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Triton was a sea god in Greek mythology. He was the son of Poseidon and Amphitrite. He had the head and upper body of a man and the tail of a fish. He carried a conch shell trumpet and lived in a golden palace at the bottom of the sea.

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## 2025 TRITON MEET SCHEDULE

Date	Participant & Meet Location	League Meet
May 3	Mini Meet @ Tracy (West High)	No
May 17-18	The Tracy Invitational @ West High	Yes*
May 31	Tracy @ River Otters	Yes*
June 7	Tracy @ Turlock	Yes*
June 14	Ripon @ Tracy (Mustache Meet)	Yes*
June 21	Ripon Invitational	Yes*
June 28	Modesto @ Tracy	Yes*
July 5	BYE WEEK (no meet)	
July 12	Tracy @ Manteca	Yes*
July 19	MVSL Championships (West High School)	Yes*

\*points count towards year end high point trophy

\*\* Additional detail provided at future date

Additional information regarding swim meets is included in this handbook (pages 13-15). Swimmers need to check in and warm up before each meet begins, by the check-in time. Look for postings or ask a board member when to arrive at the meet. Please watch your email and the Tritons website for any changes and dates for when entries are due for each meet and invitational. Invitational fees have already been paid as part of your original swimmer fees.

## RULES AND EXPECTATIONS

- New swimmers will learn to legally swim all four strokes (freestyle, backstroke, butterfly and breaststroke). Parents can help by asking their swimmers what they learned each day and seeing if they can demonstrate to you on land. The more parents and families are involved in swimming, the greater chance of success your swimmer will have.
- Swimmers are expected to be at practice 5-10 minutes early for stretching and must be ready to swim with swimsuit, cap, goggles, kickboard, and fins. Practice times will be posted at **www.tracytritons.org**. If there are any questions regarding practice times, please ask a board member. Swimmers are encouraged to attend at least three practices per week. Remember, you can't improve if you aren't at practice.
- Swimmers are expected to eat healthily. Stay away from junk! Take care of yourself when you're not at practice. If your knee hurts, for example, tell your parent and your coach. Also, drink lots of water! Just because you're swimming doesn't mean you can't become dehydrated.
- Swimmers are expected to listen, learn, and put forth the greatest possible effort. They are expected to be the best teammates. Encourage your teammates and work together.
- Swimmers will be allowed to choose their own events at meets. We're happy to offer advice.
- Supervision of your swimmer outside of the pool is the parent's responsibility. This includes before and after practices and during swim meets. The Tracy Triton Swim Club is not responsible for supervising members in the bathroom, in the stands, fields or any other premises outside of the pool.

- Only practicing swimmers are allowed on the pool deck. Absolutely no parents are allowed behind the blocks or at the pool's edge during practice.
- There will be no refunds due to pool shut down, canceling of practice or swim meets. In the case of a family cancelling their membership in the club, prorated refunds, less \$25 for insurance, will be given within the first two weeks of a swimmer's start date on a case by case basis. There will be no swim camp refunds after the first day of swim camp.
- Each personal check which is returned for insufficient funds shall incur a \$20 service fee. After the second occurrence, the family will be required to pay with either cash or money order.
- These expectations apply to all practices and meets. The goal, of course, is for each swimmer to have fun and succeed in the sport.

## DISCIPLINE

**If a swimmer does not follow instructions or endangers the health and safety of themselves or others**, disciplinary action will be given by the coach and/or the Triton Board which may include dismissal from the team.

Disruptive behavior at the practice or at the meets will not be tolerated. The discipline policy is as follows:

1. The first incident will result in the swimmer receiving a verbal warning and the parents will be notified
2. The second will result in the swimmer being asked to sign a performance contract and the parents are notified. The parents must sign the swimmer's contract before the swimmer is allowed back in the pool.
3. After the third incident, the swimmer may be removed from the team, and NO refunds will be issued.

**Safety rules established by the Tracy Tritons will be adhered to at all times. If at any time during a swim practice or swim meet, a swimmer acts inappropriately (i.e. fighting or vandalism) or fails to make**

appropriate behavior changes, they will be asked to leave the premises immediately.

## SUPPORT YOUR COACH

Your swimmer is going to spend many long hours swimming lap after lap after lap. If the swimmer does not have respect for their coach, these long hot practices will be miserable for them. It is important that you as parents display trust in your coach's ability and judgment. Any grievances should be privately taken up with the Tracy Triton Board.

