



**BH SURF Swim Team Handbook**

# General Information

## SWIMMER ELIGIBILITY:

All BHSAT club members, ages 5-18 are eligible to join the competitive team provided the swimmer can complete one full length of the pool showing rotary breathing and above water arm recovery. For those not able to meet this requirement, an opportunity to join the Pre-Team and private swim lessons will be available through any of the coaches. See their contact information on the swim team bulletin board or on the website.

## PRACTICE GROUPS

The swim team is organized into two classifications – Competitive Team and Pre-Team. The Competitive Team has practices that are organized by swimmer age. Coaches may make alterations based on ability at their discretion. The Pre-Team is divided into two groups based on swimmer ability. Pre-Team practices may take place in the competition lanes of the pool and/or in the diving well.

## SWIM TEAM ORGANIZATION

The swim team is a non-profit entity operated according to its By-Laws. These may be found on the team website.

## REGISTRATION

The NSSL requires that a team roster is submitted showing each swimmers name, age, and sex. **Swimmers need to register for the team prior to attending swim practices. Parents are encouraged to sign up for their volunteer commitments early.** A swimmer's age that he/she will be competing at is his or her age as of May 30th.

## TEAM WEBSITE

All pertinent swim team information will be posted on the BHSAT Swim Team website, follow the link on the swim tab at BHSAT.org. Please get in the habit of checking the website weekly for any updates.

## TEAM SUITS AND CAPS

Team suits can be purchased online via the link on our team website, or at local swim shops that will be identified on the team website. Chlorine can be hard on suits, so reserve the team racing suit for meets. Practice suits can be purchased at most sporting goods stores. Team caps will be available for purchase at BHSAT through the course of the season. If a swimmer wears a swim cap during a meet, it **MUST** be a current BHSAT team cap. Swimmers with longer hair should wear a cap during practice and at meets. It keeps hair out of their eyes and mouth, and also provides some protection from the chlorine. Drying the cap after every practice/meet and dusting with talcum powder occasionally will ensure a longer cap life.

## FAMILY VOLUNTEERING

The success of the swim team program is tied to the involvement of its participating families. Each swim family, except those with only Pre-Team swimmers, is required to assist with the program operation. There are a variety of volunteering positions available, and each job earns the family their required volunteer credits. Volunteering sign up is done through the team website. Each credit not earned by a family shall be charged, for a fee set annually by the Swim Board of Directors, to the family's credit card on file.

Key Leadership Volunteering Positions include the following:

Board of Directors: 7 positions

President, Vice President, Treasurer, Admin/Secretary, Competition (1),  
Competition (2), Communications, and Spirit

Chairs:

Timing	Marshalling
Concessions	Computers
Awards	A Finals
Spirit Wear	Mentor/Buddy
12-Under Hang Out	13-Up Camp Out
Finals Pasta Dinner	A Finals Pep Dinner
Banquet	Meet Day Breakfasts

Each of the Chair positions above are responsible to operate their area/event of the swim team program. This includes communicating with families that have registered to volunteer in their area, ensure the required volunteers are present, and when necessary solicit volunteers to fill voids. The Chairs are a vital part of tracking the team's volunteer credits. Chairs must provide record of which families earned credits in their area. Some parents may need to be educated how to perform their role, each Chair must have a system in place to welcome and coach each parent. If a Chair's area has a financial aspect to it, they must adhere to spending within the budget that is set annually by the Board of Directors.

## **PRACTICE ATTENDANCE**

As a rule, the coaches expect the swimmers to be at practice as often as possible and every day once school is out. Your child will reap the benefits of consistent training as they see their times improve from meet to meet. Swimmers are expected to arrive on time to practice and notify the coach when they are unable to attend practice. Attendance at practices the morning of and the morning after swim meets are crucial to the coaches as they prepare the kids for the meets and debrief them after. Parents are asked not to ask the coaches questions during practice.

