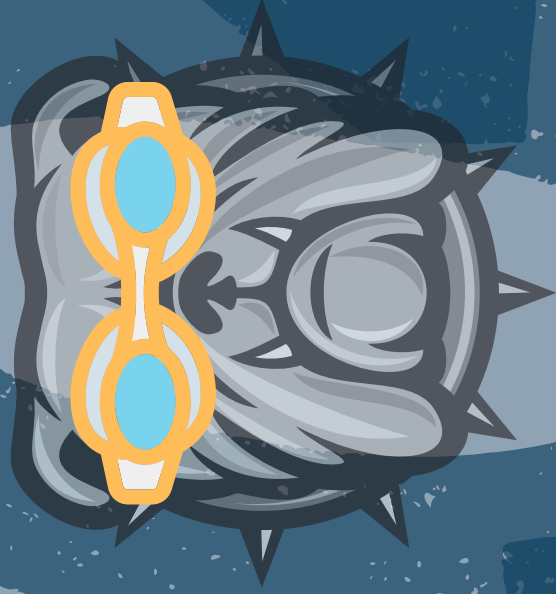




Olympic View Swim Club

Team Calendar + Handbook

May

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 First Day of Practice + 6pm Parent Meeting	20	21	22	23	24
25	26 No Practice: Memorial Day	27	28	29	30	31

NOTES

Parent Meeting

Agenda

May 19 @ 6pm

- Coach introductions
- Team nuts & bolts
- Review of important dates
- Volunteer job descriptions
- Team suit sizing
- Speedy Sixer swim tests

After School

Practice Times

May 19 to June 25

Monday/Wednesday

5:30-6:15 (7-8 years)

6:15-7:15 (9-12 years)

7:15-8:30 (13-18 years)

Tuesday/Thursday

3:30-4:45 (13-18 years)

4:45-5:30 (7-8 years)

5:30-6:30 (9-12 years)

Exact age groupings are dependent on the size of the team and may be **adjusted** to even out the number of kids at each practice session.

June

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Speedy Sixer Bonus Practice 4:15-4:45	6	7
8	9	10	11	12 Speedy Sixer Bonus Practice 4:15-4:45	13	14
15	16	17	18	19 Speedy Sixer Bonus Practice 4:15-4:45	20	21
22	23 O vs C Mock Meet (Time Trials) 5:30-8:30pm	24	25 Last Day of School (Highline)	26 Dual Meet: OV @ Lakeridge	27	28 Optional Stroke & Turn Clinic 9-11am
29	30					

NOTES

OvsC Time Trials:

Our annual Time Trials/Mock Meet will take place this year in the evening. We will let the kids race for some baseline times on 6/23.

We will have a team potluck dinner to go along with the fun.

If you are new to summer swim meets this is a great opportunity to learn in simulation!

Morning Practice

Times

June 26 to July 22

Monday-Friday

7-8:15 (14-18)

8:15-9:15 (11-13)

9:15-10:15 (9-10)

10:15-11 (7-8)

11-11:30 Speedy

Sixers

July

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Dual Meet: Normandy Park @ OV	2	3 4th of July NO PRACTICE	4 4th of July NO PRACTICE	5
6	7	8 Dual Meet: OV @ Arbor Heights	9	10 Dual Meet: Marine Hills @ OV	11 TENTATIVE: Picture Day	12
13	14	15 Dual Meet: OV @ Twin Lakes	16	17 Dual Meet: Kent @ OV *SENIOR NIGHT*	18 Pancake Breakfast: kids eat after their age group practice	19 Speedy Sixer Meet @ Normandy Park
20	21	22 Dual Meet: OV @ Gregory Seahurst	23 POST SEASON STARTS	24 B Champs @ Arbor Heights	25	26
27	28 Girls Prelims @ OV	29 Boys Prelims @ Gregory Seahurst	30 T-Shirt Tie Dye + Breakfast for qualifying Southern Division swimmers	31 Southern Divisional Meet @ Normandy Park		

NOTES



Picture Day:
Tentative
7/11

All swimmers will attend at 8:30am for team picture + individual pool shots.

Keep an eye on team communication streams for Picture Day confirmation.

Post Season

Practice Schedules:

We will adjust post season practice schedules starting 7/23. Exact practice times will be communicated closer to postseason.

August

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 All City Traditions Shhhh!	4 All City Traditions Shhhh!	5 All City Swim Meet @ View Ridge	6	7 Team Banquet: Potluck Dinner + Awards at OV 6pm	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

NOTES



VOLUNTEER JOBS

We will be looking for volunteers outside of swim meets for the

following events:

- PICTURE DAY
- SENIOR NIGHT
- PANCAKE BREAKFAST
- TIE-DYE BREAKFAST
- ALL CITY TRADITIONS
- BANQUET

Look for the yellow framed calendar events for dates. Let a team coordinator know if you are interested in a leading role planning the fun!



2025 Swim Team Handbook

Welcome to the team - we are so excited to have you! We are looking forward to another awesome season. There will surely be a great deal of swimmer development, time drops, new records to be set, and many more swim team memories.

Being a Maddog for Olympic View Swim Club is a special experience. Our club brings many families back for multiple generations. We have a 64-year-history of bringing families together around the pool and providing a summer full of activities to promote swimming skills and athleticism. If you're new here it's easy to feel overwhelmed. Don't worry - we've got you covered. The OV family will support your landing. Returning and seasoned families, don't forget to introduce yourselves to new faces and continue to make OV a welcoming place.

We can't wait to get the team in the pool and make 2025 a summer to remember!



Team Leadership

Role	Names + Contact Information	Job Description
Board of Trustees Elected Team Coordinators	Emily Goldstein (swimteam@olympicview.net) Stephanie Keane (swimteam2@olympicview.net)	Team Coordinators are elected by the general membership of the swim club and serve a 3-year term coordinating and administering the Swim Team for Olympic View. Team Coordinators are responsible for the majority of parent communication regarding the flow and organization of the season. Team Coordinators act as liaisons between Olympic View and our governing league: Greater Seattle Summer Swim League (GSSSL).
Co-Head Coaches	Kiersten Weiler and Jake Hanley coaches@olympicview.net Check our website for full biographies.	Our Head Coaches are responsible for organizing swim practices, developing swim talent, preparing meet line-ups, and collaborating with Team Coordinators for a successful season. The Head Coach communicates regularly with athletes and families regarding important information about practice schedules, meet details, and reminders of certain swimming objectives.

