

Greenwyche Gator Swim Team Guide

Why should we do summer swim?

- Summer swim will help teach your child swimming skills that will last and keep them safe.
- Allows them an opportunity to have daily time with friends during summer break!
- They get some exercise and have a little structure for summer break.
- **It's FUN!**

Greenwyche Swim Club is a member of the Rocket City Swim League (RSCL).

- What is RSCSL?
 - RSCL is a summer swim league for community pools in Huntsville, AL.
 - RSCL is divided into A league, B league, and C league with around 6 teams in each league. The 6 highest scoring pools during the City Championship meet are placed in the A league the following summer.
 - During the summer there will be dual meets where pools compete with another pool in their respective league. At the end of the season, there will be a city meet where all pools compete.
- What league is Greenwyche in?
 - At the 2024 RSCL City Meet, Greenwyche placed 2nd overall. So Greenwyche is in the A League.
 - Below is a list of the 2024 City Swim Meet Results.

A	1st Jones Valley
	2nd Greenwyche
	3rd Monte Sano
	4th Blossomwood
	5th Whitesburg
	6th Lily Flagg
B	7th Piedmont
	8th Mountain Springs
	9th Hampton Cove
	10th Sharon Johnston
	11th Sherwood
	12th Camelot
C	13th Chapman
	14th Redstone Arsenal
	15th Mt. Carmel
	16th Valley Hill Country Club
	17th Byrd Spring

Key Notes and Terms

- **Swim Practices** – Practice is every Monday, Tuesday, Wednesday, and Friday at the designated time assigned to each age group. Thursday practice is a designated “FUN DAY” to celebrate and rest from the Wednesday meet.
- **Stroke and Turn Practice** – This will take place on Tuesday and Thursday evenings at the designated time assigned to your age group. These practices focus specifically on technique, starts, turns, and finishes.
- **Dual Swim Meets** – The weekly meets are competition between two teams within their respective leagues. Typically held on Wednesday evening (weather permitting). The meets last about 4 ½ hours from warm ups to finish. Swimmers are welcome to leave after they complete their events but are encouraged to stay to the end for the results and celebrations. Please DO NOT LEAVE without checking in with a coach to make sure your child has not been entered into more events.
- **Heat** - In swimming, a **heat** is a group of swimmers racing at the same time. Since there are more swimmers than lanes, races are split into heats, and final rankings are based on overall times.
- **Time Trials** – Time Trials will be held prior to the first meet to record a time for each of the 4 strokes. This will help the coaches place swimmers in appropriate heats.
- **Heat Sheets** – A heat sheet in swimming is a program that lists all the participating swimmers, their events, heat numbers, and lane assignments for a swim meet. It helps swimmers and coaches keep track of when and where each swimmer will compete during the meet.
- **City Meet** – City meet is where all pools within the RSCL compete together. The meet will be held at the Huntsville Aquatics Center. The results of the meet will determine what league the pool will compete in the following summer. Please plan to be there to swim and cheer Greenwyche Gators on! City Meet events will be held on Saturday and Sunday, July 12th and July 13th.

Greenwyche Gator Team Gear:

- Team suites are available thru 1st Place Athletics and Running Lane . Team suits are encouraged but NOT REQUIRED.
- Swim caps are encouraged but optional. Swim caps MUST be either Greenwyche caps or not affiliated with any other team. You can purchase personalized Greenwyche caps with your name through 1st Place Athletics.
- Team T-Shirts are pre ordered using the swim team registration form. Please make sure you select your size. Additional Greenwyche swag will be offered throughout the season.

Volunteering:

Greenwyche Swim team is run on parent volunteers! We ask that each family with a competing swimmer has one volunteer for two dual meets. Our volunteer opportunities will be made available in On Deck where you register your swimmer for meets. Please don't be scared! We will help guide you and answer all your volunteer questions! Below is a list of jobs that must be filled for each meet!

Key positions that require either certification or training. Please note we MUST have these positions filled or we cannot compete! If you would like information on how to get training or certification, please email the reps at fastgators@gmail.com. RCSL does offer online training and certification for these positions.