## **WEATHER PROBLEMS**

Practice will be held in most all weather. In the event of lightning, the coaches will instruct the swimmers to leave the pool area until it is deemed safe to go back into the pool – generally 30 minutes after the last thunderclap. If there is enough notice regarding inclement weather, an email will be sent indicating the cancellation of practice for that day.

Pre-Team practices may be cancelled if the temperature is below 70 degrees.

## **ATTITUDE / PREPARATION**

Each swimmer's attitude has a big impact on the team. Swimmers are expected to attend each practice and meet, physically and mentally prepared to train and compete to the best of their abilities. Proper "attitude" is a key ingredient to successful participation. Swimmers should arrive early enough to be ready (swimsuit on, goggles in hand) on the pool deck 15 minutes prior to their scheduled practice. It's a good idea to eat something light at least a half-hour before going to practice. Suggested items include bagels, muffins, cereal, fruit, nuts, eggs, chocolate milk and juice. Swimmers need food – especially carbohydrates for energy and protein for muscle rejuvenation. So it is unwise to skip the morning meal or after school snack.

## REGISTERING FOR MEETS

All swimmers must indicate on the swim team website whether or not he/she will attend the meet by the designated due date for the meet. You can do this by clicking "ATTEND THIS EVENT" for each swim meet and specifying COMMITTED or NOT COMMITTED. An "Attend this Event" link will be posted for every meet of the entire season. Even if you have told one of the coaches that you can't swim in a meet, you must also indicate on the swim team website for that meet. If you have a last minute emergency and need to change plans, please email the Coach at [Swimcoach@BHSAT.org](mailto:Swimcoach@BHSAT.org).

## MEET LINE-UPS

Coaches take into account the following when building a line-up: attendance and performance at practice; opposing team strengths as well as strengths of our team; previous meet performances. In addition, the coaches will attempt to have every child swim every event during the summer. This will decrease monotony, increase the chance of making A-finals, increase confidence, and might uncover new abilities. The meet line-up will be posted during warm-up prior to the meet. If a swimmer notices an error or has a question about the line-up, the swimmer should see the coach prior to the meet. (Reminder: warm-up is off limits to parents for safety reasons.)

## TEAM PICTURE

The team picture will be taken prior to one of the home swim meets. On this date, swimmers will be asked to wear team suits and a smile. Arrival time and information regarding ordering copies of pictures will be communicated prior to picture day.

## CONCESSIONS

At each home meet, our team provides a concession stand. This is a team fundraising function. Therefore, **each competitive team swimmer will be required to bring a specific item to be sold at the concessions**. Please check the website in order to know what needs to be brought to each home meet. The proceeds from the concessions help to support swim team expenses.

## CLINICS

Stroke Clinics with the coach and the assistant coaches will be held after morning practices on days determined on the website. Please sign up for the clinics by clicking "Attend this Event" for each clinic. Cash or checks payable to the coach are accepted on the first day only.

## SWIM BUDDY PROGRAM

The Swim Buddy Program assigns older, more experienced swimmers with younger and/or less experienced swimmers to help them learn the ropes of the swim team. These Buddies are matched for the duration of the swim season. The buddy program is also a mentoring program for the older swimmers to help and encourage the younger swimmers to do their best and learn our traditions. Having an older swimmer cheering on their Buddy to a best time is a great way to show team spirit. We ask that any "fun stuff" that is exchanged between buddies only happens at home meets. Away meets will be reserved for cheering and a poster or sign with your buddy's name. Idea's for "fun stuff" include, goldfish, Gatorade, decks of cards, small dollar store toys etc. One of the biggest traditions for Swim Buddies is to make and deliver a motivational poster for your buddy prior to his/her Finals meet. Each Buddy needs to find out which Finals meet their Buddy is competing in, make a poster, and deliver it to them. **This is a bid deal!**

## MINI-MEETS

Mini-meets are fun and allow swimmers to branch out into events they normally do not swim during dual meets. Swimmers usually get to choose the events they swim at the mini-meets. Most every team in the league participates. These meets use the “timed final” format: there is no prelim/finals heats – a swimmer’s final placing depends on their time for their one swim in that event. Awards are given for places 1st – 12<sup>th</sup>. Swimmers compete solely against other swimmers their identical age, not their age group. For example, 7 year olds compete solely against other 7 year olds.

