

2025 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 2025 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 Arena Club STARZ	Go to the team Website Arena Club STARZ
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
Save Changes	Save Changes

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

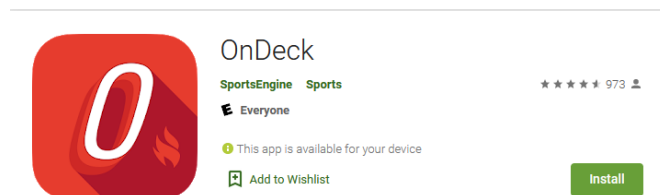
Starz website: https://www.teamunify.com/Home.jsp?_tabid_=0&team=rechslacs

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 27th

Practices are Monday - Friday

BEFORE SCHOOL ENDS (Monday - Friday):

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 (Monday - Friday):

NOTE – NO am (morning) practice THURSDAYS // NO pm (evening) practice WEDNESDAYS

Ages 8 & Under	8:30 – 9:15 am	5:00 – 5:45 pm
Ages 9-10	8:30 - 9:30 am	5:00 - 6:00 pm
Ages 11-12	9:30 - 10:45 am	6:00 - 7:15 pm
13 & Older	9:15 - 10:45 am	5:45 - 7:15 pm

HSL Meet Schedule

2025 Arena Club STARZ Meet Schedule

Meet	Day	Date	START Time	Where
Arena Club @ Emmorton	Saturday	June 14th	8:00 am	Emmorton
Aberdeen @ Arena Club	Wednesday	June 18th	6:00 pm	Arena Club
Arena Club @ Bel Air	Saturday	June 21st	8:00 am	Bel Air
Arena Club @ Rock Spring	Wednesday	June 25th	6:00 pm	Rock Spring
Aqua Culture @ Arena Club	Saturday	June 28th	8:00 am	Arena Club
North Harford @ Arena Club	Wednesday	July 2nd	6:00 pm	Arena Club
** NO Meet **	<i>Saturday</i>	<i>July 5th</i>		
Fountain Green @ Arena Club	Wednesday	July 9th	6:00 pm	Arena Club
Joppatowne @ Arena Club	Saturday	July 12th	8:00 am	Arena Club
** Swim Banquet	Wednesday	July 16th	TBD	Arena Club
** Championships - Day 1 (HSL)	Saturday	July 19th	TBD	TBD
** Championships - Day 2 (HSL)	Sunday	July 20th	TBD	TBD

**** Additional events or information**

HSL Meet Schedule

2025 HSL Schedule

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

Sat, June 14th			Wed, June 18th			Sat, June 21st		
AB	@	FG	FG	@	FC	NH	@	FG
VB	@	NH	AB	@	AR	AR	@	BA
MG	@	RS	BA	@	RS	RS	@	VB
AQ	@	FC	MG	@	VB	AQ	@	AB
AR	@	EM	AQ	@	JT	FC	@	JT
BA	@	JT	EM	@	NH	EM	@	MG

Wed, June 25th			Sat, June 28th			Wed, July 2nd		
AQ	@	FG	RS	@	FG	EM	@	FG
AR	@	RS	AQ	@	AR	NH	@	AR
NH	@	FC	BA	@	FC	RS	@	FC
MG	@	BA	MG	@	NH	JT	@	MG
JT	@	AB	AB	@	EM	AB	@	BA
VB	@	EM	JT	@	VB	AQ	@	VB

No Meet July 5th			Wed, July 9th			Sat, July 12th		
			FG	@	AR	EM	@	BA
			AQ	@	RS	NH	@	RS
			FC	@	MG	JT	@	AR
			BA	@	NH	VB	@	FG
			VB	@	AB	FC	@	AB
			JT	@	EM	AQ	@	MG

HSL Championships - July 19th and 20th								
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In-Division Meet

HSL Order of Events

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	8 & Under 100 Free Relay	1
2	13-18 100 Free	3
4	9-10 100 Individual Medley	5
6	11-12 100 Individual Medley	7
8	13-14 100 Individual Medley	9
10	15-19 100 Individual Medley	11
12	6 & Under 25 Free	13
14	7-8 25 Free	15
16	9-10 50 Free	17
18	11-12 50 Free	19
20	13-14 50 Free	21
22	15-19 50 Free	23
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

<u>Boys</u>	<u>Event</u>	<u>Girls</u>
34	6 & Under 25 Backstroke	35
36	7-8 25 Backstroke	37
38	9-10 25 Backstroke	39
40	11-12 50 Backstroke	41
42	13-14 50 Backstroke	43
44	15-19 50 Backstroke	45
46	8 & Under 25 Butterfly	47
48	9-10 25 Butterfly	49
50	11-12 50 Butterfly	51
52	13-14 50 Butterfly	53
54	15-19 50 Butterfly	55
56	Mixed 9-10 100 Medley Relay	
57	Mixed 11-12 100 Medley Relay	
58	Mixed 13-14 100 Medley Relay	
59	Mixed 15-18 100 Medley Relay	
60	Women 9 & Over Free Relay	
61	Men 9 & Over Free Relay	

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