



Swarthmore Swim Club Swim Team Manual

Welcome to the Swarthmore Swim Team! This manual is intended to provide you and your children with the information necessary to: 1) navigate practice, meets and championships; 2) decipher times and scoring; 3) identify parent volunteer responsibilities and 4) memorize the all-important Swarthmore Sea Shark cheer.

This manual refers often to the swim team website, which can be found by clicking on "Swim and Dive Teams" link at <https://swarthmoreswimclub.org/>

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Getting Started: Placement, Practice and Equipment

Placement on Team

Late in May, try-outs are held to determine each child's preparedness for the swim team. Generally, children who can complete two laps of the pool and execute two strokes properly are placed on the team. Interested children who can swim two laps of the pool using a side breath, but cannot fully execute two strokes, or are not ready to participate independently in a one-hour practice, are placed on Swarthmore's developmental team, the SeaColts.

Placement on the Swarthmore Swim Team is very fluid – there are no established Varsity or JV teams and SeaColts often participate in JV meets during the season.

How to Register

All swimmers must be registered before their first day of practice, and registration and fee payment must be completed online through TeamUnify.

1. On the website, under the Swim & Dive Team menu, select [Register for Swim & Dive Team](#).
2. Scroll down to the bottom of the page and click the green button that says "Continue or Check Status"
3. On the next page, if you haven't created a TeamUnify account for SSC in the past, click the green button that says "+ Create New Account." Otherwise click Continue.

Practice Schedule

The Swarthmore Swim Team practices daily from the day after Memorial Day until the end of the season in late July (exact date depends on which championship meet(s) the swimmer attends). Swimmers are expected to attend all practices if they want to participate in swim meets. If a swimmer will miss practices, he/she should advise the coaches in advance whenever possible.

For the first few weeks of practice, while school is still in session, practice will be held after school. After school is out, a daytime practice schedule will be established. Check the team website for practice times and locations. Practice (and meets) will occur in the rain as long as there is no lightning and thunder.

Swim Gear

The Swarthmore Swim Team suits will be available for order at the Swarthmore Swim Club at a designated date early in the season. Swimmers must wear their team suit to all meets and a racing-style suit to practice (The team suit is usually the same for two years, so it is best to keep the suit as fresh as possible and not wear it to practice. Rinsing with warm water immediately after wearing will also help prolong the life of the suit). Additionally, all swimmers should be equipped with at least two pairs of goggles, sunscreen, an absorbent towel and a bag to carry everything in. Swimmers with longer hair should also wear a swim cap. **Only SSC swim caps should be worn during meets.** Label everything!

SeaColts are welcome to buy a uniform their first year, and it is a good idea to have one since SeaColts often swim in JV meets when they are ready to do so.

For meets, pack several extra towels and some sweats, in case the weather gets chilly, and do not forget a light snack and a drink.

Time Trials

Early in June, time trials will be held to determine each child's initial time in each stroke. These times are used to determine the individual and relay line-ups for the first meets of the season. These times will be posted on the team website – check your child's time and watch them improve at the "SSC Top Times" tab on the team's website over the course of the season!

Swim Meets 101

League Meets

The Swarthmore Swim Team is a member of the Suburban Swim League, which includes 14 suburban Philadelphia teams in three divisions. For more information about the Suburban Swim League, including directions to all participating swim clubs, visit their website at <https://sslsummer.swimtopia.com/>

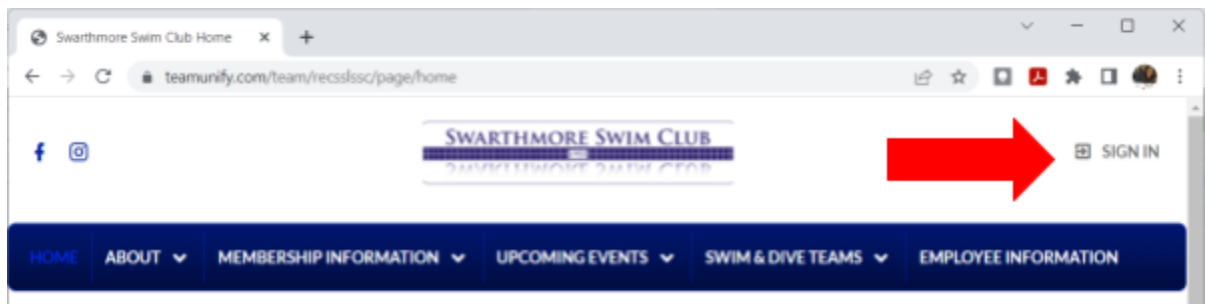
Varsity meets are usually held on Wednesday evenings; JV meets are scheduled on Tuesdays and may be in either the morning or evening. If possible, meets canceled due to thunder and lightning will be rescheduled for the following day. The meet schedule and any schedule changes will be published on the team website. Note that the warm-up time is usually an hour before the meet starting time. Make sure that your child arrives at the pool at the time designated by the coaches (not at the official meet start time).