## “A” and “B” FINALS

Every swimmer concludes their season with the Finals Meets. Each swimmer will swim in one or the other, if they have signed up on the swim team website “**ATTEND THIS EVENT**”. The Coaches will select and post a list of swimmers for each of the finals meets the week before “B” Finals. Most swimmers in our league swim at “B” Finals. If you have any questions regarding the placement of your child, please feel free to contact the coaches. On the Friday prior to each final, the team will hold a Finals Dinner at BHSAT. Swimmers for that competition are treated to a pasta dinner. The pasta dinners are swimmer only events. The evening of the finals dinners is also the night the swimmers deliver their “Finals Buddy Sign”. Every swimmer makes a sign to inspire their buddy at their finals meet. **THIS IS A BIG DEAL!** You will need to find out which finals your buddy will attend. The goal is to have the sign at BHSAT before their dinner is over. Be creative and have fun.

## “B” FINALS MEET

“B” Finals will be held the Saturday before A Finals in July. 8 & Under and 9/10 age groups swim in the morning, while 11&Up will swim in the afternoon. These meets are great fun for NSSL swimmers who are not competing in the “A” Finals. This meet will take place during one day. BHSAT will have some required volunteer positions at this meet. Please note: Swimmers who qualify for “A” finals will not be eligible to swim in “B” finals, so keep BOTH weekends open! Swimmers are placed in heats according to their best time going into the “B” Finals meet. This meet uses the “timed final” format: there is no prelim/finals heats – a swimmer’s final placing depends on their time for their one swim in that event. Awards are given for places 1st – 12<sup>th</sup> (or 1<sup>st</sup> – 16<sup>th</sup> if the meet is held in an 8-lane pool). “B” Finals does not limit a club’s number of entries per event. The number of events each swimmer may swim is limited to two. The swimmers may select their events for B Finals. It is up to the host club’s discretion whether or not to hold relay events, due to time constraints.

## “A” FINALS MEET

“A” Finals are held the last weekend in July. This two-day championship meet features the 12 teams of the NSSL competing for the final season standings. NSSL entry rules for this meet limit each team to 2 swimmers per individual event and 1 team per relay. The “A” Finals team line-up will be determined by the coaches based on time and meet line-up criteria. Preliminary heats are held on Saturday, and the fastest 12 swimmers in each event return on Sunday to compete in the Championship Finals heats. The 7<sup>th</sup> – 12<sup>th</sup> place finishers from each Saturday event compete in Sunday’s “Consolation Final” heats for final 7<sup>th</sup> – 12<sup>th</sup> placing and scoring. Similarly, the 1<sup>st</sup> – 6<sup>th</sup> place finishers from each Saturday event complete in Sunday’s “Championship Final” heats for final 1<sup>st</sup> – 6<sup>th</sup> placing and scoring. On Sunday, the league holds special opening ceremonies, with a “Parade of Clubs”. The clubs adopt themes for the parade. All clubs are introduced, and special presentations and acknowledgements are given. All BHSAT Swimmers are encouraged to attend. Each day’s festivities begin around 9:00 am (with warm ups as early as 7:00 am) and are usually concluded around 4:00 pm. Awards are presented and photos are taken on a periodic basis

throughout Sunday's finals. At the end of the meet on Sunday, the NSSL League Champion Team is announced based on the performance that day.

## **TEAM BANQUET**

The team banquet is held on Sunday evening after A Finals. Our coaches will recognize all of our swimmers at our team banquet. The head coach and the assistants will summarize the season and celebrate each swimmers' successes. We welcome and encourage all swimmers and their families to join us for dinner in celebration of the end of our summer swim season.