## CLUB AFFILIATIONS AND RULES

The Tracy Triton Swim Club is a recreational and competitive swim team which competes in the Mid Valley Swim League. This league consists of teams from Modesto, Sea Dogs (Turlock), Manteca, Ripon, Discovery Bay and Tracy for the 2019 season.

### **Eligibility** (Excerpts from the Mid-Valley Standing Rules)

In order to promote the recreational nature of the Swim League, the following criteria will be used to determine eligibility:

1. Organized practices may not begin before April 1<sup>st</sup> of each year. Exceptions to this rule will be granted to swimmers practicing in high school and college swim programs. Any clarifications to this rule should be brought to the League Representative for clarification by the league board.
2. In order to remain eligible to participate in the recreational swim program, a swimmer may neither practice with nor swim for any water sports team or program from **November 1<sup>st</sup> through March 31<sup>st</sup>**. Organized water polo programs and/or league-approved new swimmer clinics are allowed.
3. From April 1<sup>st</sup> through the League Championship meet, league swimmers may also participate in other summer water sports programs, excluding year-round swim team programs.

4. A swimmer may choose to participate in *any swim program* after League Championships through October 31<sup>st</sup>.
5. MVSL swimmers must swim for the MVSL team in the town in which they live. If the town does not have an MVSL team, swimmers may choose an MVSL team. This began during the 2018 season. Siblings of current swimmers will be grandfathered in. Swimmers may petition the MVSL Board on a case by case basis.
6. Any swimmer, who is a member of a team that is not in the MVSL conference after the first scheduled league meet, will not be eligible to compete on a MVSL conference team for that year (this does not apply to those competing on a high school or college swim team).
7. To be eligible for the conference Championships Meet, a swimmer must have competed in at least two individual events in at least 4 scheduled League Meets as an official member of his/her respective team during that season.
8. A swimmer's age as of April 1 of the season's year determines their age group for that season. A swimmer may move up if their birthday occurs during the season, but it is not mandatory to do so. If the swimmer moves up, the swimmer must swim up the remainder of the season.
9. Stroke and Turn (all ages): Any swimmer who alters the specific stroke during competition will be disqualified.
10. A swimmer may be disqualified from his next race for unsportsman like conduct at the discretion of the Meet Referee.
11. A swimmer who has a false start is disqualified but may continue to swim for "TIME ONLY."
12. Tech suits are not allowed in MVSL meets or invitationals.

## PARENT REQUIREMENTS

**The continued success of the Tracy Triton Swim Club is based on participation of the parents.** Every meet takes a huge amount of involvement to function; therefore these requirements are necessary.

Each family is **required** to volunteer for a minimum of **two hours per meet** if your child(ren) is(are) participating in the meet. This includes each day of all meets (home and away), invitationals and championships. Parents must sign up for a job prior to the Thursday before a meet. **If you do not sign up for a job, your child will not swim.**

**If neither parent is able to work a meet for any reason (childcare, work schedule, etc.), the position must still be filled. But there are options:**

- Ask a family member or friend to take the shift for you.
- See if another family can work an extra shift at one meet with the agreement that you will work an extra shift for them at another meet.
- Do you know a teenager in a program that requires volunteer hours? The Tracy Tritons Swim Club is a non-profit group; as long as your teenager is a high school student we are happy to sign off on any volunteer hours worked.

We understand that it is not always easy to meet the requirement and we can help you work it out. **See board member Brandon Hawkins, our parent job coordinator, to discuss the options before Thursday in the week prior to the meet.**

**During the course of the swim season if you fail to meet the parent requirement, the Tracy Triton Swim Club Board will charge you the opt-out fee of \$750.**

**We would rather have your time than your money, so  
PLEASE PARTICIPATE!**

**Please note:** If you are not signed up for a job upon Check In at a meet, you will be charged a \$10 job sign-up fee and a job will be assigned at the Tritons' discretion. **If you do not sign up for a job, your child will not swim.** The second occurrence will result in the charge of \$399 as detailed above.