Declaring Availability for Meets

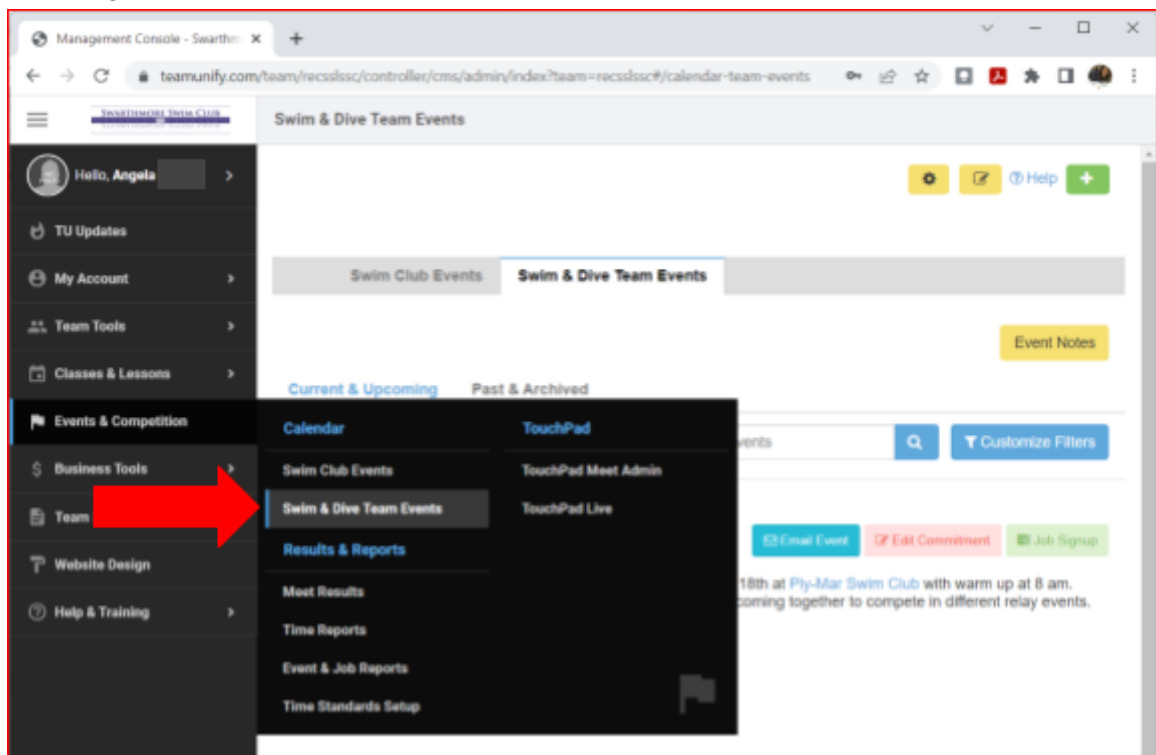
It is very important that all swimmers, including Sea Colts, declare their availability for swim meets as early as possible. The coach will create the meet lineup based on the swimmers who are declared available, so it is critical she/he has an accurate list of available swimmers. Please remember that an unreported and absent swimmer denies another child the chance to participate and could be responsible for disqualifying an entire relay team.

Meet commitments are done in TeamUnify:

1. Sign into TeamUnify from the website.



2. In the side menu click Events & Competition > Team Events, and find the meets you're declaring for.



3. Click the button at the top that says "Edit Commitment"
4. For each swimmer in your family, click their name and a new window will appear with a drop down menu. Select the appropriate commitment, and make sure to save changes

before moving onto the next swimmer in your family.