## **Practice Schedule**

### **Spring Tune-Up**

#### **Starting on the Second Monday in May through Thursday prior to Memorial Weekend**

Practices will be scheduled for swimmers who can complete full pool lengths of swimming, times will be posted on the team website. This is a conditioning program, not a Learn to Swim or Pre-Team program. All competitive team swimmers are strongly encouraged to participate and it is led by BHSAT coaching staff. You can register when you register your child for the swim team. There is a nominal charge per swimmer. Please refrain from asking the coaches questions during practice so that the coaches can maintain an efficient practice with swimmers focused on their instruction. The coaches will be available for questions after practice and always via email.

### **After School Outdoor Practice**

#### **Starting on Tuesday after Memorial Day through Last Day of Public School**

Practices will be scheduled for the different age groups, check the website for practice times. At first, swimmers will be assigned to the workout schedule based on age. Please keep in mind, however, that the coaches may ask your swimmer to attend a different practice based on ability. At this time, we will have our entire team working out. Please refrain from asking the coaches questions during practice so that the coaches can maintain an efficient practice with swimmers focused on their instruction. The coaches will be available for questions after practice and always via email.

### **Summer Practice Schedule**

#### **Starting on the next day after Public School Ends through remainder of season**

Practices will be scheduled for the different age groups between the hours of 7:00AM and Noon, check the swim team website for practice times. At first, swimmers will be assigned to the workout schedule based on age. Please keep in mind, however, that the coaches may ask your swimmer to attend a different practice based on ability. Please refrain from asking the coaches questions during practice so that the coaches can maintain an efficient practice with swimmers focused on their instruction. The coaches will be available for questions after practice and always via email.

***Times are subject to change occasionally due to special events for the Swim Team or Bloomfield Hills Swim and Tennis Club. Please check the web site for any practice schedule updates.***

Contact the Coach via email with any questions [Swimcoach@BHSAT.org](mailto:Swimcoach@BHSAT.org).

## Frequently Asked Questions

### ***Who swims?***

Everyone on the competitive team swims at the dual meets. Some Pre-Team swimmers will move up to the competitive team during the season (you will be charged the difference to pay for meet entries). (Pre-Team swimmers will have their own Mini Meet at the end of their season.) Swimmers on the competitive team can be entered in a maximum of three events: two individual and one relay or one individual and two relays. Our coaches must be notified well in advance if a swimmer is unable to participate in a meet. Our meet line-up is prepared based upon everyone swimming and last minute adjustments and/or scratches are upsetting to everyone involved, especially those on relay teams.

### ***What if I can't make it to a meet?***

The Coach is counting on everyone to swim in every meet. ***All swimmers must indicate on the swim team website whether or not he/she will attend the meet by the designated due date for the meet. You can do this by clicking "ATTEND THIS EVENT" for each swim meet and specifying COMMITTED or NOT COMMITTED.*** An "Attend this Event" link will be posted for every meet of the entire season. Even if you have told one of the coaches that you can't swim in a meet, you **must** also indicate on the swim team website for that meet. If you have a last minute emergency and need to change plans, please email the Coach at [ohngrenj@gmail.com](mailto:ohngrenj@gmail.com).

### ***What do we do on the day of the meet?***

Relax. Stay out of the sun – it can drain your energy. Find something quiet to do inside. Go to the movies, have a fellow team member over and play cards, board or video games, watch videos.

### ***What should I eat before/during the meet?***

"Carbo load" mid-afternoon. Pasta is probably the best, but eat it early enough so you have time to digest before getting into the pool. During the meet, remind your child that they are at the meet to swim, not to eat! Small, healthy snacks are fine, but watch the timing and the content.