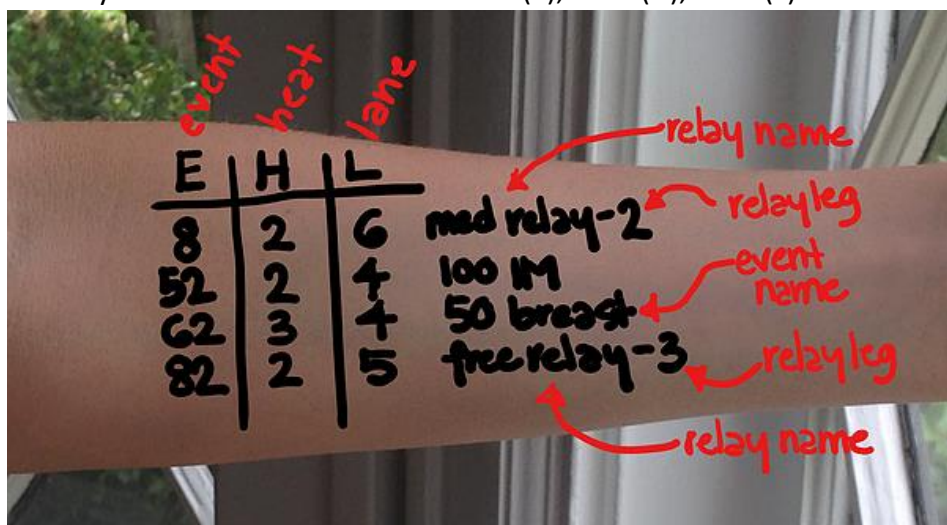
- 1 Referee – This does require certification.
- 4 Stroke and Turn Judge – This is a trained position that watches swimmers and ensures they are abiding by the technical rules of each stroke. Training is available online via RCSL.
- 1 Starter – This person starts the meet and calls each event.

Other volunteer positions that do not require prior certification or training:

- Score Table – Assists and helps the meet manager collect and calculate the score of the meet and stay organized
- Place Judge – Sit on the side of the pool (FRONT ROW SEATS!) at the finish end and watches as the swimmers finish the race. This person will call out the lane number and place to the scribe as each swimmer finishes and the scribe will record the finishes.
- Place Judge Scribe – Records the information from the place judge. This person also gets front row seats to the meet!
- Head Timer and Timers – use a stopwatch (Provided) to time a lane and write the time down. Note, the headtimer is for back-up when a timer needs a break or wants to watch their own child swim! This is a fun position and you get to be in the middle of the action.
- Ribbons Table – Place stickers on the ribbons to hand out the next day.
- Runners – Pick up the time sheets from the timers and scribes and take to Score Table.
- Bull-Pen / Round Up – These volunteers will be assigned an age / gender group and will help make sure the kids are gathered in time for their events.
- Cookout / Concessions – At HOME meets only. Assist with setting up, cooking, selling, and breaking down the concessions after the meet. There will be plenty of help so you can take a break to make sure you can watch your child compete.

MEETS:

- Each swimmer must declare whether or not they will be swimming in the dual meet before the deadline. If you do not declare your swimmer, they will not be entered in the meet! If you need assistance, please get with the swim reps!
- Each declared swimmer will be entered into different events based on age and time. Prior to the start of the meet, a **HEAT SHEET** will be made declaring which events each child will be swimming. The heat sheet will show what Event, Heat, and lane your child will be swimming.
- **PRIOR TO COMING TO THE MEET PLEASE WRITE ON YOUR CHILD THEIR NAME AND SWIM INFORMATION!!!!**
 1. With a SHARPEE, write your child's name and age on their back/shoulder.
Example: CALEB H. / 8&U
 2. The heat sheet will tell you what event your child is swimming in, what heat they are in, and what lane they are swimming in. Write your child's events on their arm. They are written in this order: Event (E), Heat (H), Lane (L).



- Each age group will be assigned a certain area (bullpen) to stay in. Please make sure your swimmer knows where their bullpen area is and stays in that area until their

events are complete. Swimmers staying in their bullpen will help our round up volunteers find swimmers and ensure they don't miss their race.

- Summer swim is designed to be a fun environment with good sportsmanship. We encourage all swimmers to stay for the entire meet and cheer their teammates and friends on.
- Inclement Weather – In case of inclement weather, a decision will be made to reschedule the meet at an agreed upon time by both competing teams. Please note that rescheduling a meet is very difficult and we make every effort to hold swim meets if possible. There may be times when a meet is paused or delayed to allow a storm to pass to minimize the need for rescheduling. Patience is appreciated if this does happen.

