

# **2024 Arena Club STARZ Summer Swim Team**

## **Parent / Swimmer Information Packet**



**Welcome to the Arena Club Summer STARZ!**

**This packet contains the information you need for the 2024 season.**

**Please read it carefully, as it will answer most questions you may have.**

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## Meet Sign-up (SWIMMERS) & Volunteer Sign-up

To Opt In/Out of Meet:	To Sign up for Volunteer Slots:
Go to the team Website <a href="#">Arena Club STARZ</a>	Go to the team Website <a href="#">Arena Club STARZ</a>
Click on the “Event” Tab	Click on the “Event” Tab
Go to the meet listed	Go to the meet listed
Click – Attend/Decline	Click – Job Signup
Follow prompts	Follow prompts
<b>Save Changes</b>	<b>Save Changes</b>

### Volunteers Info

Volunteers are needed for our Swim Meets! Please choose the meet and the position that you want to fill.

**Each family is responsible for signing up for a minimum of five (5) sessions *PLUS* one (1) session at HSL Champs.**

**Stroke & Turn positions are for a full meet; they will count as 2 volunteer sessions. Starters, Admin and Officials MUST be trained and certified.**

Announcer is for a full meet; it will count as 2 volunteer sessions.

Unless indicated otherwise, a “session” is considered 1/2 of a meet. For example, if you sign up to volunteer to be the “first half grilling” at 5 different meets, you have met the requirement.

#### **SPECIAL NOTE:**

- Volunteer Raffle - drawings will be done at each meet for the Volunteers.
- Officials Raffle – drawings will be done at each meet for the Officials.

## Social Media

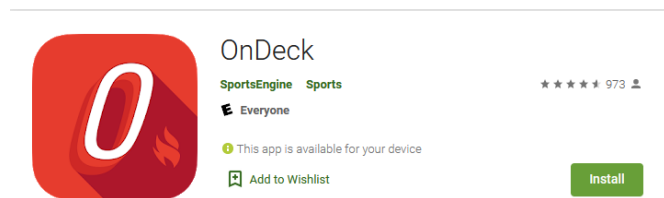
**Starz website:** <https://www.teamunify.com/Home.jsp? tabid =0&team=rechslacs>

**Starz FB Page:** <https://www.facebook.com/Arena-Club-Starz-Swimming-820791721360620>

**HSL Website:** <https://www.teamunify.com/Home.jsp? tabid =0&team=reclhslmd>

**OnDeck App** – See below picture

Feel free to download this app onto your phone. Your Login (LI) and Password (PW) is your Team Unify LI and PW.



## Practice Schedule

**Practice BEGINS: TUESDAY, May 28<sup>th</sup>**

*Practices are Monday - Friday*

**BEFORE SCHOOL ENDS:**

Ages 8 & Under	6:15 – 7:00 pm
Ages 9-10	5:15 - 6:15 pm
Ages 11-12	4:00 - 5:15
13 & Older	7:00-8:30 pm

**AFTER SCHOOL ENDS:**

Ages 8 & Under	8:30 – 9:15 am	6:15 – 7:00 pm
Ages 9-10	9:00 - 10:15 am	5:15 - 6:15 pm
Ages 11-12	9:00 - 10:15 am	4:00 - 5:15
13 & Older	10:00-11:30 am	7:00-8:30 pm

## HSL Meet Schedule

### 2024 Arena Club STARZ Meet Schedule

Meet	Day	Date	START Time	Where
North Harford @ Arena Club	Wednesday	June 12th	6:00pm	The Arena Club
Arena Club @ Valleybrook	Saturday	June 15th	8:00am	Valleybrook
Aqua Culture @ Arena Club	Wednesday	June 19th	6:00pm	The Arena Club
Rock Spring @ Arena Club	Saturday	June 22nd	8:00am	The Arena Club
Fallston Club @ Arena Club	Wednesday	June 26th	6:00pm	The Arena Club
Aberdeen @ Arena Club	Saturday	June 29th	8:00am	The Arena Club
**Relay Carnival -- Fun**	Wednesday	July 3rd	6:00pm	The Arena Club
NO MEET	Saturday	July 6th		NO MEET
Arena Club @ Fountain Green	Wednesday	July 10th	6:00pm	Fountain Green
Arena Club @ Emmorton	Saturday	July 13th	8:00am	Emmorton
End of Season Banquet	Wednesday	July 17th	TBD	The Arena Club
HSL Championships	Saturday / Sunday	July 20th-21st	TBD	TBD