### ***What should swimmers bring?***

Here are the expected items: team suit, goggles, towels, warm clothes, shoes, and the current seasons swim cap. Other helpful items are playing cards, books and simple games to pass away the time during long meets. Expensive electronics are better left at home. You may want to pack extra money for healthy snacks and drinks at concessions or bring them. Late afternoons in June and July can have intense sun, so sun block is very important. Many swimmers will bring large golf umbrellas to seek shelter from the sun. Make sure to label everything.

### ***What should parents bring?***

Although this is a summer sport, the weather can change rapidly. So we suggest that you have warm clothes, too. Keep an extra pair of warm clothes in the car for everyone at meets, just in case. It can be helpful to bring a highlighter to use on the meet sheets (highlight your child's name on the posted meet sheet to indicate your child has arrived). It also helps to bring a permanent marker to write your child's events on their hand (obtain the event information from the posted meet sheet). Umbrellas come in handy – rain or shine. Consider bringing folding chairs and blankets – bleacher seats may fill up quickly and some meets may have a shortage. Sunglasses and hats or visors come in handy. Bring money for concessions, drinks and meet line-ups that show who is swimming when. You can also bring healthy snacks and drinks.

### ***Is there something for younger siblings to do?***

Dual meets can be long for young children - generally over 3 hours. Some clubs have playgrounds that the siblings can play on with ADULT SUPERVISION AT ALL TIMES. When bringing young children, plan accordingly.

### ***How do I get to the meets?***

Parents are responsible for transporting their swimmers to and from our meets. Maps to “away” meets are published on our web site. Addresses for other clubs are also located at the end of the handbook.

### ***What should we do during the meet?***

Swimmers need to be with the team so they can be easily found when their event is being marshalled. If you want to be near your child, be a marshalling parent. PARENTS - during home meets we ask everyone help out! Volunteer to time, work concessions, marshal, or work any number of activities that help us run the smoothest meets in the league. It's also a great way to meet swimmers and other parents. At away meets you can marshal, time, or score. If it's not your turn to work, show your child where you are sitting and let them join the team. Please remember that alcohol is not allowed at these events.

### ***What is marshalling?***

It is the process in which swimmers are organized by lane and heat, and escorted to the starting blocks. We marshal all 8 & Unders and 9/10's. Older children are responsible to pay attention at meets and getting themselves to the starting block area on time for their events. If they miss an event, there is not a scheduled opportunity for a make-up.

### ***When can I leave a meet to go home?***

Swimmers must notify a coach in advance if he/she must leave a meet before its conclusion. Leaving a meet early without notifying the coach is not permitted. Dual meets last about 3-3½ hours and consist of 52 numbered events.

### ***What do I do in case of bad weather?***

Meets are held in all types of weather, rain or shine. They are delayed (or, rarely, rescheduled) only for lightning. Meets generally will be delayed until the lightning passes. Cancellation or delay will only be decided at the meet, not in advance. In the event that the swimmers are removed from the pool, **DO NOT LEAVE THE MEET!** The Officials work with the host club to evaluate the situation. Every effort is made to complete the meet – the meet will be postponed only if the inclement weather does not clear after an extended period. The officials will wait a minimum of 20 minutes after lightning to resume the meet. During the delay, the swimmers usually gather in the club locker rooms, pavilion or other protected areas.

### ***How did I do at the meet?***

Upon completion of a race, each swimmer should do the following:

1. Ask their timer for his/her time in the event
2. See a coach immediately after their event for a short debriefing session about the race.

After that, many swimmers like to visit the stands to receive their well-deserved praise from their parents. Occasionally, a child may be “disqualified” (or “DQ'd”) because an official will have identified that a swimmer's stroke, turn, or finish was done not according to the rules. The official will speak with the swimmer and coach about the finding; the coaches will work on preventing future infractions at practices. If a swimmer is “DQ'd” during a “for points” heat, they are ineligible to receive an award for that event, and their finish place is not counted towards the team score. Don't be alarmed if this happens: even very experienced swimmers have been “DQ'd”.

