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## Welcome Letter

Welcome new and returning Maverick Families!

As members of the Board of Directors, we all want to welcome all our new and returning swimmers and families to the Modesto Mavericks Swim Team. We are part of the Mid-Valley Swim League (MVSL), and we are glad you are committed to sharing this coming swim season with us.

MVSL currently has six (6) teams: Tracy Tritons, Ripon Sea Lions, Manteca Dolphins, Discovery Bay River Otters, Turlock Sea Dogs and our Modesto Mavericks Swim Team! Our swim meets are on most Saturdays starting May 4 (our time trials) and ending July 20 for MVSL Championship Finals. The Tracy Invitational is the only two-day meet on May 18-19.

Swimming is truly a family sport. You spend the day with your immediate family but also become an integral part of the Mavericks family. Wonderful relationships are formed during swim season and lifelong friends are made. We hope you enjoy it!

The governing board of the Modesto Mavericks will do everything it can to keep the swimmers and parents informed – we are here to help you and your kids. This handbook should answer most of your questions and our website is also a great source of information. On the website there will be posted information, events, calendars, maps to the venues, and swim meet/volunteer sign ups. Please call any one of the Board Members for assistance at any time. There will be at least one board member on the pool deck during practices. We have other means of communication as well: our team emails, the Group Me application, and Facebook!

Please familiarize yourself with the rules of the team and the rules of the pool deck. Our head coach, Coach Kerra Houser, will do everything in her power to keep order on the pool deck to keep your kids safe. Our #1 priority is safety, and our coaches are all trained in CPR, first aid, and most of them are certified lifeguards by the American Red Cross. **Please be mindful that you should not talk with the coaches during practice; please save your questions and comments for a proper time to pose your questions to the coaches (or seek out a board member).**

We welcome you to the team! The experience is better if you are involved; parents are required to volunteer throughout the season. We cannot run a swim meet without the parents' help! Volunteers can assist with any number of jobs from ribbon labeling, computer assistance, hospitality, relay coordinator, stroke and turn judging (training provided), starter (training provided), timing, plus much more. We have a volunteer hours system this year on our website to help keep track of parent volunteering. Parents are asked to volunteer 2 hours at every swim meet their swimmer attends and 4-hours at our Fireworks Booth fundraiser by the end of the swim season. A team email will be sent letting you know when volunteer sign-ups sheet will be available soon so get your spot early!

As a board, we want to do everything to make this a great experience for your kids. Go Mavericks!

And welcome to our Mavericks family!

Sincerely, 2024 Board of Directors

## 2024 Coaches & Board Members

**Head Coach:** Kerra Houser

**Assistant Coaches:** Kassy Schanen, Jessica Focha, Allison McAdams, and Kaydence Bispo

**President:** Nicole Hensley

**Vice President:** Shelley Schmidig

**Secretary:** Audrajo Rodriguez

**Treasurer:** Margarette Castledine

**MVSL League Representative:** John Hoskins

**Media Relations:** Selena Vargas

**Members at Large:** Zach Stillman (Parent Volunteer Coordinator), Katie Clennan, Marc Etchebarne, Jack Dobbins, Selena Vargas, Lindsey Cummings, Sarah Brackett.

## Team Communication and Apps

**Team Unify Website:** [www.swimmodestomavericks.com](http://www.swimmodestomavericks.com)

**Team Email:** swimmodestomavericks@gmail.com

**Team Facebook:** <https://www.facebook.com/modesto.mavericks/>

**Group Me Application:** Download from App store, search Modesto Mavericks

**Meet Mobile App:** provides meet entries and results in real-time, available on app store (fee may apply)

**On Deck App:** Complimentary app for our website to register swimmers, etc, available on app store (fee may apply)

Please feel free to contact any Board Member at any time. We have an open-door policy and will be happy to assist whenever you need assistance. We do ask that you hold your questions to the coach until after the swimmers have left the pool. The eyes and ears of the coach need to be on the swimmers in the pool.