# 2024 HSL Schedule

Division 1		Division 2		Division 3	
Fountain Green	FG	Aqua Culture	AQ	Aberdeen	AB
Arena Club	AR	Maryland Golf	MG	Valleybrook	VB
Rock Spring	RS	Coppermine	BA	Emmorton	EM
Fallston	FC	North Harford	NH	Joppatowne	JT

Wed, June 12th			Sat, June 15th			Wed, June 19th		
BA	@	FG	FG	@	AB	MG	@	FG
NH	@	AR	AR	@	VB	AQ	@	AR
AB	@	RS	AQ	@	RS	EM	@	RS
VB	@	FC	MG	@	FC	JT	@	FC
AQ	@	EM	BA	@	EM	BA	@	AB
JT	@	MG	JT	@	NH	VB	@	NH

Sat, June 22nd			Wed, June 26th			Sat, June 29th		
FG	@	FC	RS	@	FG	NH	@	FG
RS	@	AR	FC	@	AR	AB	@	AR
AQ	@	NH	AQ	@	BA	VB	@	BA
BA	@	MG	NH	@	MG	AQ	@	FC
AB	@	JT	EM	@	AB	JT	@	RS
EM	@	VB	VB	@	JT	MG	@	EM

Wed, July 10th			Sat, July 13th		
AR	@	FG	NH	@	RS
RS	@	FC	AQ	@	VB
AQ	@	MG	FC	@	BA
NH	@	BA	JT	@	FG
AB	@	VB	AR	@	EM
EM	@	JT	MG	@	AB

No Meet July 3rd or 6th
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HSL Championships - July 20th and 21st
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 In-Division Meet

**Important Dates**

<b>Important Dates</b>					
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Special Notes</b>	<b>Location</b>
Tuesday	March 26th	6:30-7:30pm	<b>#1 - MEETING - STARZ Planning</b>	All STARZ parents are welcome	Pool – Arena Club
Tuesday	April 16th	6:30-7:30pm	<b>#2 - MEETING - STARZ Planning</b>	All STARZ parents are welcome	Pool – Arena Club
Tuesday	May 7th	6:30-7:30pm	<b>#3 - MEETING - STARZ Planning</b>	All STARZ parents are welcome	Pool – Arena Club
Monday	May 13th	8:00am	<b>Online TEAM STORE OPENS</b>	(May 13th – May 19th) -- Orders take 2-3 weeks	
Monday	May 13th	8:00am	<b>Personalized Swim Cap ORDERS -- OPENS</b>	(May 13th – May 19th) -- Orders take 2-3 weeks	
Tuesday	May 21st	6:30-7:30pm	<b>#4 - MEETING - STARZ Planning</b>	All STARZ parents are welcome	Pool – Arena Club
TBA	TBA	TBA	<b>Officials Training NEW S&amp;T (Stroke &amp; Turn)</b>	TBA	TBA
TBA	TBA	TBA	<b>Officials Training NEW Starter / Admin</b>	TBA	TBA
TBA	TBA	TBA	<b>Officials Training Stroke and Turn Training: YMCA 1 or USA S&amp;T Certified</b>	TBA	TBA
TBA	TBA	TBA	<b>Officials Training Starter/Admin Training: YMCA 2 or USA Starter Certified Only</b>	TBA	TBA
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Special Notes</b>	<b>Location</b>
Tuesday	May 28th	4:15pm	<b>PRACTICE Begins</b>		Pool Deck – Arena Club
Tuesday	May 28th	Every session	<b>BACK 2 SWIM NIGHT (Parent Meeting)</b>	come to your swimmer's practice session // Suit try-ons and Suit orders	Pool Deck – Arena Club
Friday	May 31st	10:00am	<b>Suit Order CLOSES</b>	Bulk Order placed	