## DESCRIPTION OF DUTIES

**Meet Manger-** Responsible for entering and updating all events, participants and points entries that are tracked in the Meet Management Software/laptop. Responsible for event scratches, deck seeding and resolving problems with entries. **(Must be trained)**

**Meet Manager Assistant-** Helps the meet manager with cutting and sorting papers. **(Must be trained.)**

**Colorado System Operator-** This volunteer will operate the Colorado System at the head table. The console operator will run the Colorado System and will print a hard copy of the results from each heat. **(Must be trained)**

**Announcer-** Announces events and results during the course of the meet. The announcer must have a clear and easily understandable voice that appeals to a broad audience, regardless of regional or international background.

**Hospitality-** Set up and deliver snacks and refreshments to parents who are working their volunteered shift.

**Printer/Verifier-** Works with the Colorado System Operator, Starters and Stroke & Turn to correlate meet results.

**Ribbon/Awards-** Sits at the awards table and using a printed placement sheet, places printed labels on the appropriate ribbon and places them in the appropriate team bin.

**Timers Runner-** Distribute time sheets to each lane prior to an event. Picks up the event sheets from each lane at the end of the heat and takes it to the head table.

**DQ Runner-** Collects DQ slips from all stroke and turn judges and gives them to the printer/verifier.

**Set Up/ Take Down-** Responsible for setting up and taking down the concession stand, EZ-up tents, Colorado system, timing system, run the wiring, head table and timing stations for home meets.

**Lane Assistant-** Assist the swimmers with heat and lane assignments on the pool deck.

**Starter-** Responsible for starting the swim meet. Includes: calling swimmers to the blocks, setting the swimmers and starting each heat & 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 will write up a DQ (disqualification) slip if the swimmer does not swim the stroke correctly or doesn't touch the wall. (Judges must take a class on technique offered by the Swim Club or League.) (**Must be trained.**)

**Timer-** (electronic) Responsible to be at assigned lane ON TIME. When a swimmer comes towards the finish, the timer gets up from their seat and moves to the edge of their lane, then leans over and pushes the electronic timer (held in his hand) **when any part of the swimmers body touches the wall.**

**Timer-** (stop watch) There is one stop watch timer per lane along with the electronic timers. The stop watch timer watches for a signal and then starts the stopwatch. The stopwatch timer will get up from their seat, lean over the edge of their lane and stop the watch at the finish of the race **when any part of the swimmers body touches the wall.**

**Back-Up Timer-** Stands behind the timers with two stopwatches. Starting them at the start of the heat and listening for timers to call for a back-up timer.

**Lane Assistant-** Responsible for assisting swimmers behind the blocks to ensure they are in place prior to the race.

**Check-In-** All swimmers must check-in prior to entering the block area. The volunteer(s) also ensure unauthorized individuals do not enter the block area.

**It is IMPORTANT that all volunteers report to their duty on time!**

## SWIM MEETS

We participate in the swim meets as a TEAM. For this reason we encourage swimmers to participate in all of the meets.

**Swimmers must participate in at least two individual events at a minimum of four league meets in order to be eligible to swim at MVSL Championships. Practice during the week leading up to MVSL Championships is only for swimmers participating in MVSL Championships.**

### *Meet Entries*

Each family will submit their swimmers' event entries on the team web site at [www.tracytritons.org](http://www.tracytritons.org). There is a limit on the number of individual events that each swimmer may participate in. **There are specific deadlines for the entries.** Check the website for the specifics of each meet. For all swim meets, coaches may discuss event selection with swimmers and parents. **Effective January 1, 2018: There will be no deck entries. Swimmers who are not registered by the registration deadline will not be eligible for the meet.**

The relay teams are composed by the head coach and are generally based on the fastest times.

### *Meet Day*

League meets are scheduled on most Saturdays. The Tracy Invitational is scheduled for both Saturday and Sunday. Championships may be scheduled for both Saturday and Sunday. The meet schedule is on page 2 of this handbook.

**If your swimmer is entered in a meet and unable to swim that scheduled meet, a board member should be notified by 5:30 a.m. the day of the meet.** Once you have registered for a meet, failure to attend without notification may result in their exemption from the next scheduled meet or participation in a relay.

Any swimmer who leaves a meet prior to their event, or any swimmer who is a no-show for a meet (once they've already committed to swimming) **may lose the privilege of competing in the next scheduled meet or relay.** The only exception is if the absence has been cleared with the coach in advance!