## Regular Practice Sessions

The swimmers are assigned to a practice group by age. Unless arranged with the coach in advance, the swimmer is not to swim at different times or change time slots. There are RARE occasions where practice is canceled without prior notice (i.e., thunderstorm or safety issue with the pool). Unfortunately, on these occasions it is impossible to notify all swimmers in a timely fashion, although we will make every attempt to do so. Notices will be posted online so check the website before coming to the pool (i.e., website, Facebook, Group Me app, and team email). A notice will also be posted at the pool gate so please do not drop your swimmer(s) off without checking for a notice of cancellation. Please try to be on time for practice, as our pool time is very limited and practice groups overlap. In addition, parents should pick up their children promptly at the end of practice and are required to come to the pool deck to pick up their children.

Coaches should not be relied upon to get your swimmer(s) to/from practices as this is a liability to the team. In addition, practice times can change during the year.

## Swimming Eligibility

Any swimmer who is 18 & under as of April 1, 2024, is eligible to swim in our league. The age group is determined by their age on April 1, 2024. Swimmers will swim with their age group during practices and at meets. Swimmers may be placed in a relay with an older age group, if necessary, but may not swim in a younger age group. If there are physical or developmental challenges where swimming with their age group could be difficult, please bring that to a board member for review. Swimmers need to have basic swimming skills and must be able to swim one length of the pool safely and not be afraid to put their face in the water. The swimmers are taught the four basic swimming strokes: butterfly, breaststroke, backstroke, and freestyle. In order to remain eligible to swim in the Mid Valley Swim League, a swimmer may not practice with, nor swim for, any other swim team from November 1st through March 31st. Swimmers who participate in high school swim or water polo programs will be granted an exception to this rule.

## Fundraising

We do our best to limit the fundraising events to just 2-3 events per season, one of those requiring parent participation.

1. We offer a fundraising opportunity to earn a team suit. This is not mandatory, but if you would like to fundraise for your team suit, you may. This season, we are selling Papa Murphy's cards. Sell ten (10) and you earn a free suit.
2. Fireworks Booth: The fireworks booth is by far our biggest fundraiser of the year. We have a great spot for the booth, in the DD's Discounts Store parking lot on the corner of Hatch Rd and Richland Ave. It is mandatory for parents to volunteer for at least two 2-hour shifts during the few days the booth is open for sales. It is also required for each swimmer family to purchase/sell Fireworks Scripts for our Fireworks Booth fundraiser. More information will be provided when available.
3. Other Fundraisers: There may be other small/optional fundraisers announced throughout the season. Information to be given as it becomes available.

## Pool Rules

1. Swimmers are to exhibit pool safety standards. Basic rules will be enforced at all times.
2. Swimmers are not to enter the pool without a coach/lifeguard present.
3. The use of profanity or verbal abuse toward another swimmer or coaching staff will not be tolerated. This includes both the swimmer and the parents. If this occurs, the swimmer and/or parent will be asked to leave that practice or meet. If this occurs repeatedly, the swimmer will not be allowed to remain a member of the Modesto Mavericks Swim Team.
4. Respect other swimmers from our team and other swimmers from all teams. Sportsmanship is an honorable trait.
5. Unsportsmanlike conduct from the swimmer/parents can lead to disqualification at the meets. Repeated unsportsmanlike conduct from either the swimmer or parent is grounds for dismissal from the team.
6. Swimmers should respect the coaching staff and listen to their instruction. Swimmers are not to be playing in the lanes during practice or hanging on the lane lines.

## Time Trials

Each team holds time trials, which only include our team and give the swimmers an entry time for future meets. They also give the coaches an opportunity to evaluate a swimmer's ability to perform in a swim meet atmosphere. If you are a new swimmer, time trials are essential. If you are a returning swimmer, you can establish a personal best time for future meets; however, your historical best time will be used as your entry or seed time. Time trials are also treated like a mini-meet, which gives parents and swimmers an idea of what to expect during actual meets. It is highly recommended that swimmers attend time trials.