Assistant Coach(es)	TBD at the time of publication. Check out our website for more information when it becomes available.	Assistant Coaches support the objectives set forth by the Head Coaching staff. They support swimmer participation from alternate places on the deck, keep swimmers focused, and are heavily involved with our youngest athletes: Speedy Sixers.
Team Captains	TBD the first week of practice. Check out our website after practices start for information about this year's team captains.	Team Captains are appointed by our coaching staff. They are our most experienced swimmers and are generally Juniors and Seniors in High School. Team Captains are responsible for emulating hard work and punctuality at practice as well as overall dedication to the team. They set the themes for each home swim meet, organize and teach team traditions to the younger swimmers, make sure every single race has a cheering squad, and work collaboratively with the coaching staff to administer buddy programs between new and experienced swimmers.
Eligibility Officers	Haley Ballast + Katie Schwab	League trained volunteers that are the team point of contact for swimmers that would like to switch their gender eligibility category.
Team Communication Pathways	Email is generally the most consistent form of contact. Please keep your eyes on your registered club email for regular swim team communications.	 Remind App class code = @ovsc2025 Text @ovsc2025 to 81010



2025 Practice Times

Tentative Age Grouping*	Afternoon Practice Times 5/19 to 6/25 Monday thru Thursday		Age Grouping	Morning Practice Times 6/26 to 7/24 Monday thru Friday
	Monday/Wednesday	Tuesday/Thursday		
13 - 18	7:15 to 8:30	3:30 to 4:45	14 - 18	7:00 to 8:15
9 - 12	6:15 to 7:15	5:30 to 6:30	11 - 13	8:15 to 9:15
7 - 8	5:30 to 6:15	4:45 to 5:30	9 - 10	9:15 to 10:15
*After school age-ranges are flexible and dependent on the size of the team.			8U	10:15 to 11:00
Speedy Sixers				11:00 to 11:30

BONUS SPEEDY SIXER PRACTICE TIMES: Highline School District's late release due to required make-up days will cut the 2025 Speedy Sixer season short by almost a week. In order to compensate for this there are three afternoon bonus practice sessions scheduled alongside our senior age group swimmers in early June:

- Thursday, June 5th, 4:15 - 4:45
- Thursday, June 12th, 4:15 - 4:45
- Thursday, June 19th, 4:15 - 4:45

Postseason Practice Times: TBD in mid-July. Team communication will be shared with postseason swimmers for adjusted practice schedules.



2025 Chronological Team Dates

Apr 11, 2025 : Team Registration Opens on OV Website

May 19, 2025 : First After-School Practice + 6:00 pm Parent Meeting:

- Review of the season and important dates
- Description of volunteer opportunities
- Sizing suits available for athletes to try-on sizes for ordering team suits
- Speedy Sixer swim tests will also be available

May 26, 2025 : No Practice for Memorial Day

Jun 23, 2025 : O vs C Mock Meet/Time Trials - all swimmers report at 5:30pm

- Capture initial race times for all swimmers to seed the first dual meet
- Mock-meet set up will allow swimmers a flavor of what a real meet feels like
- Evening event will be accompanied by team potluck dinner in the Fain Family Cabana

Jun 25, 2025 : Last day of School - No Practice (OV Pool Party)

Jun 26, 2025 : First Morning Practices

Jun 26, 2025 : **Dual Meet - Olympic View @ Lakeridge**

Jul 1, 2025 : **Dual Meet - Normandy Park @ Olympic View**

Jul 3, 2025 + Jul 4, 2025 : No Practice for 4th of July Holiday

Jul 8, 2025 : **Dual Meet - Olympic View @ Arbor Heights**

Jul 10, 2025 : **Dual Meet - Marine Hills @ Olympic View**

Jul 11, 2025 : **TENTATIVE**: Picture Day - all swimmers 8:30-11:30 (dive and tennis picture schedule TBD)

Jul 15, 2025 : **Dual Meet - Olympic View @ Twin Lakes**

Jul 17, 2025 : **Dual Meet - Kent @ Olympic View** (senior night)

Jul 18, 2025 : All Team Pancake Breakfast at Practice (swimmers eat following their age group practice)

Jul 19, 2025 : **Speedy Sixer Only Meet @ Normandy Park**

Jul 22, 2025 : **Dual Meet - Olympic View @ Gregory Seahurst**

Post Season (see postseason section of handbook for more postseason specifics)

Jul 23, 2025 : Postseason Practices Start - alternate morning practice times TBD

Jul 24, 2025 : Postseason Meet B - Champs @ Arbor Heights

Jul 28, 2025 : **Postseason Meet - Girls Prelims @ Olympic View**

Jul 29, 2025 : Postseason Meet - Boys Prelims @ Gregory Seahurst

Jul 30, 2025 : Postseason Practice with Tie Dye + Southern Swimmer Breakfast

Jul 31, 2025 : Southern Divisional Meet @ Normandy Park + Post Meet Dinner with Southern Swimmers

Aug 3, 2025 + Aug 4, 2025 : All City Swim Surprise Traditions

Aug 5, 2025 : All City Swim Meet @ View Ridge - **8 LANES!!**

Aug 7, 2025 : TEAM BANQUET @ OV



Speedy Sixers

Members of Olympic View Swim Club with swimmers that are 5 or 6 years old by 6/30/25 are eligible to try-out for our Speedy Sixers squad.

Objective: Speedy Sixers is a modified swim team experience for our youngest athletes. It's an opportunity for eager swimmers and their families to preview what it's like to be an age group swimmer in future summers. ***It is structured to be much more rigorous than swim lessons and is not recommended for young swimmers with limited previous formal swim instruction.***

Speedy Sixers are an important part of the continuum of swimmer development that our club offers.

Program Components:

- Daily 30-minute team practice from 6/26 until the Speedy Sixer meet in Mid-July. Practices will run from 11-11:30 M-F. ***Please see practice times outlined above for a few bonus practice times in early June.**
- Pared down Speedy-Sixer-only swim meet with all clubs in our division. This meet is structured to be much less overwhelming than a regular dual meet. (July 19, 2025)
- Opportunities to swim single events at home meets in 8U meet events as deemed appropriate by coaching staff. These opportunities are a highlight of the dual meets and very inspirational to watch.
- Inclusion in full team social events and the end of season team banquet with awards recognition for effort, participation, and swim growth.