In addition to the rules for practices, swimmers should follow these meet rules:

- Swimmers are allowed in the pool for their events only.
- Swimmers should check in with the coach upon arrival at the meet and be ready to swim warm-up laps.
- Swimmers should stay away from playgrounds during the meet.
- Swimmers are asked to wear the team suit and (required if necessary) cap for team unity and spirit.

Here are some suggestions of items to bring that will make the day more enjoyable and relaxing!

- One or two towels per swimmer
- Swim gear (suits (2), goggles (2) and swim caps (2))
- Sweat suits (mornings can be cold)
- Sleeping bag
- Shorts (concrete can ruin suits)
- Hat/hair ribbons/ brush
- Shirt (cover shoulders if swimmer is burning)
- Sunscreen lotion
- Shade: Many parents like some type of EZ-Up, but remember to bring something to weight it down; meets can be windy.
- Lawn chairs or camping chairs
- Cooler of water (it is important to stay hydrated. It gets hot!)
- Healthy picnic foods
- Games, books, crayons, coloring books, cards (things to keep parents and kids busy--it can be awhile between events).
- Money: There is usually some kind of food service provided at most meets, but don't always count on them to offer many healthy choices.

**Arrive ON TIME.** Check the web site at **www.tracytritons.org** as to what time you should be at the meet.

### *Once you arrive at the meet:*

- 1) A swimmer's parent must check in at the Triton's table for your swimmers' events and your volunteer assignments during at the stated time for that meet (usually 6:00-7:00 a.m.) or your swimmers may be scratched from the meet and/or relays.

**Parents must sign up for a job prior to the Thursday before a meet. If not, the parent will be charged a \$10 job sign-up fee during Check-In before the meet and a job will be assigned at the Tritons' discretion. If you do not sign up for a job, your child will not swim. Please plan for childcare issues beforehand. The second occurrence will result in the charge of \$750 as detailed in the handbook**

- 2) Swimmers warm up before the meet starts. There is a scheduled time and lane assignments. Listen for the Triton warm up time on the loudspeaker. Coach will advise the swimmers as to the lanes to use.
- 3) Race results: Most of the meets are set up so the results can be accessed from **Meet Mobile**, an app that can purchased at the Apple App Store or Google Play. How detailed the results are depends on the meet, but many parents find it useful.
- 4) Swimmers can pick up awards from the awards box at practice the week following the meet.

## MID VALLEY SWIM CONFERENCE

### Events

AGE GROUPS	ELIGIBLE EVENTS
6 & Under 7-8	25 Free 25 Fly 25 Back 25 Breast 50 Free 100 yard relays (medley & free)
7-8 (Tracy Invitational)	100 yard I.M.
9-10 11-12 13-14	100 I.M. 100 Free 50 Fly 50 Back 50 Breast 50 Free 200 yard relays (medley & free)
15-16 17-18	100 I.M. 100 Free 100 Fly 100 Back 100 Breast 50 Free 200 yard relays (medley & free)

### STROKE AND TURN

<u>BREAST STROKE</u>	
Start	Forward position
Body Position	On the breast with both shoulders in line with the water surface. The head should break the surface of the water at least once during one cycle of legs and arms.
Stroke	The hands push forward together from the breast and then brought back on or under the surface of the water. The hands should not be brought back beyond the hip line except on the first stroke after the start and after each turn. All strokes must be simultaneous left and right and should stay on the same horizontal plane without alternating movements.
Kick	All vertical and lateral movement of the legs shall be simultaneous. The feet must turn toes outward during the propulsive part of the kick movement. A scissor, flutter or downward butterfly kick is not permitted. Breaking the

	surface of the water with the feet shall <u>not</u> merit disqualification unless followed by a downward butterfly kick.
Turns	With each turn, both hands must touch the wall simultaneously. It is legal to touch the wall at, above or below the surface of the water. Once a legal touch has been made, the swimmer can turn any manner desired. The swimmer's shoulders must be past vertical towards the breast when the feet leave the wall. It is permissible for the head to be lowered below the water level prior to the touch and during the first pull after the turn.
Finish	Both hands must touch the wall simultaneously. Body is on the breast. Shoulders are in line with the water. Head may be below water level after the final arm pull prior to the touch. It is legal to touch the wall at, above or below the water level.