## Swim Meets

1. All 2024 swim meets are posted on our website under team events.
2. Meets begin promptly at posted time on meet invite. The meet invite and any pertinent information can be found attached to the event on our website. You should receive an email when it opens, at the latest one week prior to the meet.
3. Typically, we open the meets to registration up two weeks prior to the meet date; however, this is dependent on several variables. There is a cutoff date to register your swimmer for the meet and events. **Please be sure to meet that deadline as we cannot accept late entries.**
4. There is no real way to say when a meet will end; however, most dual meets end by 2 pm. Invitationals are usually done by 4 pm. There is no time schedule to a meet so these are only estimates. There are several variables that can delay a meet as well as shorten a meet.
5. To keep the meet running smoothly, please be sure to have your swimmers at the pool deck prior to their race and be ready for their relays. Meet delays are always frustrating so keeping your swimmers ready to go definitely helps.
6. Relays are determined by coaches, and they take a lot of work! Your swimmer could be in as many as 2 relays per meet, the medley relay and freestyle relay. Relays are typically posted the night before but will definitely be available the morning of meet. Please understand that relays can change multiple times throughout the day. So please check back to the relay table for updates. See Relay Coordinator section.
7. We have a relay table where swimmers can gather for their relay and walk together to the pool deck. This is very important for swimmers 12 and under so please be sure to get your swimmer to their relay on time.. See Relay Coordinator section.
8. If you have registered for the meet and it's determined that you will not be able to attend, please notify a board member ASAP. We can scratch them from meet. See Check in & Warm Up section.
9. During the meets you may see meet results and entries on the Meet Mobile app available (fees may apply) through your app store.
10. Invitationals: there are two invitationals throughout the season. The Tracy Invitational is a two-day meet, May 18-19 and the Modesto Invitational on June 22. The team pays fees to participate so it is important that you only register if you know you can attend. If you have to scratch, you will be charged the swimmer fee the team paid as a result of your entry.
11. Championships are an event where qualifying swimmers from all teams in the MVSL compete against each other. To qualify to swim in the Championship meet, a swimmer must have competed in at least two individual events in at least four MVSL meets (this includes invitational meets). There are no additional fees for championships.

## Check In and Warm Up

Check in for most meets starts by 7:00 am. Please check the team event on the calendar for details.

If your swimmer has not checked in by 7:30, they may be scratched from the meet. Please be on time or communicate with the coach or board members if you will be late. After checking in, swimmers need to warm up; be sure to locate your coach for warm up instructions on the day of the meet. When at all possible, check in and warm up times will be posted on the website in advance of the meet. Team emails and Remind app messages will be sent out for last minute details.

## Age groups

Swimmers are divided into age groups and gender for competition: 6 and under, 7-8, 9-10, 11-12, 13-14, 15-16, and 17-18. Swimmers will swim for the age group in which they fall into on April 1st. If the swimmer has a birthday after April 1st, that swimmer **may** move up into the next age bracket; however, they must remain in that age group for the remainder of the season. A swimmer may compete in three (3) individual events per swim meet, and two (2) relay events (at coaches' discretion). A swimmer may move up two age groups for relays only, as designated by the coach, and a swimmer must swim in his/her own age group for individual events. For the Tracy Invitational, which is a two-day meet, may swim in all individual events if they choose. Relays are still at the coach's discretion. Your Coach may change your events after discussing your progress with you, so be open-minded to suggestions from the coaching staff.

## Team Points and Awards

Scoring will be the same for all swim meets. Placing and points are determined by the number of lanes at meet; i.e., six lanes up to sixth place, eight lanes up to eighth place, etc.