Requirements: Speedy Sixer swimmers must pass a swim test prior to having their Speedy Sixer registration approved. The basic requirement for the swim test is to swim a full width (short side) of the OV pool without assistance using any kind of stroke (doggie paddle OK). It is also highly recommended that Speedy Sixer swimmers are able to independently jump into the deep end of the pool from the edge (diving blocks, not required).

You are welcome to schedule a swim test with our Speedy Sixer Coach(es) at a convenient time for your family - their contact information can be found on the coaches page of the OV website. There are also two team gathering opportunities to take a Speedy Sixer swim test: the first practice on 5/19 and at the listed bonus practices times in early June. Specific times will follow as the season approaches.

Volunteer Expectations: Speedy Sixer parents are expected to find a volunteer role with the team. If volunteering at home swim meets is not possible, team coordinators will work to find every family a job that supports the club's swim team program.

Suggestions:

- If you are unsure of your child's swimming ability, take the Speedy Sixer test early once OV is open for the season.

If your child is not ready on their first try, we can provide information about some pre-season lesson opportunities and then they can test again before practices begin on 6/26. There are local indoor pools that offer pre-season lessons and our club manager has lots of information about private swim instructors at OV.



Volunteer Requirements

Olympic View has one of the best pools in the league for hosting meets both big and small. It's a chance for our club to shine and offer the best club hospitality in the region. **We need all team families to volunteer and own a piece of the action!** It is a great opportunity to meet other club members, have a front row seat to the exciting and the heart-warming races. Hosting a smooth meet lets us all share in the pride of our club.

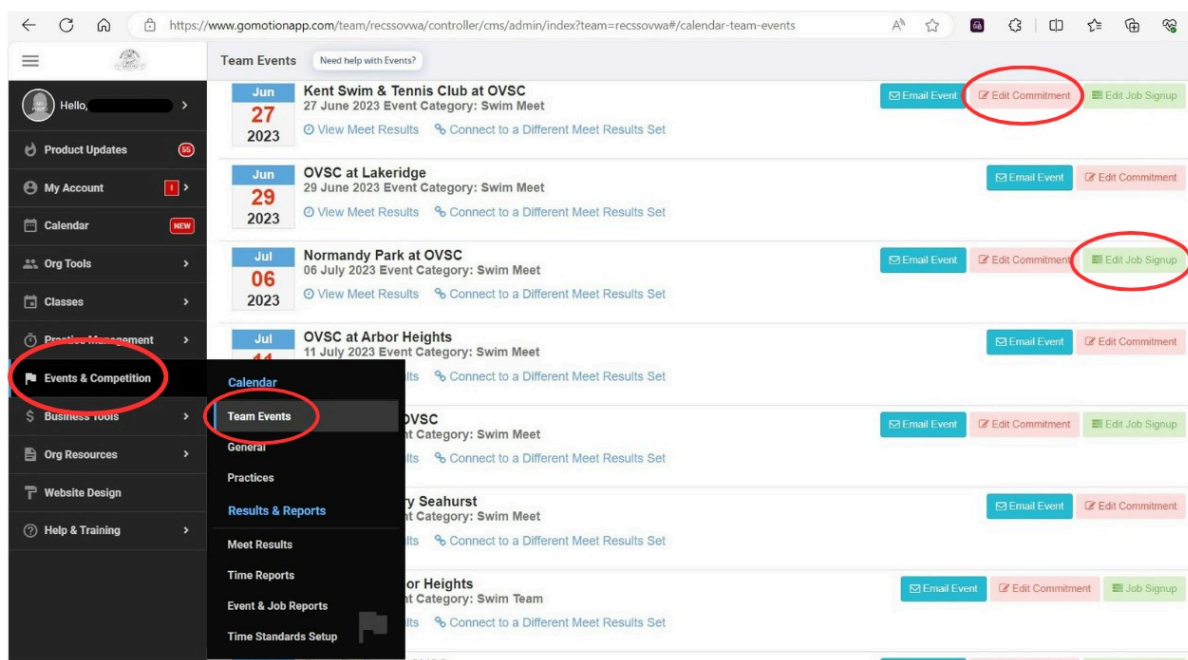
It takes approximately 40 timers + 8 swimming officials/referees/announcers + 10 meet runners/tech supporters/ribbon and results managers + 15 concessions helpers + 10 clean-up volunteers to successfully host a home meet. That is more than 80 volunteers at each and every meet that Olympic View hosts.

On average we have 150 swimmers from 90 families registered for our team - that will require each family to choose a job at every home meet they can attend this summer. With 3 home dual meets the volunteer hour requirement is roughly 10-12 hours per family as a minimum expectation.

How to sign up for a volunteer role at each meet: Log in to your swim team account from the OVSC website or the SE Motion mobile app. This will let you see all upcoming team events. Each event includes the option to declare your swimmer for a meet (pink box) as well as choose a volunteer job (green box). You can always go back in and change your job if your schedule changes. If this is confusing, reach out to a Team Coordinator or ask another seasoned parent for assistance. The screenshot below shows the menu path for finding volunteer job sign-ups.



(SE Motion mobile app by SportsEngine)



Our sign-up system allows us to track how many times families sign-up to volunteer. If we don't proactively see you signing up, we will nudge you to keep this commitment. **Running a team is a lot of work, please lighten our loads by staying aware of the club's volunteer needs and actively tracking your participation.**

If we can't fill volunteer roles at swim meets we will have to pay staff to cover the gaps. Paid labor costs our club roughly \$20/hour per employee. If you absolutely cannot volunteer at meets due to family circumstances, you may opt out of the volunteer commitment with a financial contribution to the team of \$400. This will cover

the cost of hiring helpers to run a successful home meet. You may opt out and pay the fee at the time of your registration for the season. However, since we do track volunteer hours, we will also approach you for the buy out at the end of the season, if we notice you missing from our rosters.

Because we would absolutely rather have you volunteer your time, **if you are unsure about the volunteer commitment at home meets, please reach out to a Team Coordinator to discuss the needs and opportunities further.** Team Coordinators are happy to help you find the perfect volunteer role with the team.