### BUTTERFLY

Start	Forward position
Body Position	The body must be kept on the breast and both shoulders in line with the water surface from the beginning of the first arm stroke after the start and after each turn.
Stroke	After the start and turns a swimmer may have one under water pull but this must bring them to the surface. Both arms must be brought forward together over the water and brought backward simultaneously.
Kick	All up and down movement of the feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of scissor or breast stroke kicking movement is not permitted. After the start and turns a swimmer is permitted one or more legal butterfly kicks.
Turns	With each turn the body shall be on the breast and the shoulders in line with the water surface. Both hands must touch the wall simultaneously. It is legal to drop a shoulder after the final arm pull and prior to the touch. A legal touch can be made at, below or above the water surface. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
Finish	Both hands must touch the solid wall or pad simultaneously. Body is on the breast. Shoulders are in line with the water. Head may be below the water surface after the final arm pull prior to the touch. It is legal to touch the wall at, above or below the water level.



<u><b>BACKSTROKE</b></u>	
Start	Swimmers line up in water, facing starting and with both hands placed on the gutter or on the starting grips. Prior to the command “take your mark” and until the feet leave the wall at the starting signal, the swimmer’s feet, including toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before or after the start. A backstroke starting block may not be used.
Body Position	The body must be kept on the back after push off and continue swimming on his/her back throughout the race.
Turns	Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past vertical toward the breast. If the swimmer turns past vertical, such motion must be part of continuous turning action and the shoulders must be at or past the vertical toward the back when the feet leave the wall.
Finish	The swimmer shall have finished the race when any part of the body touches the solid wall or pad at the end of the pool.

<u><b>FREESTYLE</b></u>	
Start	Forward position
Body Position & Stroke	In an event so designated as “freestyle,” the swimmer may swim any style. In an <b>individual medley</b> or <b>medley relay</b> freestyle means any style other than butterfly, breaststroke or backstroke.
Turns	The hand touch is not required at the turn. It is sufficient if any part of the swimmer touches the solid wall or pad at the end of the pool.
Finish	The swimmer shall have finished the race when any part of the body touches the solid wall or pad at the end of the pool.
<u><b>INDIVIDUAL MEDLEY</b></u>	
Order	1/4 distance Butterfly, Backstroke Breaststroke then Freestyle.
Turns	Each stroke from one to another shall conform to the finish rules for the stroke just completed and shall be as follows: <ul style="list-style-type: none"> <li>• <u>Butterfly to Backstroke</u> - The swimmer must touch as described in the butterfly turn, then turn in any manner desired but the prescribed form must be attained prior to the time the feet leave the wall.</li> <li>• <u>Backstroke to Breaststroke</u> – The swimmer must touch the wall while on the back then turn in any manner desired but the prescribed form must be attained prior to the time the feet leave the wall.</li> </ul>

	<ul style="list-style-type: none"> <li>• <u>Breaststroke to Freestyle</u> – The swimmer must touch as described in the breast stroke turn, then turn in any manner desired and complete the race ( freestyle in this event is any style other than Butterfly).</li> </ul>
Finish	The swimmer shall have finished the race when any part of the body touches the solid wall or pad at the end of the pool.

<u><b>FREESTYLE MEDLEY</b></u>	
Swimmers	There are (4) swimmers on each relay team. Each swimmer swims ¼ the prescribed distance using any desired stroke.
Touch	Each swimmer must touch the solid wall or pad before the next leg of the race can begin.
Disqualification	If any subsequent relay team member jumps into the pool before the previous team member has touched the wall then his/her team may be disqualified.
Finish	The swimmer shall have finished his or her segment of the race when any part of the body touches the solid wall or pad at the end of the pool.

<u><b>MEDLEY RELAY</b></u>	
Swimmers	There are (4) swimmers on each relay team. Each swimmer swims ¼ the prescribed distance.
Order	Backstroke, Breaststroke, Butterfly and Freestyle (this freestyle is any style except Breaststroke, Backstroke or Butterfly).
Stroke	Rules pertaining to each stroke and turn shall govern where applicable.
Touch	Each swimmer must touch the solid wall or pad before the next leg of the race can begin.
Disqualification	If any subsequent relay team member jumps into the pool before the previous team member has touched the wall then his/her team may be disqualified.
Finish	The swimmer shall have finished his or her segment of the race when any part of the body touches the solid wall or pad at the end of the pool.