Management Console - Swarthmore Swim Club

teamunify.com/team/recssslssc/controller/cms/admin/ind...

Swim & Dive Team Events

Relay Carnival (Jun 18, 2022 (08:00 AM) - Jun 18, 2022 (11:00 AM))

Member Athlete:
Mitchell

*Declaration

Yes, please sign [Mitchell] up for this event

--SELECT--

Yes, please sign [Mitchell] up for this event

No, thanks, [Mitchell] will NOT attend this event

Save Changes

Meet Lineups

Meet line-ups will be posted on the team website's "Swim Meet Lineups" tab several days before each meet. **It is possible for a swimmer to participate in both junior varsity and varsity meets in the same week, so check the lineups carefully.** If your child is slated to swim, print out the lineup and identify their races so that they'll know in advance what events they will swim. For younger swimmers, it's a good idea to mark their event numbers and the stroke they'll be swimming in each on the back of their hand (in permanent marker) prior to the meet to help them remember what they'll be swimming and when.

Order of Events

Swimmers swim the following races in girl/boy and age group order. Age groups are 8 and under, 9s and 10s, 11s and 12s, 13s and 14s, and opens (15 to 18). Age group is based on the swimmers' age as of June 1 and does not change during the course of the season.

The order of events is:

1. Medley Relay
2. Backstroke
3. Breaststroke
4. Freestyle
5. Butterfly

6. Freestyle Relay

Thus, all meets start with the 8 and under girls medley relay, followed by the 8 and under boys medley relay, then the 9-10 girls medley relay, etc. After all medley relays are completed, the meet moves to the 8 and under girls backstroke, the 8 and under boys backstroke, etc.

Meets usually takes a little over two hours. Swimmers are expected to stay until the end of the meet and cheer on their team, even if they are not swimming in later events. This helps build team unity and sportsmanship.

Scoring

For individual events, first place receives 5 points, second place receives 3 points and third place receives 1 point, with a maximum of 8 points allowed to one team (this means that if a team sweeps first, second and third places in an event, only the points for first and second place are recorded and the other team is awarded one point). In relay events, 7 points are awarded to the winning team, with 0 points awarded to subsequent finishers.

Stroke Requirements and Disqualification Information

Freestyle – There are relatively few rules to the freestyle event, with any stroke or kick used to travel across the pool permitted. Swimmers may not walk on the bottom or pull themselves along the lane markers and, in a 50 or 100 yard race, swimmers must touch the wall at every turn before touching the end at the finish. Timing stops when any part of the swimmer's body touches the wall.

Backstroke – Like the freestyle, there are relatively few rules to the backstroke. Swimmers are required to stay on their back (except for the flip turn permitted at the turn of races longer than 25 yards). Timing stops when any part of the swimmer's body (often the head!) touches the wall.

Breaststroke – The breaststroke is composed of a frog kick and an arm pull. The arm pull and kick must be executed in an alternating sequence. The swimmer's elbows must stay below the water at all times except when tagging the wall and the toes must be pointed when completing the kick. Breaststroke turns and finishes require a two hand touch.

Butterfly – The butterfly has two components, the kick and the arm pull. The kick is a dolphin kick with both legs moving up and down simultaneously. The arm pull must be over the water, with the elbows breaking the surface of the water. There is no requirement to alternate the kick and pull. Turns and finishes require a two hand touch.

Individual Medley (IM) - In the IM, an individual swimmer completes each of the four strokes in the order of: Butterfly, Backstroke, Breaststroke, Freestyle. Each turn is considered a stroke finish and the rules governing the completion of that stroke apply (prohibiting a backstroke flip

turn). In the Suburban Swim League, the IM is swum only during championship week, not during regular meets.

Relays - Relays of four swimmers -- each completing one quarter of the race's total distance -- are held for freestyle and medley events. The medley relay is completed in the sequence Backstroke, Breaststroke, Butterfly, Freestyle. In relay events, each swimmer must wait until the previous swimmer touches the wall before he/she may leave the deck. Pushes or running starts and prohibited.