### Points for eight-lane pool:

	<u>Individual Events</u>	<u>Relays</u>
1st place:	9-points	16-points
2nd place:	7-points	14-points
3rd place:	6-points	12-points
4th place:	5-points	10-points
5th place:	4-points	8-points
6th place:	3-points	6-points
7th place:	2-points	4-points
8th place:	1-points	2-points

### Points for ten-lane pool:

	<u>Individual Events</u>	<u>Relays</u>
1st place:	11-points	20-points
2nd place:	9-points	18-points
3rd place:	8-points	16-points
4th place:	7-points	14-points
5th place:	6-points	12-points
6th place:	5-points	10-points
7th place:	4-points	8-points
8th place:	3-points	6-points
9th place:	2-points	4-points
10th place:	1-points	2-points

**Dual/Tri Meets:** ribbons are awarded through the number of lanes available at meet; i.e., eighth for eight lanes, etc. Heat winner ribbons/bands will be awarded for fastest swimmer in their heat.

**Invitationals/Championships:** medals will be awarded for first through third places; ribbons for fourth through eighth or tenth. Individual high point trophies will be awarded for each age group; team awards will be awarded for first through third place teams. Participation ribbons will be given to all swimmers; heat winner awards will be given to all heat winners. If there is a tie for 1st place, the tie will stand and 2nd place will not be awarded.

After MVSL Championships, the Modesto Mavericks Swim Team will host an awards and family event at the Downey High School pool. Recognition awards are given out at that time (i.e., most improved, high point, etc.). High point awards are given for each age group for boys and girls. Every child gets an award for participating in the season.

## Meet Sign Ups

Each swimmer will need to sign up if he wishes to participate in each meet. Meet sign-ups will be available online through our website. The meet is located on our team calendar as a team event. If you will not be at meet, please decline your swimmer through the same process as registering.

## What to bring to meets

Swimsuit, goggles, towels, warm clothes (i.e. sweats, robes) for early morning as it is sometimes cold in the mornings, slip on shoes, sunscreen, water, healthy snacks, tents/sun shades, lawn chairs, sleeping bags, games, books, ponytail holder for long hair. Food vendors are available for all meets and the host team typically earns a small profit from sales. Please do not bring glass containers, squirt guns, BBQ's, or Dogs/Pets. Alcohol and tobacco are not allowed on any school premises. Do not bring anything valuable to the meet, as things get lost or misplaced and it is not the responsibility of the team to replace these items.

Please see the Meet Survival Guide on the main page of our website under Forms/Documents.

## Relay Coordinator

There are two relays per meet, medley relay is the first stroke of the day and freestyle relay is the last. There will be a table on deck which has a list of all relays. This is an ever-changing list, so check it throughout the day. We make every effort to notify your swimmer if their relay has changed, but it is not always possible. Swimmers are responsible for making it to their races on time. A few events before your relay starts, please head to the relay table to meet up with the rest of your relay team. Once there, DO NOT LEAVE!!! Your team should find you there. Once your relay team is all together, a parent or coach will lead the team to the pool deck for any ages 10 & under.

Notify the coach when you know you are leaving early so the coaches have enough time to move the relay teams around for a viable relay alternative. The coaches will do their best to form a relay for every age bracket. Sometimes there are not enough swimmers to make up a relay team. In this instance, the coach may move swimmers up brackets to form a relay team. A swimmer can only move up two age groups (for relays only).

## Parents' Responsibilities

Parents are needed in many ways to help the team during meets and fundraising activities. Swimmer's swim, coaches coach, and the rest is up to the parents. 😊

The continued success of the Modesto Mavericks Swim Team is based on several factors. One of the most important factors is parent participation and volunteering. There have been many discussions on parent participation by the Board of Directors; our ultimate goal at every meet is 100% parent participation.

Each family is required to volunteer a minimum of one two-hour shift per family at any swim meet (that your child attends). We will use the time trials in May as a learning tool to learn the basic skills of our volunteer positions. Start thinking about the volunteer job you would like to help with. Again, it is mandatory that parents volunteer. There are many volunteer positions to fill. This year, if you do not volunteer at the meet (and your swimmer is swimming) your swimmer will not be allowed to swim in the next meet. It is mandatory that we have parent participation so our swimmers can have the best season. See our "Description of Volunteer Positions" section at the end of this handbook for details on various positions.