WHAT TO BRING / WEAR TO MEETS:

- Swim Suit
- Swim Cap (must be Greenwyche or plain color only)
- Goggles
- Water Bottle, Sports Drinks, healthy snacks – Concessions should be available too!
- A copy of the Heat Sheet
- Sharpee so you can write on your swimmer
- At least 2 Towels. Your swimmer will want to dry off after warm ups and after each event they participate in.
- Shirts, sweats, or swim parka depending on weather. It can get chilly at night!
 - o Please make sure all items are labeled!
- Cards, games, Legos, Coloring Books! There can be a lot of downtime between events.
- Folding chairs! Swim meets are very crowded and the host pool will not have enough seats.
- Money for concessions! Please note that concessions are a major part of the host pools fundraising!

AFTER THE MEET:

- Please help clean up your bullpen area. Gather all your towels, toys, and crafts and help leave the site (home or away) better than when we got there!
- After dual meets the team usually goes to Nothing But Noodles on Whitesburg Drive! They stay open late for us, so come hungry!

DUAL MEETS – HOW IT RUNS AND ORDER OF EVENTS:

A dual meet will have 96 events. Some events will have more than 1 heat depending on the amount of swimmers swimming in each event. The order of events is by age group so the younger swimmers finish earlier. However, relays are towards the end of the meet so if you have

a younger swimmer swimming a relay, they will need to plan to stay at the meet until the end. The meet heat sheet will list out each event in order. Here is [a link](#) to the [Order of Events](#).

FREQUENTLY ASKED QUESTIONS:

- What if our family will be on vacation or at a camp during the summer swim season?
 - o We will take what we can get! Please note that regular attendance is encouraged but not required to be on the team. Just remember to declare your swimmers attendance for each meet!
- What is a Medley Relay?
 - o A medley relay is a relay where there are 4 swimmers and each are assigned a specific stroke.
 - o 1st is Backstroke, 2nd is Breaststroke, 3rd is Butterfly, 4th is Freestyle

#2 Boys 8 & Under 100 SC Meter Medley Relay				
RCSL: 1:25.60 1975 Sherwood				
Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				
2	BLOS	B	X2:22.47	
	Morgan, Hank 7	Turner, Rhodes 7		
	Lockwood, Christopher 8	Myers, Wendell 8		
3	BLOS	A	1:44.36	
	Lehr, Rhett 8	Deustsch, Grayson 7		
	Fortin, Cillian 7	Igo, Myles 8		
4	GREN	A	1:31.05	
	1st Harrison, Caleb 8-Backstroke	2nd Vagenberg, Frans 8-Breaststroke		
	3rd Tucker, Remington 8 -Fly	4th Manion, Jett 7 -Freestyle		
5	GREN	B	X2:14.43	
	Nichols, Ryder 7	Taylor, Brooks 8		
	Mullins, Greyson 7	White, Brock 8		

- What is a mixed relay?
 - o In a mixed relay, there are 4 swimmers, two males and two females. All swimmers swim freestyle.
- How can I tell what event we are on?
 - o The starter will announce each event and heat with the bullhorn. There will also be someone holding a pole and flipping numbers showing which event is being swam.
- What is exhibition swimming?
 - o Each team is limited to 3 swimmers for each individual event. Typically, the fastest 3 swimmers in that stroke will hold that spot. (However, a swimmer is only allowed to swim 6 events per meet). The exhibition events are not limited to 3 swimmers so every swimmer can swim in those events. Exhibition events are important because they allow your swimmer to improve their time and track their progress. **Swimming is about improving and beating your best time!**
- What is a DQ (Disqualification)?
 - o There are certain technical things that either must or cannot be done depending on the stroke. If the official or stroke and turn judge sees something that is

“illegal” they will raise their hand and DQ a particular swimmer. If your child is DQ’d please approach a coach to find out why so they can prevent it from happening again!

- Example of DQ: In butterfly and breaststroke, the swimmer must touch the wall with 2 hands simultaneously during the turn and finish. If they only touch with one hand, this can result in a DQ.
- Example of DQ in Relay: A swimmer must touch the wall before the next swimmer leaves the floor.

- Why isn’t my child swimming in a relay?
 - This is better explained by an example. For example, the Freestyle Relay, which has four (4) swimmers. If there are only three (3) swimmers in your child’s age/gender group, then there are not enough swimmers to make up a full relay team. If there are more than four (4) swimmers, but less than eight (8), then there are only enough swimmers to make one relay team.