Volunteer needs for post-season: After the dual meet season is concluded, there is a series of championship meets for swimmers with qualifying times in each event. We will need just a handful of volunteers at the hosting clubs to support the league in the postseason. If your child swims postseason, you will receive a separate ask for volunteer support when those meets are being planned.



Code of Conduct

League Code of Conduct

As a member of the Greater Seattle Summer Swim League, we agree to:

- Abide by the GSSSL Operating Plan. (available on the GSSSL website)
- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
- Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
- Refrain from inappropriate or unacceptable behavior such as:
 - The display or use of aggressive behavior or intentional contact.
 - The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics.
 - Any activity which would detract from the positive image of the GSSSL.

All infractions that result in meet expulsion must be reported to the GSSSL board within three (3) days.

Any infraction of this code may result in, but is not limited to, the following actions by the Greater Seattle Summer Swim League Board:

- Restriction from future competition for a designated period of time.
- Placement on probation for a designated period of time.
- Restriction from participation in championship competition.

Olympic View Code of Conduct

Olympic View Swim Club (OVSC) is committed to upholding the principles of:

Fairness: Operating within the spirit of the rules, never taking an unfair advantage, and making informed and honorable decisions at all times.

Respect: Recognizing the contribution that people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use.

Responsibility: Taking responsibility for one's actions and being a positive role model at all times.

Safety: Encouraging healthy and safe procedures, preventing and reporting dangerous behavior, and demonstrating concern for others.

Excellence: Working hard to achieve the highest level of athleticism you can each and every day.

General Code of Conduct

As a person involved in any way with the sport of swimming, the following standard of behavior is expected:

- Be aware of USA Swimming's standards, rules and policies.
- Follow all Code Of Conduct rules supplied by the GSSSL.
- Be aware of club rules and membership expectations for your participation with the Swim Team.
- Respect the rights, dignity and worth of others.
- Be professional and accept responsibility for your actions.
- Operate within the rules and spirit of the sport.
- Any form of abuse, harassment, or discrimination towards others will not be tolerated.
- Be a positive role model.
- Olympic View Swim club upholds the values and ideals set forth by the US Center for Safe Sport and the Positive Coaching Alliance.

Parental Code of Conduct

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our team. Our coaches are hired for that purpose and the Head Coach oversees the direction of the staff. We expect OVSC parents to demonstrate good sportsmanship during all practices, competitions, and team activities. Parents will promote good sportsmanship by setting an example and by helping others to do likewise. Parents must celebrate wins gracefully, losses graciously, and congratulate opponents either way alongside their athlete(s).

- Parents are asked to encourage your child to participate in the sport for their individual enjoyment, personal satisfaction, and improvement.
- Parents are asked to focus on your child's effort and performance, rather than winning or losing.
- Parents are asked to encourage your child to abide by the rules and accept judgements made by coaches and officials.
- Parents are asked to never ridicule or yell at a child for making a mistake or performing below expectation.
- Parents are asked to be an example to your child and others. Appreciate good performances by all participants.
- Parents are asked to support all efforts to remove verbal and physical abuse from the sporting environment.

- Parents are asked to show appreciation and respect for all people involved in your child's swimming.
- Parents are asked to respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background, or religion.

Swimmers Code of Conduct

As a member of OVSC, we believe in teamwork, integrity, respect and good sportsmanship. Any athlete participating with/for OVSC agrees to abide by the guidelines outlined below.

- Understand and follow the rules of USA Swimming at all times.
- Make every team practice, meet participation and activity as an opportunity to learn.
- Swimmers are expected to remember that at practice, during swim meets, and team activities they are representing OVSC. They should represent OVSC with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are expected to follow directions and show respect, common courtesy and good sportsmanship at all times to team members, coaches, staff, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Swimmers should be punctual and arrive on time for all practices and meets and team events. Pool time is very valuable.
- Give your best at all times. Work equally hard for yourself and your team.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated.
- Do not bully or take unfair advantage of another competitor. This includes online/social media spaces.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.
- Dishonestly, theft, and/or vandalism will not be tolerated.
- Swimmers are expected to respect each other. Fighting, bullying, intentional touching or striking another athlete will subject the swimmer to disciplinary action.
- When wearing branded/logo garments, you are expected to represent yourself according to this Code of Conduct. You are an ambassador of the organization.
- Olympic View expects all team members to practice healthy technology and social media habits. Code of conduct violations include, but are not limited to, not putting your phone away when the coach expects you in the water, taking photos of others without their permission, making or commenting on hurtful social media posts, group texts with the intent to put others down, and representing OV with negativity online.

Code of Conduct Violations: Conduct violations will result in a review of swim team eligibility by the governing board of OVSC. Egregious infractions may result in team suspension, termination, and/or revocation of club membership.

For any questions or concerns about swimmer conduct, please contact a Team Coordinator to discuss.



Team Gear and Spirit Wear

Basic needs for each swimmer at practice:

- Athletic swimsuit - leisure swim suits are not recommended
- Towel + shower supplies (flip flops)
- Goggles
- Swim Cap: OV or plain unmarked caps only. DO NOT wear caps from other clubs when in the water with OV. If you need a cap to start the season, reach out to a team coordinator - we have a stock of latex OV caps for distribution.
- Water bottle
- OV provides: kick boards, pull buoys, and pacing equipment

Team gear recommended for meets:

- Athletic swimsuit - available in our team store or plain navy blue
- Goggles
- Swim cap - team logo caps are available at the time of registration and we're working on a plan to add them for sale in the Olympic View office.

Keeping swim gear in a designated bag/backpack for each swimmer for both practices and meets is highly recommended. Labeling all your swim gear can prevent expensive items going to the pool lost and found pile.