Swimmers, coaches and volunteers are the only people allowed behind the diving blocks. If you are not volunteering, you should not be behind the blocks. Spectators may watch from the bleachers on the opposite side of the pool. The coaches cannot be distracted by parents on the diving block side of the pool. The coaches are there to encourage the children during practice and at meets.

Parents should aid the swimmer's efforts to improve by bringing and picking up him/her to practice regularly and on time.

Please keep comments to all children at meets positive and encouraging. If you feel that there are ways that your swimmer can improve their skills, encourage them to talk to their coaches for guidance. They are there to show them swimming skills, the stroke technicalities, and improve their time. Their coach will be aware of their performance and make corrections at practice.

At no time is a parent to approach at meet referee or stroke and turn official. Any meet result may be contested by the teams designated official. This must be done at the meet. Per MVSL bylaws, any changes to meet results after the meet has finished must be mutually agreed upon by both team designees.

Any disruptive or aggressive behavior or language will not be tolerated. These are kids and they will be treated as such. We are here to let our kids learn a new skill or improve existing skills, poor behavior from adults can ruin the experience.

## Swimmers' Responsibilities

The major responsibility of the swimmer is to participate wholeheartedly in both workouts and competition. Consistent participation will produce a sense of self-confidence, personal accomplishment, good health, and many good friends. Please come to practice ready for your workout, with a positive attitude. Even though swimming is made up of individual races, we are at the meet as a team, so please act like a team.

## Stroke Reminders

Swimmers must swim each stroke legally per USA Swimming guidelines for the year. This handbook will be made available at all meets and can be referenced at any time.

The swimmers should **not** be made aware of a possible DQ during the race. If there is a DQ, the meet referee has to review to confirm it is valid. At that point the Meet Manager will enter the result and the swimmer will not receive any points for event. Please remember that disqualification protests should only come from team designee. At no point should a parent, under any circumstances, approach a meet official.

To make this a better experience, remind the kids that disqualification is one of the best learning tools for both the swimmer and the coach. It happens to everyone and do not let it discourage them. The coach and the swimmer will review DQ slips at practices after a meet.

In addition, we may use a technique called a "flyover start" or a "dive-over start". This start is when a heat is started while the previous heat is hanging on the wall, instead of waiting until all swimmers have cleared the pool. Flyovers allow the swimmers a little more time to clear the pool while the next heat has started. It also speeds up the meet by about 30 seconds per heat. Swimmers in next heat will be sent to the blocks while the first heat is in the water; as soon as the last swimmer in the first heat finishes, the starter gives the "Take your Mark" command, and then starts the heat. Once the second heat is off and racing, the first heat swimmers will clear the pool.

Below are various tips, which may help the swimmer swim a legal race. Please refer to the USA Swimming guidelines for the year for official information.

### Backstroke

- One hand touch at both ends
- Do not turn on your stomach at any time, except for flip turn;
- Continued motion must be present in the backstroke turn.



### Breaststroke

- Two hand, synchronous touch for turns and finish;
- A single dolphin kick to be followed by a breaststroke kick is permitted after the start and each turn while the swimmer is completely submerged.
- Underwater pull must contain a full arm pull, a full up/out/together leg kick, and the hands must join together and not separate until the water surface is reached. Head must break water before arms/hands are shoulder width apart.
- Up/out/together leg kicks...not scissors kicks.
- The arms should never exceed a half-circle pull.

### Butterfly

- Two hand, synchronous touch for turns and finish;
- Underwater dolphin kick distance is limitless, but the smart swimmer surfaces when he finds himself gliding slower than the surface stroke allows;
- Legs/knees/feet should not break their closeness and cannot kick at opposing intervals/times. No scissor kick.
- Shoulder/arms/elbows need to fully exit the water surface each pull.

### Of course...

- Never touch the bottom of the pool;
- Never leave the starting block until you hear the signal to do so;
- Never stop during a race and ask your coach, "what?"
- Never breath once you approach the solid coloring of the lane rope;
- Never breathe more than you need to. Ideal breathing is every 3rd stroke;
- Never attempt or practice something new at a swim meet (starts, turns, etc);
- During a relay, you cannot leave the starting block until your teammate touches the wall.