Disqualifications

Swimmers are disqualified (i.e., their times don't count and no points are awarded to their team for their finish) when any violations of these rules are observed by a Stroke and Turn Official (see Meet Officials and Their Responsibilities, below). Disqualifications will be shown on the meet results and communicated to the coaches so that the swimmer can be helped to improve.

Reading Your Child's Swim Meet Results

Shortly after each swim meet, your child's results will be posted on the team's website at the "Swim Meet Results" tab. Scroll to the event in which your child swam, and you will see their time, followed by a "Y", which designates "yards". In relay events, the leadoff leg time can count as an individual time because it is taken from a flat start (designated by a "L" on the results); the times of subsequent relay swimmers do not count toward individual record times because they benefit from a moving start (designated by a "N"). You may also see an "X" next to certain race results, which designates that your child competed in an event on an "exhibition" basis. Prior to each race, the coaches must identify a certain number of swimmers who are eligible to receive points for their finish in that race. If additional lanes (and swimmers) are available, the coaches will place other swimmers in the event so that they gain more race experience and for the ability to improve upon their individual best time. These "exhibitions" do not count towards any team scoring, even if they finish in one of the top three places.

If your child has been disqualified from an event due to a violation of stroke rules, this will be designated on the meet results with a "DQ". If your child was scheduled to participate in an event but for some reason did not, you will see a "NS" next to their name for that event.

It is helpful to regularly check the "SSC Top Times" tab on the team website. This table shows the best time that each child has recorded in each event for the entire season. In addition to helping understand what meets and what events your child is swimming, you'll know if your child is getting close to an "A" Championship" time.

Special Meets

In addition to regular varsity and junior varsity meets, the Swarthmore Swim Team participates in several other special meets during the season. These may include:

Hot Dog Relays - The season kicks off with an annual in-house tradition, the Hot Dog Relays. Usually held on the first or second Sunday of June, the team is divided into “Mustard” and “Ketchup” and the condiments duke it out for dominance on the hot dogs that are served after the event in the picnic grove. The kids have a great time and parents get the opportunity to practice their timing, scoring and judging before the official season begins.

SSL Relay Carnival - Usually held the second Saturday in June at Ply Mar Swim Club. One medley and one freestyle relay from each age group, boys and girls. Relays teams are selected by the coaches.

Karakung Mini Meet - A mid-July event for any interested 8 and under. Races are age specific and there are lots of ribbons to go around. Unlike other meets, the swimmer chooses the events in which to participate.

Championship Meets

At the conclusion of the competitive season, the Suburban Swim League hosts a variety of championship meets. The first is the Divisional Championships ("B Champs"), held the third Saturday of July. There are no qualifying times for this meet; the coaches will meet with each swimmer to see what they would like to swim (provided they can swim the stroke legally!).

Swimmers who meet the required qualifying times, which are posted on the website, are eligible to swim in the League's A Championships. These consist of:

- The Distance Freestyle event (4th Monday in July)
- The Individual Medley event (4th Wednesday in July)
- The single stroke and relay event (4th Saturday in July)

A swimmer may swim in up to four individual events, as long as one is either Distance Freestyle or Individual Medley, and two relay events during championship week. Swimmers who place in the top two at an A Championship event are eligible to swim in Delaware County's Elite Meet, held the week following A Champs.

Parent Volunteer Responsibilities

All meets are officiated by parent volunteers and **all parents of Swarthmore Swim Team members are required to assist in at least two meets during the season.** In addition, there are spirit events for the team that won't happen without our awesome parent volunteers! If we are short on volunteers at a particular meet, parents will be asked to step in and help by the coaches or swim team coordinator. Parents who have not volunteered at 2 meets, and refuse to help when asked, will have their child withheld from the following meet.

How to Volunteer at Meets and Events

The process is very similar to [Declaring Availability for Meets](#) above, but after you find the meet you're looking for, click the "Job Signup" button instead of the "Edit Commitment" button.

Swim Club Events | **Swim & Dive Team Events**

Event Notes

Current & Upcoming | Past & Archived

Subscribe | Search for Team Events | Customize Filters

Jun 18 2022 | **Relay Carnival**
Jun 18, 2022

Email Event | Edit Commitment | **Job Signup**

The Relay Carnival will take place on Saturday, June 18th at Ply-Mar Swim Club with warm up at 8 am.
This is a fun meet with many of the SSL swim teams coming together to compete in different relay events.