### Important Dates (Con't)

Day	Date	Time	Event	Special Notes	Location
Tuesday	June 4th	6pm	Equipment Testing	-	HOME (Arena Club)
Wednesday or Saturday	June 5 <sup>th</sup> or June 8 <sup>th</sup>	5pm – 8pm	STARZ Kickoff (Timed Trials)	**T-shirts handed out **Team photo **Starfish Pals **Tie-Dye **Timed Trials (Swimmers with No Times)	HOME Arena Club
Wednesday	June 12th	6:00pm	North Harford @ Arena Club	HOME	The Arena Club
Saturday	June 15th	8:00am	Arena Club @ Valleybrook	AWAY	Valleybrook
Wednesday	June 19th	6:00pm	Aqua Culture @ Arena Club	HOME	The Arena Club
Saturday	June 22nd	8:00am	Rock Spring @ Arena Club	HOME	The Arena Club
Wednesday	June 26th	6:00pm	Fallston Club @ Arena Club	HOME	The Arena Club
Saturday	June 29th	8:00am	Aberdeen @ Arena Club	HOME	The Arena Club
Wednesday	July 3rd	6:00pm	**Relay Carnival -- Fun**	HOME	The Arena Club
Saturday	July 6th		NO MEET		NO MEET
Wednesday	July 10th	6:00pm	Arena Club @ Fountain Green	AWAY	Fountain Green
Saturday	July 13th	8:00am	Arena Club @ Emmorton	AWAY	Emmorton
Wednesday	July 17th	5:00 - 9:00 pm	End of Season Banquet	Recognition, Awards, Food, Fun	The Arena Club - Pavilion
Saturday / Sunday	July 20th-21st	7:00 am - 5:00 pm	HSL Championships	More to come	More to come



## HSL Order of Events

Girls	Event	Boys	Boys	Event	Girls
1	8 & Under 100 Free Relay	1			
2	13-18 100 Free	3			
4	9-10 100 Individual Medley	5	34	6 & Under 25 Backstroke	35
6	11-12 100 Individual Medley	7	36	7-8 25 Backstroke	37
8	13-14 100 Individual Medley	9	38	9-10 25 Backstroke	39
10	15-19 100 Individual Medley	11	40	11-12 50 Backstroke	41
			42	13-14 50 Backstroke	43
			44	15-19 50 Backstroke	45
12	6 & Under 25 Free	13			
14	7-8 25 Free	15	46	8 & Under 25 Butterfly	47
16	9-10 50 Free	17	48	9-10 25 Butterfly	49
18	11-12 50 Free	19	50	11-12 50 Butterfly	51
20	13-14 50 Free	21	52	13-14 50 Butterfly	53
22	15-19 50 Free	23	54	15-19 50 Butterfly	55
24	8 & Under 25 Breaststroke	25			
26	9-10 25 Breaststroke	27			
28	11-12 50 Breaststroke	29			
30	13-14 50 Breaststroke	31			
32	15-19 50 Breaststroke	33			

*Events or either Meter or Yard depending on pool.*

*Yard times will be converted to meters for prelims heating.*

Scoring for Dual Meets is as follows:

<u>Place</u>	<u>Individual</u>	<u>Relays</u>
1	5 points	8 points
2	3	4
3	1	2

Scoring for HSL is as follows:

<u>Place</u>	<u>Individual</u>	<u>Relays</u>
1	20 points	40 points
2	17	34
3	16	32
4	15	30
5	14	28
6	13	26
7	12	24
8	11	22
9	9	18
10	7	14
11	6	12
12	5	10
13	4	8
14	3	6
15	2	4
16	1	2

**Swimmer's Dictionary**

**DQ:** Disqualification for reason of a rule violation. Time and place for a disqualified swimmer or relay shall not be recorded for that event.

**DUAL MEET:** A meet where there is head-to-head competition between two teams only.

**EVENT:** Any race or series of races in a given stroke and distance.

**FALSE START:** A swimmer leaving the mark (starting) before the signal will be charged with a false start. Two false starts in one race results in a DQ.

**FREE RELAY:** Four swimmers on a team, each to swim 1/4 of the prescribed distance continuously in any stroke.

**HEAT:** A group of swimmers designated to start an event at the same time. Used when there are more swimmers in an event than there are lanes in the pool.

**ILLEGAL TOUCH:** Touching the end of the pool improperly for the particular stroke's turn or finish according to USA rules. Will result in disqualification by the stroke and turn judge.

