. They are instructed not to communicate with any swimmers or spectators.

Volunteer Requirements

All parents are required to volunteer at swim meets. It requires a lot of people to run a swim meet. We understand you must also take care of your kids. However, every parent at the meet is in that position. That is not an excuse to evade your volunteer duties. If necessary, you might have to ask an uncle or a cousin to come in time for a couple of times to help us run our meets smoothly. Starting this season, we will require all parents to sign up for their meets in advance by June 7th. At that time,

we will begin filling volunteer spots with the families holding the least hours. It is not fair to the dedicated parents that they have to volunteer every meet while others opt to sit back and watch.

Things to bring to a swim meet:

Goggles*- Clear for night meets and mirrored for morning meets

Team t-shirt

Extra towel(s)

Team swim cap*

Something to sit on. Not all pools have enough chairs.

Healthy snacks and drinks

Waterproof sharpie

Sunscreen

*If your swimmer has a last-minute need, the coach's bag has spare goggles/caps.

Consider your swimmer's belly a closed container. If you were to place the food they choose in a closed container, place it on the deck on a 98-degree day, shake it vigorously, and then open it to find it curdled or off-gassing, then you should encourage them to make a different choice.

The Good	The Okay	The Ugly
Whole fresh fruit; apple, banana, grapes...	Dried fruits, raisins, prunes, apricots	Sugar-coated fruits
Canned fruits in juice, apple sauce	Dry-roasted nuts and seeds	Heavily salted nuts and seeds
Raw vegetables; carrot, celery sticks	Pretzels	Potato chips, corn chips, nacho chips, tortilla chips
Yogurt	Graham crackers, ginger snaps, fig bars	Chocolate, chocolate bars, chocolate covered espresso beans, candies containing chocolate, toffee or cream
Low-fat cheese, string cheese	Home-made muffins	Cakes, pies, pastries, croissants, doughnuts
Crackers	Jerky	Store bought cookies
Whole-grain cereal and bagels		Pizza
Fruit juices-dilute with water	Sports drinks and milk	Orange juice

Meet Terminology

Events – Events are categorized by length of the swim (yards/meters) and stroke; so, 25 Freestyle or 50 Breast are examples of events. Each event (broken down by age group and gender) is assigned a number, which determines the order of events for the entire meet. Generally, our meets have 60 events – including relays. If a swimmer misses their event, they missed it. There are no guaranteed make-ups.

Heats – The number of swimmers that can compete at one time is limited to the number of lanes in the pool. Thus, if more than six swimmers are competing in the 25 freestyle and that pool has six lanes, multiple “heats” will be required for that event. Heats swim slowest to fastest. The fastest swimmer will be in the middle of the pool. They are seeded based on previous time. There is potential for a fast swimmer to be in the slow heat, if they have no seed time.

Entries – Can be found on the team website the evening before a meet or at the swim meet. At the meet you will see bright green papers. These will have the lane and heat assignments on them. It is preferred that the swimmer have their events written on their hand before warm-ups. Swimmers write their meet events/heat/lanes on their arm or hand in waterproof sharpie pen in the format laid out below.

E(for event)	H(for heat)	L (for lane)
IM		
FR		
BR		
BACK		
FLY		

For diving, some swimmers will also be labeled as “W” on their dominant hand for an in-water start, a “K” on their foot for a kneeling dive, or a “D” on their foot for a deck start.

Clerk of Course –All swim meets have a line-up area. Swimmers generally report to the Clerk of Course when their events are coming up. They are lined up by heat/lane and then moved to the pool for their event or race. The Clerk of Course is run by parent volunteers. Listen for your swimmers’ events being called. Additional clerks may be found, also parent volunteers, patrolling the pool deck to find swimmers for their events. They are the last line of defense against costly “no-shows”. Ultimately, each swimmer’s/family’s responsible for making it to the Clerk of Course in time for their events. All swimmers should report to clerk of course no matter how old they are. Parents may not accompany the swimmer inside the clerk of course.

Meets generally last 3 hours with plenty of “down time” for the swimmers between events. Bring a book, games, or toy to keep kids occupied, although many find this a great time to socialize and hang out with friends – this is where the team camaraderie and fun begin!

Meet Scoring and Awards

Individual events, in dual meets, will be scored 5, 3, 1 respectively for first (1st), second (2nd), and third (3rd) place.

Relays score double points and will be scored 10, 6, 2.

Out-of-Division Meets will not be scored per HSL Rules and Regulations.

Heat winner ribbons will be awarded at most meets.

Ribbons for Individual events will be awarded through 6th place. Personal best ribbons will be awarded as well. Relays will not receive heat ribbons and will only receive place ribbons for 1st thru 3rd.

Disqualifications

Disqualifications are an unfortunate reality of our sport. Most of the strokes are very particularly regulated by the Stroke and Turn officials. Please understand, the officials take no joy in disqualifying our cute young swimmers. It is merely part of the learning experience and part of the journey required in becoming legal in all four strokes. Letting swimmers slide on the technical nature of each stroke will only serve to reinforce an incorrect swimming. In other words, not disqualifying the younger swimmers, will simply lead to the disqualification of older swimmers. Please be supportive of your swimmer and respectful to the officials. See the additional sheet for a list of disqualifications. If your swimmer posts as a DQ and you are not sure if it is accurate, see a coach.

ACST Parent Code of Conduct

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

- ☐ I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- ☐ I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- ☐ I will refrain from coaching my child from the stands during practices or meets.
- ☐ I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- ☐ I will respect the integrity of the officials.
- ☐ I will direct my concerns to first to Coach Galen; then, if not satisfied, to the appropriate supervisor.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.