Swim Team Gear: All OV swim team branded gear (except for caps) can be purchased through our team store with Making Waves. The team store is linked on our website and is a team fundraiser - we get store credit just for browsing. It can also be found at:

<https://makingwavesusa.com/team/olympic-view-swim-club-maddogs-ovsc/>

(password = ovsc2025)

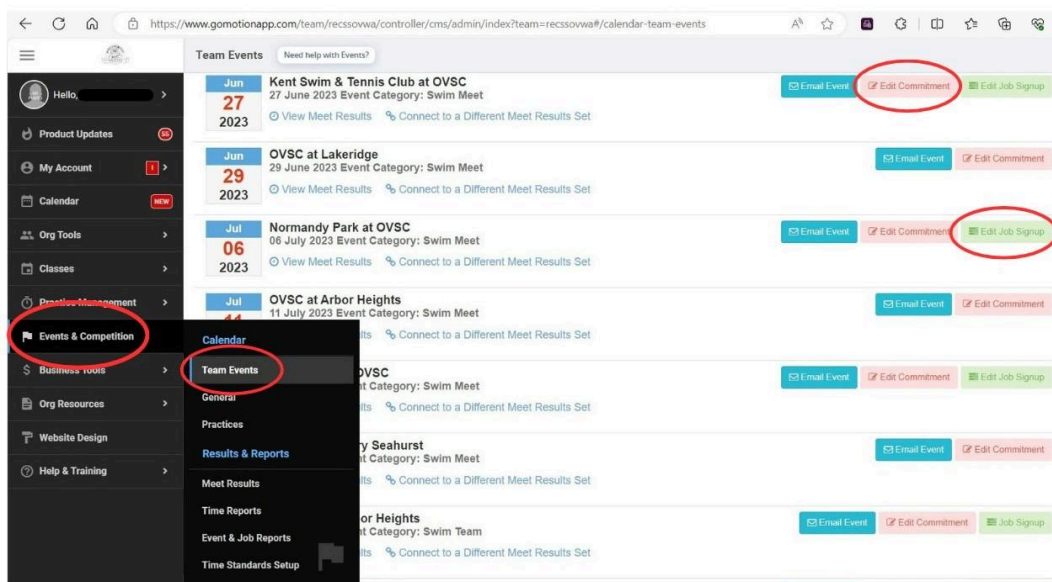
Olympic View Spirit Wear: As a club, Olympic View offers spirit wear to all club members at various points throughout the season. Keep an eye on club communications for opportunities to order non-team affiliated apparel and represent OV in the community. **Please remember to represent OV with good behavior when our club name is on your body.**



Swim Meet 101

Commit to swim in each meet: *Swim meet participation is not assumed.* Each meet requires that swimmers sign-in by acknowledging their commitment to attend. To be added to the meet line up, your swimmer must "commit" to the "Event" on the club website. **Commitments are due 3-days before each meet.** Follow the steps listed on the next page to commit the swimmer(s) in your family.

1. Login to your team registration account. If you do not see the “Events” tab at the top left of the home page, you are not logged in.
2. Click on the Events tab and scroll to the event to which you wish to commit. You may commit for the entire season at once (both in or out), but if your plans change, you will need to go back in and make a change to your commitment.
3. Click the “Edit Commitment” button beneath the event name (pink box).
4. Choose the athlete, select commit, and then save changes.



If a swimmer becomes ill or has an injury on the day of the meet and is unable to attend at the last minute, please contact the coach or team coordinators with urgency so that last minute changes can be made to the meet line-ups. *This is particularly important if your child is in a relay because a no-show for one relay swimmer will disqualify the other 3 relay swimmers.* NO SWIMMER should ever just fail to show.

What to Pack:

- Swim bag or backpack
- Extra swimsuit
- At least 2 towels
- Extra goggles
- Extra swim cap
- Sunscreen + Bug Spray
- Black or dark blue Sharpie marker
- Team handbook and pen/pencil
- Snacks and lots of water
- Picnic dinner and/or concessions money
- Camera and/or phone
- Blanket/folding chair/sunshade or pop-up tent
- Jackets and hoodies for once the sun goes down
- MADDOG SPIRIT

Meet Day Schedule: Warm-up times can be found on the club website under the Swim Team tab listing the 2025 Meet Schedule. All Dual Meets (regular season) begin promptly at 6:00 and run approximately 4 hours. Home Team Warm Up = 4:45, Visiting Team Warm-Up = 5:15

There is still morning practice on meet day. If your child will not be at practice but will attend the meet, let the coach know. It is advised to arrive at 4:15PM. Parking can be tight at some of the pools and you'll want to find some space to set up camp.

Driving directions for all the pools are on our website and easily found in GPS apps by name.

Finding Your Swimming Events at a Meet: As the start of the meet approaches a heat sheet that outlines the races for the entire meet will get posted somewhere publicly at the host pool. If a meet is running smoothly, you may also find the heat sheet emailed to you. Once you find access to a heat sheet, write down or snap pictures of your child's events. No swimmer may swim more than 4 events.

How to Read a Heat Sheet: This is an example of what a single event looks like on a Heat Sheet (swimmer names are blacked out). It lists the event number and the name of the event on the very top. It will then give you all the information for each heat in that event and show each swimmer's name in their assigned lane for each heat.

#1 Girls 13-14 50 Yard Freestyle				
SSSL Record: 24.31 2014 Caroline Wagner				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1				
2				
3		13	LR	X37.20
4		13	LR	X39.90
5				
6				
Heat 2 of 2 Finals				
1		13	OVSC-SS	NT
2		13	LR	30.59
3		14	OVSC-SS	33.09
4		13	LR	27.50
5		13	OVSC-SS	NT
6		14	LR	32.87

Each swim meet has 72 total events and each event often has multiple heats. The full heat sheet is often 8-10+ pages with each event listed consecutively. Here are a couple of tips to find your specific heats in the big heat sheet document.

- Watch for a team entry sheet or swimmer assignments at practice the morning of the meet. (pictured below) These are subject to change, but are a good starting point for at least knowing your event numbers when you get to the meet. Snap a picture of the line up at practice or watch for a coaches email on the day of the meet with this information.
- It is also available on the website in the same area where you committed your swimmer. Go into EDIT COMMITMENT and your swimmers events will be there. You will not know lanes and heats at this point, but it will give you a head start on the crowd gathering around the posted heat sheet.
- Understand the meet event patterns to easily find your events. Each gender and age group will have the same ones-place-digit in their event numbers. For example all 8 and under boys events will end in 6 - 6, 16, 26, 36, etc. This pattern holds true until event 65, when the freestyle relays begin to finish the meet's events. Events 65-72 are all 200M freestyle relays for ages 9 and up.