**I.M.:** Individual Medley. The swimmer swims the prescribed distance in the following order: The first 1/4-butterfly, the second 1/4-backstroke, the third 1/4-breaststroke, and the final 1/4-freestyle.

**LANE:** The specific area of the pool in which the swimmer is assigned to swim. Usually designated by floats or lane lines. Numbered starting from the right as Lane 1, 2, 3, etc.

**LEG:** (Relay) The part of a relay event that is swum by a single team member.

**MARK:** Starting position. On the starter's command, swimmers take their mark and must be stationary before the starting signal is given.

**MEDLEY RELAY:** Four swimmers on a team, each to swim 1/4 of the prescribed distance continuously in the following order: Backstroke, breaststroke, butterfly, and freestyle.

**MEET:** A swimming competition. A schedule of events for the RMSL is attached.

**OFFICIALS:** A group of volunteer workers interested in the improvement of swimming competition meet operations and officiating.

**OFFICIALS CLINIC:** Training of persons interested in learning how to be swimming officials.

**SCORING:** At dual meets, only the top three finishers from all heats combined in each event are scored.

[Ribbons are given for all heats.]

At the League Championship meet (Finals), all swimmers in both heats score points in each event. See attached information regarding scoring for dual meets and the League Championship meet.

## Parent Preparation for Meets

**LABEL** all of your swimmers' gear (goggles, caps, t-shirts, sweats, water bottles, coolers, towels, socks, shoes, etc.) Check the lost & found at the North Pools for any missing items after meets. It's amazing what's left after swim meets.

**WATER. WATER, AND MORE WATER.** DON'T LET SWIMMERS GET DEHYDRATED. Always send adequate supplies of water, especially on extremely hot days. Drinking fountains do not always work at pools. The team supplies a large cooler of chilled water in each tent. Make sure your swimmer knows that it is there for them! Bring chairs, coolers of food, snacks, and drinks.

**OTHER:** Snack bars are usually good, but don't let your swimmers eat junk food during meets (though parents won't be scolded if they indulge themselves.) Don't forget extra sunscreen. Swimmers sit under tents, but occasionally they get sunburned anyway. Hats with large brims protect heads and ears as well.

If this is your first season as a swim parent, or if you've been around for a while but just can't remember how a meet is run, check the Schedule of Events. **The 8 & Under Free Relay is at the beginning of the meet, allowing the little ones to swim their relays and individual freestyle and backstroke events early.**

## Swimmer Preparation for Meets

### **BRING THE FOLLOWING TO EACH MEET:**

- A. A sleeping bag or blanket to hang-out in/on during the meet.
- B. Sunscreen, and **extra** sweats, goggles, towels, and caps, because these items frequently get misplaced under the tents.
- C. Water is the most important liquid for swimmers to drink during a meet. Drink before and after every race and in between as well.

### **THE NIGHT BEFORE THE MEET EAT THE FOLLOWING:**

Complex carbohydrates such as pasta, whole wheat breads, and potatoes (with little butter) rice, etc. Fruits are also good to eat anytime. A minimum of butter or oils (like salad dressings) should be eaten since these take longer to digest. A high carbohydrate intake will allow the swimmer to replace the energy supply in his/her muscles in 24 hours as compared with 2 to 5 days with a low carbohydrate diet. Swimmers are advised to reduce their sugar intake and to ingest most of their carbohydrates in the form of starches. Some examples of starches: bagels, breads, garbanzo beans, chili, chop suey, fruits, leafy vegetables, lentils, macaroni, milk, noodles, pancakes, peas, potatoes, rice, spaghetti and waffles. Avoid caffeine.

Check with your coaches about diet questions, as they all have experience as competitive swimmers and know what works and what doesn't.

### **THE MORNING OF THE MEET:**

For breakfast have pancakes, waffles, or bread with small amount of jelly or honey, fruit, juice, water. No eggs.

### **DURING THE MEET:**

Snack on bagels, fruits and veggies. Drink water, 100% fruit juices and sports drinks. No sugars, no pop, no kool-aid, no donuts. Sugar pulls water out of the swimmer's system and can contribute to dehydration.

## Items to pack for a swim meet

Sharpees	towels (2)
Extra goggles	sunscreen
tent (pop up style)	bug spray
chair (camping style)	snacks
blanket	money
water	swimsuit / jammers