### ***What are the awards?***

Swimmers receive ribbons for their participation in the meet whether “for points” or exhibition. All the exhibition ribbons are the same color. Ribbons awarded to “for points” swimmers vary according to place. All ribbons have the swimmer's event and time written on a sticker on the back of the ribbon. Awards for home and away meets are usually available about 5-10 events after the swimmer's event – the swimmer can claim their ribbon at the awards table on the deck. All unclaimed ribbons are given to the coaches to be distributed after the next practice.



**What does exhibition and “for points” mean?**

Whether a swimmer swims “exhibition” or “for points” is at the total discretion of the Coach. Either way, the swimmers participation is a valuable asset to our team. “For points” means that the swimmer’s finish position determines the amount of points accumulated for the team score. Generally, the fastest three swimmers in each event compete “for points”. “Exhibition” swims do not count toward BHSAT’s team score, yet provide valuable insight for the coaches in the determination of participation in events in meets, relays, training and progress of all swimmers. The coaches may, from time to time, enter faster swimmers in exhibition events, and have less experienced swimmers competing “for points”. Swimmers nearly always compete in their age group. On occasion, if we do not have a full complement of swimmers in an older age group, a younger swimmer may be asked to “swim up”, in which the younger swimmer swims “for points” in an older age group when that swimmer’s age group events can be filled. Additionally, it allows the coaches to work with different combinations of swimmers and strokes to plan for the future.

**Do I have to volunteer at swim meets if my child is on the Pre-Team?**

You may volunteer at a swim meet if your child is on the Pre-Team, but it is not required. The pre-team has a number of volunteer opportunities and needed donations for their mini-meet at the end of the season. Also, you may want to bring your pre-team advanced child to a swim meet, so they can see how much fun everyone is having!

**DUAL MEET SCORING**

**Individual events –**

Places 1 thru 4 are awarded points: 5-3-2-1 (11 total points per individual event).

*Only the top two finishers for each team may score.*

If a team places 1-2-3 in an event, they are only awarded points for 1<sup>st</sup> and 2<sup>nd</sup>.

The other team is awarded points for 3<sup>rd</sup> and 4<sup>th</sup>.

If there is an illegal swim, no points are awarded.

**Relay events –**

Places 1 and 2 are awarded points: 8-4 (12 total points per relay event).

*Only one relay per team may score.*

**DUAL MEET AWARDS**

**Dual Meets: Ribbons awarded to –**

1<sup>st</sup> through 6<sup>th</sup> place.....For all “Points” swimmers

All places.....For all “Exhibition” swimmers

**Did we win or lose?**

Usually, the host team will announce the score multiple times during the meet, and immediately before the relays. Many times, the results of the relays will determine the final score. There is usually much discussion as to how many relays we need to win in order to win the meet. This makes the relays very exciting and very loud, as all the swimmers on both teams will be cheering wildly for their team.

**What do I do at the end of the meet?**

Whether we win or lose, whether a home or away meet, the BHSAT team always gathers at the end of the meet to recap the meet with the coaches, and then cheer for the opposing team. Swimmers should always

take part in this cheer. Even though sometimes the meet may run a little late, this is a major reinforcement of our TEAM spirit. At the end of the meet, it is the responsibility of the parents and swimmer's to keep track of their times and ribbons. It is also important for swimmers and parents to be responsible for cleaning up the areas we use at the meets. No matter whether at home or at another club, swimmers should pick up trash, unclaimed towels, etc. and leave our team area clean.

***Are there after-meet parties?***

After the final home meet, sometimes there may be pizza, hot dogs, or ice cream provided. This is a great way to get to know the families of all our swimmers. After away meets, sometimes the hosting club will invite us to join them for pizza, hot dogs or ice cream. The coaches will let the swimmers know the plan.