Parents: try to review these principles with your children on a regular basis so that it becomes "second nature" to the kids. It's easy to forget a 2-hand touch!

## Order of Events for Standard Meets

### Medley Relay:

1. 6U Mixed 100 Medley Relay 2. 7-8 Girls 100 Medley Relay 3. 7-8 Boys 100 Medley Relay 4. 9-10 Girls 200 Medley Relay 5. 9-10 Boys 200 Medley Relay 6. 11-12 Girls 200 Medley Relay 7. 11-12 Boys 200 Medley Relay 8. 13-14 Girls 200 Medley Relay 9. 13-14 Boys 200 Medley Relay 10. 15-18 Girls 200 Medley Relay 11. 15-18 Boys 200 Medley Relay

### Individual Medley:

12. 9-10 Girls 100 IM 13. 9-10 Boys 100 IM 14. 11-12 Girls 100 IM 15. 11-12 Boys 100 IM 16. 13-14 Girls 100 IM 17. 13-14 Boys 100 IM 18. 15-16 Girls 100 IM 19. 15-16 Boys 100 IM 20. 17-18 Girls 100 IM 21. 17-18 Boys 100 IM

### Long Freestyle:

22. 6U Girls 50 Free 23. 6U Boys 50 Free 24. 7-8 Girls 50 Free 25. 7-8 Boys 50 Free 26. 9-10 Girls 50 Free 27. 9-10 Boys 50 Free 28. 11-12 Girls 100 Free 29. 11-12 Boys 100 Free 30. 13-14 Girls 100 Free 31. 13-14 Boys 100 Free 32. 15-16 Girls 100 Free 33. 15-16 Boys 100 Free 34. 17-18 Girls 100 Free 35. 17-18 Boys 100 Free

### Butterfly:

36. 6U Girls 25 Fly 37. 6U Boys 25 Fly 38. 7-8 Girls 25 Fly 39. 7-8 Boys 25 Fly 40. 9-10 Girls 50 Fly 41. 9-10 Boys 50 Fly 42. 11-12 Girls 50 Fly 43. 11-12 Boys 50 Fly 44. 13-14 Girls 50 Fly 45. 13-14 Boys 50 Fly 46. 15-16 Girls 50 Fly 47. 15-16 Boys 100 Fly 48. 17-18 Girls 50 Fly 49. 17-18 Boys 100 Fly

### Backstroke:

50. 6U Girls 25 Back 51. 6U Boys 25 Back 52. 7-8 Girls 25 Back 53. 7-8 Boys 25 Back 54. 9-10 Girls 50 Back 55. 9-10 Boys 50 Back 56. 11-12 Girls 50 Back 57. 11-12 Boys 50 Back 58. 13-14 Girls 50 Back 59. 13-14 Boys 50 Back 60. 15-16 Girls 50 Back 61. 15-16 Boys 100 Back 62. 17-18 Girls 50 Back 63. 17-18 Boys 100 Back

### Breaststroke:

64. 6U Girls 25 Breast 65. 6U Boys 25 Breast 66. 7-8 Girls 25 Breast 67. 7-8 Boys 25 Breast 68. 9-10 Girls 50 Breast 69. 9-10 Boys 50 Breast 70. 11-12 Girls 50 Breast 71. 11-12 Boys 50 Breast 72. 13-14 Girls 50 Breast 73. 13-14 Boys 50 Breast 74. 15-16 Girls 50 Breast 75. 15-16 Boys 100 Breast 76. 17-18 Girls 50 Breast 77. 17-18 Boys 100 Breast

### Short Freestyle:

78. 6U Girls 25 Free 79. 6U Boys 25 Free 80. 7-8 Girls 25 Free 81. 7-8 Boys 25 Free 82. 9-10 Girls 50 Free 83. 9-10 Boys 50 Free 84. 11-12 Girls 50 Free 85. 11-12 Boys 50 Free 86. 13-14 Girls 50 Free 87. 13-14 Boys 50 Free 88. 15-16 Girls 50 Free 89. 15-16 Boys 50 Free 90. 17-18 Girls 50 Free 91. 17-18 Boys 50 Free