Olympic View Swim Club		HY-TEK'S MEET MANAGER 8.0 - 7/13/2023 Page 6			
Olympic View Swim Club v Marine Hills 2023 - 7/13/2023		Olympic View Swim Club v Marine Hills 2023			
		Team Entries - dual meet			
Olympic View-SS					
1	Female - Age: 7 - Ind/Rel: 2 / 2				
#5 Girls 8&U 100 Medley Relay (4)	2:02.16 1/2	#15 Girls 8&U 100 Free Relay (3)		1:52.08 1/2	
#25 Girls 8&U 25 Free	X28.02 2/1	#35 Girls 8&U 25 Back		X31.35 3/1	
2	Female - Age: 7 - Ind/Rel: 2 / 2				
#5 Girls 8&U 100 Medley Relay (4)	1:23.53 1/3	#15 Girls 8&U 100 Free Relay (4)		1:12.52 1/3	
#25 Girls 8&U 25 Free	21.40 3/2	#55 Girls 8&U 25 Fly		XNT 1/5	
3	Female - Age: 7 - Ind/Rel: 2 / 2				
#5 Girls 8&U 100 Medley Relay (2)	X2:26.43 1/5	#15 Girls 8&U 100 Free Relay (4)		1:52.08 1/2	
#35 Girls 8&U 25 Back	X31.36 3/6	#45 Girls 8&U 25 Breast		33.13 2/2	
4	Female - Age: 9 - Ind/Rel: 2 / 2				
#7 Girls 9-10 100 Medley Relay (2)	NT 1/5	#27 Girls 9-10 50 Free		X53.16 2/5	
#47 Girls 9-10 50 Breast	59.56 2/5	#65 Girls 9-10 200 Free Relay (4)		X3:45.80 1/1	
5	Male - Age: 17 - Ind/Rel: 2 / 2				
#1 Boys 15-18 50 Free	24.46 2/3	#14 Boys 15-18 200 Medley Relay (4)		1:53.40 1/3	
#24 Boys 15-18 100 IM	NT 1/5	#72 Boys 15-18 200 Free Relay (1)		1:39.34 1/3	
6	Male - Age: 10 - Ind/Rel: 2 / 2				
#8 Boys 9-10 100 Medley Relay (3)	NT 1/3	#18 Boys 9-10 100 IM		2:14.37 1/5	
#48 Boys 9-10 50 Breast	X1:12.29 1/4	#66 Boys 9-10 200 Free Relay (1)		3:54.18 1/2	
7	Male - Age: 13 - Ind/Rel: 3 / 1				
#2 Boys 13-14 50 Free	35.70 1/1	#12 Boys 13-14 200 Medley Relay (3)		2:10.40 1/3	
#42 Boys 13-14 50 Back	X43.63 1/4	#62 Boys 13-14 50 Fly		X38.12 1/4	

Keeping Track of Your Events:

Write them down, snap a picture, put them on your arms - this is why we bring Sharpies to swim meets. Most people make a mock chart like this:

Event	Heat	Lane	Stroke/Order
9	1	4	Free - 4th swimmer
19	2	2	IM
29	4	6	Free
67	1	4	Free - 2nd swimmer



You can also write it down in your team handbook to keep handy for the whole family. Hint - after the meet is over, sunscreen makes a great sharpie ink eraser.

Meet Flow: After arriving and setting up what can feel like a small campsite, listen for the announcer to call teams to warm-ups. These will be broken down into home and away teams and are led by our coaching staff. At regular season dual meets, home teams always warm up at 4:45 and visiting teams always warm up at 5:15.

After warm up, there will be a team meeting led by coaches and team captains. Please see our traditional team cheer listed below. Parents can go to the team meeting with younger swimmers and have them point out the members of their relay team(s).

Following warm-up, the announcer will begin the first call for event number 1, we will sing the National Anthem, and the meet will kick-off precisely at 6:00pm at the direction of the Starting Official.

Know When to Line Up: Keeping track of a meet's progression can happen in a few ways and will depend on the equipment the hosting team has access to. Every meet has an announcer - please be listening to the event

numbers that the announcer calls. Each race has a first, second, and final call. Swimmers should be gathering their goggles, caps, and relay teammates when the announcer makes the first call for an event number.

Most announcing stands also have a flip chart that indicates which race is currently underway in order to keep track of the progression. At OV, we also have a digital event board that is hung on the corner of the main cabana. It will list each event and heat to keep you up to date on the pace of the meet. If you are confused, make friends with an experienced swim family for assistance - we've all been there and are happy to share knowledge. Coaches and Team Coordinators may not be super accessible at a meet, so use the greater OV family when needed.

When your event is called at a dual meet, you can begin to line up behind your starting block. If there are still events before yours don't bottleneck the area for swimmers in an active event. You may approach when you hear the final call. All lane timers will have a list of which swimmer they are expecting in the order they swim and will be looking for the correct swimmer in each lane, event, and heat. At post season events, we will utilize a Clerk of Course. You check in with the Clerk in a designated area and volunteers will line you up by lane and heat to run a smooth meet.

Relay Tips: Know who you are swimming with and make contact with your teammates following the team meeting. Agree on a time to gather before the race (event number xxx) and a specific place to meet (ex: by the flagpole). If your swimmers are young, include all the parents in your plan. There is nothing more frustrating than running around right before a race trying to locate all the members of your relay.

A special reminder about relays and younger swimmers: Our youngest swimmers swim a single length of the pool for relays - they must alternate which end of the pool they start on. At no time can more than two swimmers be in the pool at the same time. The second leg swimmer gets in the pool prior to the start of the race and keeps his or her hand on the wall AT ALL TIMES. They should move left or right to allow good vision as the lead off swimmer approaches the wall. Once wall contact is made, the number two swimmer pushes off the wall to start their swim. The number three swimmer cannot get in until the number one swimmer is out of the pool. Encourage the lead swimmer to exit immediately.

Medley Events: These are events where all four competitive strokes are swim/swam/swum in a single race. The order of strokes varies by the type of medley.

- **Individual Medley Races:** A single swimmer swims all four strokes in the order of Butterfly, Backstroke, Breaststroke, and Freestyle.
- **Medley Relay Races:** Four different swimmers each swim a different stroke in the order of Backstroke, Breaststroke, Butterfly and Freestyle. The heatsheet will indicate swimmer order - know your stroke before the race starts!