***Where can I continue swimming during the off season?***

If this has been the fun and rewarding experience you expected, there are many opportunities to continue swim training and competition in the fall, winter, and spring. Local clubs include Birmingham Blue Dolphins (BBD), Birmingham Bloomfield Atlantis (BBA), Oakland Live Y'ers (OLY), Motor City Aquatics (MCA), Poseidon (PSC), North Oakland Waves, and Cranbrook Speedsters to name a few. Ask around for more details or speak to the coaches.

## NSSL Dual Meet Order of Events

### Individual Events

#1	11-12	Girls	50 Back	#2	11-12	Boys	50 Back
#3	13-14	Girls	100 IM	#4	13-14	Boys	100 IM
#5	15-18	Girls	50 Breast	#6	15-18	Boys	50 Breast
#7	7-8	Girls	25 Back	#8	7-8	Boys	25 Back
#9	9-10	Girls	50 Fly	#10	9-10	Boys	50 Fly
#11	11-12	Girls	50 Free	#12	11-12	Boys	50 Free
#13	13-14	Girls	50 Fly	#14	13-14	Boys	50 Fly
#15	15-18	Girls	50 Back	#16	15-18	Boys	50 Back
#17	7-8	Girls	25 Free	#18	7-8	Boys	25 Free
#19	9-10	Girls	50 Breast	#20	9-10	Boys	50 Breast
#21	11-12	Girls	100 IM	#22	11-12	Boys	100 IM
#23	13-14	Girls	50 Breast	#24	13-14	Boys	50 Breast
#25	15-18	Girls	100 Free	#26	15-18	Boys	100 Free
#27	7-8	Girls	25 Fly	#28	7-8	Boys	25 Fly
#29	9-10	Girls	50 Back	#30	9-10	Boys	50 Back
#31	11-12	Girls	50 Fly	#32	11-12	Boys	50 Fly
#33	13-14	Girls	50 Back	#34	13-14	Boys	50 Back
#35	15-18	Girls	100 IM	#36	15-18	Boys	100 IM
#37	7-8	Girls	25 Breast	#38	7-8	Boys	25 Breast
#39	9-10	Girls	50 Free	#40	9-10	Boys	50 Free
#41	11-12	Girls	50 Breast	#42	11-12	Boys	50 Breast
#43	13-14	Girls	50 Free	#44	13-14	Boys	50 Free
#45	15-18	Girls	50 Fly	#46	15-18	Boys	50 Fly

### Relay Events

#47	40-year	Combined	200 Free Relay
#48	40-year	Combined	200 Medley Relay
#49	52-year	Girls	200 Medley Relay
#50	52-year	Boys	200 Medley Relay
#51	66-year	Girls	200 Free Relay
#52	66-year	Boys	200 Free Relay

### Event Numbers

**Odd** numbered events are **GIRLS** events

**Even** numbered events are **BOYS** events

Event numbers ending in **7 or 8** are **7 – 8 year-old** events. Event numbers ending in **9 or 0** are **9 – 10 year-old** events. Event numbers ending in **1 or 2** are **11 – 12 year-old** events.

Event numbers ending in **3 or 4** are **13 – 14 year-old** events. Event numbers ending in **5 or 6** are **15 – 18 year-old** events.