### Freestyle Relays:

92. 6U Mixed 100 Free Relay 93. 7-8 Girls 100 Free Relay 94. 7-8 Boys 100 Free Relay 95. 9-10 Girls 200 Free Relay 96. 9-10 Boys 200 Free Relay 97. 11-12 Girls 200 Free Relay 98. 11-12 Boys 200 Free Relay 99. 13-14 Girls 200 Free Relay 100. 13-14 Boys 200 Free Relay 101. 15-18 Girls 200 Free Relay 102. 15-18 Boys 200 Free Relay

## Description of Volunteer Positions

**Meet Manager:** Responsible for event scratches, deck seeding, and resolving any issues regarding swimmer entries.

**Colorado System Operator:** This person enters information on the Colorado System. Works with the Starter and sits at the head table.

**Printer/Verifier:** This position works closely with the Starter, Colorado Operator, and Stroke and Turn. They are responsible for verifying the paperwork from these groups and to check for anomalies and to confirm all submitted paperwork.

**Concession/Snack Bar:** Helps prepare, sell, and take care of snack bar needs during a meet. Works with the Snack Bar Manager. Concessions/Snack bar positions are only during a HOME MEET.

**Hospitality:** Sets up and delivers snacks and refreshments to parents who are volunteering during their shift.

**Awards/Ribbons:** Sits at the awards table and uses preprinted labels that are received from the registrar to place on appropriate ribbons. Takes ribbons and places them in the appropriate team bin for pick up.

**Timer Runner:** Picks up event sheets from each lane at the end of a heat and takes it to the head table.

**Head Table Runner:** Picks up the events from the meet manager and runs them to Stroke/Turn, Announcer, Head Table, Starter, Timers, and Coaches. Receives results from meet manager and posts them in a designated area.

**Clean Up:** Works with the Facilities Manager in taking down the snack bar, EZ-up tents around the pool area, Colorado System, timing system, wiring, head table, chairs, etc.

**Announcer:** Announces events, heats, swimmers, and general announcements during a meet. Works with Starter so there is no conflict when announcing.

**Lane Assistant:** Assist the swimmers with heat and lane assignments on the pool deck. Helps line up swimmers at the designated area and gets them to their lane assignments.

**Setup:** Arrives before meet to set meet up for day.

**Starter:** Responsible for starting the swim meet. Including: calling swimmers to the blocks, sets the swimmers, and starting each heat and race. MUST BE TRAINED.

**Stroke and Turn Judge:** Judges the swimmers to make sure that the strokes are done correctly, and the swimmer touches the walls on the turns. Judges are required to write disqualification slips if the swimmer does not swim the stroke correctly or does not touch the wall. MUST BE TRAINED.

**Table monitor/Check-in:** Allows swimmers on deck and behind the blocks for events. There should be no more than 3 heats of swimmers behind the blocks at any time.

**Timers:** Responsible to be at an assigned lane ON TIME. When a swimmer comes toward the finish, the timer must get up from their seat and moves to the edge of the lane, then leans over and pushes the electronic timer (held in the hand) when any part of the swimmer touches the finish wall. One timer is responsible for writing down the time of the swimmer. Each timer should confirm that the appropriate swimmer is in the correct lane. There are three timers per lane. Timers are asked to refrain from using their cell phone while in this volunteer position.

**Timer (stopwatch):** There is one stopwatch timer per lane along with the electronic timers. The stopwatch timer watches for a signal from the starter and then starts the stopwatch. The stopwatch timer must get up from their seat, lean over the edge of their lane and stop their watch at the finish of the race.

**Backup Timer:** A backup timer is responsible for the main stopwatch during a meet. They must watch the start from the starter strobe light and engage their stopwatch. It is their responsibility to run a stopwatch out to a timer if they forget to engage their stopwatch or it malfunctions.