Swimming Sportsmanship and Customs: Awareness is the key to good swimming sportsmanship. It is very positive to wait in the water until all swimmers have finished the race. It's kind of a bummer when less experienced swimmers have to exit the pool on their own. All OV swimmers in a race are encouraged to exit as a team from each heat. It is totally appropriate to shake hands with the swimmer next to you at the finish. It is also important to exit the pool quickly when it's time.

The meet Starting Official will let the kids know if the meet will run on flyover starts. In a flyover start, swimmers stay in the water until the next race has started - this is utilized in long-running meets with large teams and lots of heats to gain a little efficiency. When in the water during a flyover, swimmers should stay calm and quiet while the next race goes off and then exit the pool quickly.

After their swim, a swimmer is welcome to go check-in with coaches or find an older swimmer or parent to check-in with about their performance. Many swimmers will ask their timers for their timed result in each event as they exit the pool.

If a swimmer is disqualified (DQed) the coach will know why and this is something that will be given attention to at the next practice. Stress to your swimmer that it happens to everyone at some point, that the officials are not right 100% of the time but are doing their best at a very hard job and deserve our respect. We never approach the officials directly - although the official may come and talk to the swimmer, if time allows. Note that DQ also stands for Dairy Queen – the traditional salve to the ego.

Please be courteous to officials, coaches and timers. A meet is not an appropriate time to question coaches about why your child is assigned to a particular race. Coaches are making conscious decisions with the goal of giving all swimmers plenty of opportunities to swim different events while at the same time trying to put the team in the best position to win the meet.

Also, we always want to leave a positive lasting impression when we visit other pools so please clean-up any trash etc. If you see an item left behind by another OV family, please bring it back to the lost and found at our pool. And perhaps the most important item - this is supposed to be fun for parents and kids (and it really is!).

Be Aware of League Rules: GSSSL follows swimming rules outlined by the National Federation of State High Schools (NFHS) Rules Book. Ways that our league differs from the Rules Book are outlined in the GSSSL Operating Plan. It is highly recommended that all families read through the league rules at least once from the league website.

Food at Meets: Dual meets occur during dinner time. You can plan for dinner whatever works best for your family. Each pool will have concessions during the meet generally with BBQ type faire. Parents are welcome to bring in outside food and drinks so it's not necessary to rely upon the concessions.

Please use your best judgment about what your child eats and when they eat it. A big cheeseburger right before a race is probably not the best choice. Look for when your swimmer might have a break in their events and offer food with some time for their belly to settle.

If you choose to bring adult beverages, be aware that there is a league rule stating "There shall be no alcohol in the "Zone of Competition" - defined as within a distance of 10 feet from the pool edge." Different pools also may have different rules about it and at all times be discrete (put it in a cup) and be responsible. Club rules for behavior exist at swim meets and outlandish parent behavior risks your family's membership at OV. It is also a health department regulation that glass is NEVER allowed on any pool deck - cans and plastic bottles only. If you are timing, you should wait to imbibe until you are done with your shift.



How to Time

Timing is one of the best jobs at a swim meet - front row action to races, meeting other parents, and a very predictable amount of time required at each home meet.

Timers work in a group of three per lane and are stationed for each race at the end of the pool where each race will end. Due to younger swimmers competing in 25 yard events, timers do switch ends of the pool for some events.

Each lane will have three stopwatches and one clipboard. As timing teams assemble to start their shift, please assign the scribe who will record times on the clipboard for each event. Your clipboard will contain the races assigned to your lane for each heat. Swimmer names will also be listed for your lane. As they approach the diving blocks, it is recommended that you verify each swimmer's name and that it matches the line up listed on your timing sheet. All three timers will time each event, record all three times, and then circle the middle time as the official time for each swimmer/relay. If there are two watches with the same finish time - the official time will be recorded as the matching watches.

Pro-Tip: Outside lanes are often empty in small heats as they are filled last. For a slower pace to timing events, sign up to time in the outside lanes (1 and 6). Inside lanes (3 and 4) are always filled first, these are great lanes to time if you'd like a front row to the fastest swimmers in each event.

Starting and Stopping the Stopwatch:

- When you get to your lane and have your stopwatch, practice starting and stopping, and clearing the time - general watch operation can be supported by your fellow timers.
- **Start Timing:** The meet is run by a Starting Official who will call all swimmers to the diving blocks for each race. The Starting Official will ask all swimmers to take their marks and will then trigger the race starting signal on the electronic starting system. The start of the race is marked by both a loud horn beep and a flashing strobe light. ***Lane timers must start their watch by the strobe signal***, not the sound of the horn. All timers should position themselves to be able to see the starting light at the beginning of each race.
- **Stop Timing:** Stop your watch when the swimmer touches the wall. You may need to lean over the edge of the pool or crouch down to effectively see the swimmer touch at the finish. Leave judgment for legal touches to the meet officials that are trained to officiate swim meets and are the only people on deck that can judge a swimmer for following the rules and issue a disqualification.

Back-Up Timing: Every meet has a head timer that will always start two extra watches with the starter strobe for every event. If your watch malfunctions, or you miss the start, raise your hand and the head timer will bring you a running stopwatch to trade out.

We will have several opportunities prior to our first home meet to teach new families about timing. There are also a number of helpful YouTube videos available if you are interested in finding out more about stopwatch timing swim races.



Team Traditions + Team Cheer

Olympic View has a number of fun traditions that make being a part of our team a lifelong memory. Here are a few of the basics.