You will then see a list of all the jobs needed for that particular meet or event. If there is no name next to a job, then it is unfilled. Check the box next to each job you want to sign up for and click Signup. You will have the option to add your cell phone number, then click Sign Up again.

Job Name/Notes	Time Periods Signup
Ready Bench/Staging Area	06/18/2022 08:00:00 AM - 06/18/2022 11:00:00 AM(3.00 Hrs.) 1 ☐
Timer #1	06/18/2022 08:00:00 AM - 06/18/2022 11:00:00 AM(3.00 Hrs.) 1 ☐
Timer #2	06/18/2022 08:00:00 AM - 06/18/2022 11:00:00 AM(3.00 Hrs.) 1 ☐
Timer #3	06/18/2022 08:00:00 AM - 06/18/2022 11:00:00 AM(3.00 Hrs.) 1 ☐

Signup | Remove Signup

Officials for Home Swim Meets

Starter – The Starter, not surprisingly, is responsible for starting each race. Using a public address system, a horn and a strobe light, the starter instructs swimmers to “take your mark”.

Timers – Using stopwatches, timers record the time of individual swimmers (or relay teams) in each race. Timers activate their stopwatches at the flash of the strobe light and stop their watches when the swimmer (or final member of the relay team) touches the wall. Three timers are assigned to each lane and, at the conclusion of each race, the Timers report the middle time to the Runner.

Runner – The Runner records the times for the Timers in each lane on a time sheet and delivers the times to the Scorers. There is typically one Runner per meet, provided by the home team.

Scorers – There are two Scorers for each meet (one home team, one away), who are responsible for recording the information delivered by the Runner (times, order of finish and any disqualifications), scoring each event and tabulating the final score of the meet. Scorers will learn the League's "Meet Manager" computer program to score the meet.

Stroke and Turn Judges – Stroke and Turn Judges make sure that swimmers obey all stroke rules and report disqualifications to the Runner. There are two per meet – one home and one away.

Place Judge – The Place Judge records the finishing order of the race by lane number. A lesser known benefit of this job is the unobstructed poolside view. There are two Place Judges per meet, one from each team.

Swim Meet Snack Bar

During Varsity meets on Wednesday evenings, the swim team runs a snack bar near the lap pool to supply competitors and spectators with food and beverage. Proceeds from the meet snack bars go towards team spirit events and awards. **The snack bar is organized by parent volunteers and they will circulate a sign up for food donations and volunteers to work the snack bar.**

Spirit Events

Summer swim team is all about having fun and part of the fun is spirit events. These events are also organized by parent volunteers, so please be generous with your time and donations if possible!

Pasta Party - The Tuesday evening before the first Varsity meet, there is a team-wide pasta party to load up on carbs and get excited for the season.

Sundae Fun Day - After the last Varsity meet of the season, swimmers have an ice cream sundae party after one of the regular practices.

End of the Season Picnic and Awards Ceremony - At the end of each year, the Swarthmore Swim Team hosts a team awards ceremony and picnic. The event is usually held the Sunday after the SSL "A" Championship meet.

Other spirit events to be determined. If you have an idea for something fun, talk to a parent rep!

Official Team Cheer

Now that the mandatory information is out of the way, it's time to learn the official (and highly contagious) Sea Shark Cheer: "The Funky Chicken."

Let me hear your funky chicken.

What's that you say?

I said, Let me hear your funky chicken.

What's that you say?

I said – Oo, ah, ah, ah, oo, ah, ah, ah, oo, ah, ah, ah, oo.

Let me hear your alligator.

What's that you say?

I said, Let me hear your alligator.

What's that you say?

I said – Oo, ah, ah, ah, oo, ah, ah, ah, oo, ah, ah, ah, oo.

Let me hear your Swarthmore Sea Shark

What's that you say?

I said, Let me hear your Swarthmore Sea Shark.

What's that you say?

I said – Oo, ah, ah, ah, oo, ah, ah, ah, oo, ah, ah, ah, oo.