## **Northwest Suburban Swim League (NSSL)**

Beachwood Recreation Association (BWRA) 3369 Jack Drive, Troy (North of Big Beaver / West of Coolidge)	(248) 643-0170
Beechview Swim Club (BVSC) 26900 Westmeath, Farmington Hills (South of I-696 / East of Orchard Lake Rd)	(248) 477-4262
Beverly Hills Athletic Club (BHAC) 18157 Beverly Road, Beverly Hills (South of 14 Mile / 1 block West of Southfield Rd)	(248) 646-8870
Bloomfield Hills Swim and Tennis (BHSAT)	(248) 633-8586
Cranbrook Swim Club (CSC) 30580 Evergreen, Southfield (South of 13 Mile Rd)	(248) 642-5424
Farmington Glen Aquatic Club (FGAC) 33500 Freedom Road, Farmington (South of 9 Mile / West of Grand River)	(248) 474-2525
Forest Hills Swim Club (FHSC) 2410 East Lincoln, Birmingham (South of Maple / East of Eton Rd)	(248) 642-6930
Heart of the Hills Swim Club (HHSC) 995 Old Perch, Rochester (Northeast Corner of Avon & Old Perch)	(248) 651-1456
Huntington Woods Aquatic Club (HWAC) 26325 Scotia, Huntington Woods (South of 11 Mile / East of Coolidge)	(248) 541-3030
Pleasant Ridge (PR) 8 Ridge Road, Pleasant Ridge (South of I-696 / West of Woodward Avenue)	(248) 548-1237
Woodbrooke Hills Swim & Tennis (WHSC) 32050 W. 13 Mile Rd, Farmington Hills (West of Orchard Lake Rd)	(248) 626-8499
Woodside Athletic Club (WAC) 22440 W. 13 Mile Rd, Beverly Hills (West of Lahser Rd)	(248) 646-5303

## ***Bloomfield Surf Club Swim Team Parent Agreement***

### **Parent Expectations:**

- I will fulfill my volunteering requirements or have my credit card on file charged.
- I will contribute additional volunteer hours as needed at A or B finals
- I will contribute to a positive atmosphere for the team.
- I will cheer on my swimmer and other team members, and make the spirit of BHSAT Swimming fun and enjoyable for all.
- To ensure my swimmer gets all possible attention and focus during their swim time, it is recommended that every parent not communicate with the staff and swimmers during practice times.
- To allow other swimmers to get the same respect by waiting until a time designated by the coach to resolve all issues and concerns at the end of the practice sessions. This also can be done through agreed upon "appointment times" if necessary.
- If my issue can be expressed through e-mail. The e-mail communication will be responded to within 24 hours.
- If my issue or concern is an emergency, I will contact the swim coach or committee as necessary.
- I will discuss concerns with the coach and try to come with the best agreeable solution for the well-being of the team and my swimmer's interests.
- I will make sure my child has committed on the website to either Attend or Not Attend a swim meet by the designated due dates.
- I will help my child arrive on time and I will help them sign in at swim meets.
- I will contribute to the home meet concessions by bringing in my assigned items as listed on the website prior to home meets.
- I have read the team handbook which is located on the website. I am responsible for my swimmers to have read/listened to the handbook and they understand their responsibilities as a BHSAT Swim Team Member.
- I will check the website weekly for updates.
- I will keep both A and B finals dates available. My swimmer will participate in A finals if he/she qualifies. If not, my swimmer will participate in B finals.
- I have read the swimmer expectations and know that my child will be held to his/her responsibilities.

## ***Bloomfield Surf Club Swim Team Swimmer Agreement***

### **Swimmer Expectations**

- I will bring my flippers, goggles, and bottled water to every practice.
- I will come to each practice and each meet with a positive attitude. I understand that I am a member of a team. I will show good sportsmanship toward my teammates, as well as, opposing teams.
- I understand my regular attendance is expected at practice.
- If I am participating in a club team long course program or an organized swim practice other than BHSAT Club, this should be arranged for attendance requirements at the beginning of season with the head coach.
- I will participate in at least 3 of our dual meets AND one championship meet (A finals if I qualify)
- I will communicate to the coaching staff when I am unable to attend practice.
- I will identify myself on the website as Unable to Attend a meet as soon as I know and/or use e-mail communication to tell the coach that "I Can't Swim" at least three days before the day of any meet.
- I understand that if I have not opted out of a meet via the website and I am a "no-show" at a swim meet, I will not be entered in the next swim meet. This also applies to mini-meets.
- I will discuss concerns with my coach.
- I understand it is the coach's judgment regarding the A Finals Line-up. The criteria is a combination of fastest times and adherence to the above guidelines. In addition, kids who have regularly attended BHSAT practices are favored over those who practice primarily with another team.
- I understand that the coach reserves the right to administer consequences if this agreement is not met.