- **Team Colors:** Blue and White

- **Mascot:** Maddog (fierce-looking bulldog)
- **Team Rivals:** Normandy Park (our cross town rivals), Marine Hills (Tin Cup series), and Gregory Seahurst (parent and coach relays at the last meet of the season)
- **Meet Themes:** Team captains will pick a theme for each home meet. Feel free to come dressed for the occasion. Past themes include Hawaiian, Western, Prom, Red/White/Blue, Olympics, and Superheroes.
- **Fun Fridays:** After a long week of practice and multiple meets, we occasionally throw in a playful practice on a Friday morning for team bonding and all around goofiness. Past activities have allegedly included: Water (melon) Polo, Floatie Races, and always Sharks and Minnows!
- **Buddy Pairings:** Our youngest and newest swimmers are paired with an older and experienced team swimmer in order to have some extra mentorship at meets. Buddies are set up by Team Captains and are aimed at helping calm nerves at busy meets, help younger swimmers make their events, and make sure every swimmer has a cheering section.
- **Pancake Breakfast:** Parents cook breakfast for the team in mid-July every year.
- **Postseason Hype:** Swimming in the postseason is special and an annual goal for many swimmers.
 - B-Champs is the most spirited and fun meet of the season - heat winners take home rubber ducks, we cheer until we are hoarse, and one team is awarded the only team spirit award of the summer. It is also one last chance for swimmers to earn a prelim qualifying time.
 - Boys and Girls Prelim swimmers often congregate together at the pool while awaiting the final results from the prelim meets. Prelims are a fantastic opportunity to get a feel for a more serious and streamlined meet.
 - Divisional swimmers have a team breakfast, tie-dye team shirts, and then go out together after the meet to await the north and south meet results to post. We celebrate All City advances and console All City misses in real time together. #alltheemotions
 - All City swimmers can opt into several surprise traditions. These get communicated to parents upon qualification. Our All City squad also has a unique team shirt and post-meet dinner to celebrate a successful season.

Team Cheer: OV has a team meeting at every meet prior to the singing of the National Anthem. After the coaches and captains inspire the team to swim their fastest the whole team cheers to kick off the meet. This is the traditional OV team cheer.

DOGS ON THE WARPATH: All swimmers gather in a circle and begin slowly and quietly chanting, “OOOH, AAAH, dogs on the warpath!” Each time the chant is repeated it slowly gets faster and louder. Once the chant reaches a maximal frenzy, the chant ends with a group holler: “GO OV - woof, woof, woof!”



Postseason Information

Swimming past the regular dual meet season is special and a common goal for many OV swimmers. Postseason meets are attended by all 8 clubs in our division at once before we meet the whole league (16 teams) at All City. Please see our Team Traditions for explanations of how we honor and celebrate postseason achievements.

B-Champs: This meet is very fun and lively. It is open to all swimmers without a qualifying time for any events at the preliminary meets. The bonus to B-Champs is that swimmers who are close to any qualifying times can use their B-Champs swims to qualify! It's a fun meet and one last chance to reach a goal time. B-champs do not have relays, only individual swims so it's a fairly quick meet too. B-Champs is very festive and always awards one club with the only spirit award of the season for this meet. OV has taken home the spirit award from B-Champs once or twice and we always go to win.

Postseason Qualifying: The governing league (GSSSL) has published time cuts for each event in a dual meet. Qualifying times can be found on the OV and the GSSSL websites. As the season progresses, you may notice a small "PRE" designation next to your swimmer on a heat sheet. This indicates that they have had at least one race in the season that meets the postseason qualifying time.

Relays in the Postseason: A relay team can only be fielded in the postseason if they swam a qualifying time as a specific group at a dual meet. You cannot send unique or novel configurations of relay swimmers to postseason meets. All four swimmers must have qualified as a group together in that event.

Postseason Commitment: If your swimmer would like to swim postseason meets, they must commit to **ALL THREE** postseason meets regardless of knowing if they will advance to swim all the way through to All City. If a swimmer does not advance to the next level, their season is done, but initially they must make themselves available for all three meets. *You may not commit to Prelims or Divisionals unless you are available for All City too.*

Prelims: Prelims are the first meets in the postseason series. Any swimmer or relay team meeting the time standard set forth by the league may swim in a preliminary meet. There are a lot of swimmers that meet prelim times. Prelim meets are divided into a Boys meet and a Girls meet in order to cut down the length of a meet. When Prelim meets are concluded and results are posted, the 8 fastest times in every event from our Southern Division (6 qualifiers + 2 alternates) advance to the next meet.

Divisionals: Divisionals take the fastest swimmers in the north and south to determine which swimmers advance to All City. The northern and southern divisional meets run simultaneously with a single heat in each event as determined by the outcomes of prelims. This is a relatively fast meet and much more serious feeling than all other previous meets. Once both divisional meets are complete, times are reported to the league. OV swimmers at Southern go have dinner together and await the posting of the final results. Again the top 8 times (6 qualifiers + 2 alternates) from the entire league then are seeded into the All City Swim Meet the first Tuesday in August.

All City: This is the only time all year that the entire league comes together for a single meet - 16 teams all gathered at one pool. It is a very fast and competitive event and showcases some swimming technology, various vendors, and has all the high and lows any sport can offer. Once a swimmer goes to All City once, it will become an annual goal.

Alternate Swimmers: Alternates are very important to the postseason lineups. They are expected at practice and to have their best effort through the whole postseason. Stories abound regarding designated swimmers pulling up sick and alternate swimmers swimming away with all the glory. Alternates are included in all team activities celebrating postseason and are expected on deck for the meets in which they are designated as alternates.

Utility Pages

Blank Meet Event Tables: Use at each meet to keep track of your events. If you have more than one swimmer, consider a different color for each one.

Meet One:

Event	Heat	Lane	Stroke/Order

Meet Two:

Event	Heat	Lane	Stroke/Order

Meet Three:

Event	Heat	Lane	Stroke/Order

Meet Four:

Event	Heat	Lane	Stroke/Order

Meet Five:

Event	Heat	Lane	Stroke/Order

Meet Six:

Event	Heat	Lane	Stroke/Order

Meet Seven:

Event	Heat	Lane	Stroke/Order

Extra Table:

Event	Heat	Lane	Stroke/Order

Personal Best Time Tracker

Stroke	Freestyle	Backstroke	Breast	Butterfly	Individual Medley	Freestyle	Splits
Distance	25/50	25/50	25/50	25/50	100	100	25/50
2023 Times							
2024 Goals							
O vs C Mock Meet							
Kent							
Lakeridge							
Normandy Park							
Arbor Heights							
Marine Hills							
Twin Lakes							
Gregory Seahurst							
Speedy Sixer							
B-Champs							
Prelims							
Southern Division							
All City							

Personal Swim Goals

Take a minute to think about what kind of swimming goals you might like to achieve in a swim season. Think beyond just swimming faster. Do you want to get stronger, more consistent, swim a new event, mentor a less experienced teammate? Take a minute here to think about what you could achieve this season as a swimmer at Olympic View. Make some notes and consider sharing it with a coach. Come back and visit this page every week to keep track of your progress and make changes as the season develops.

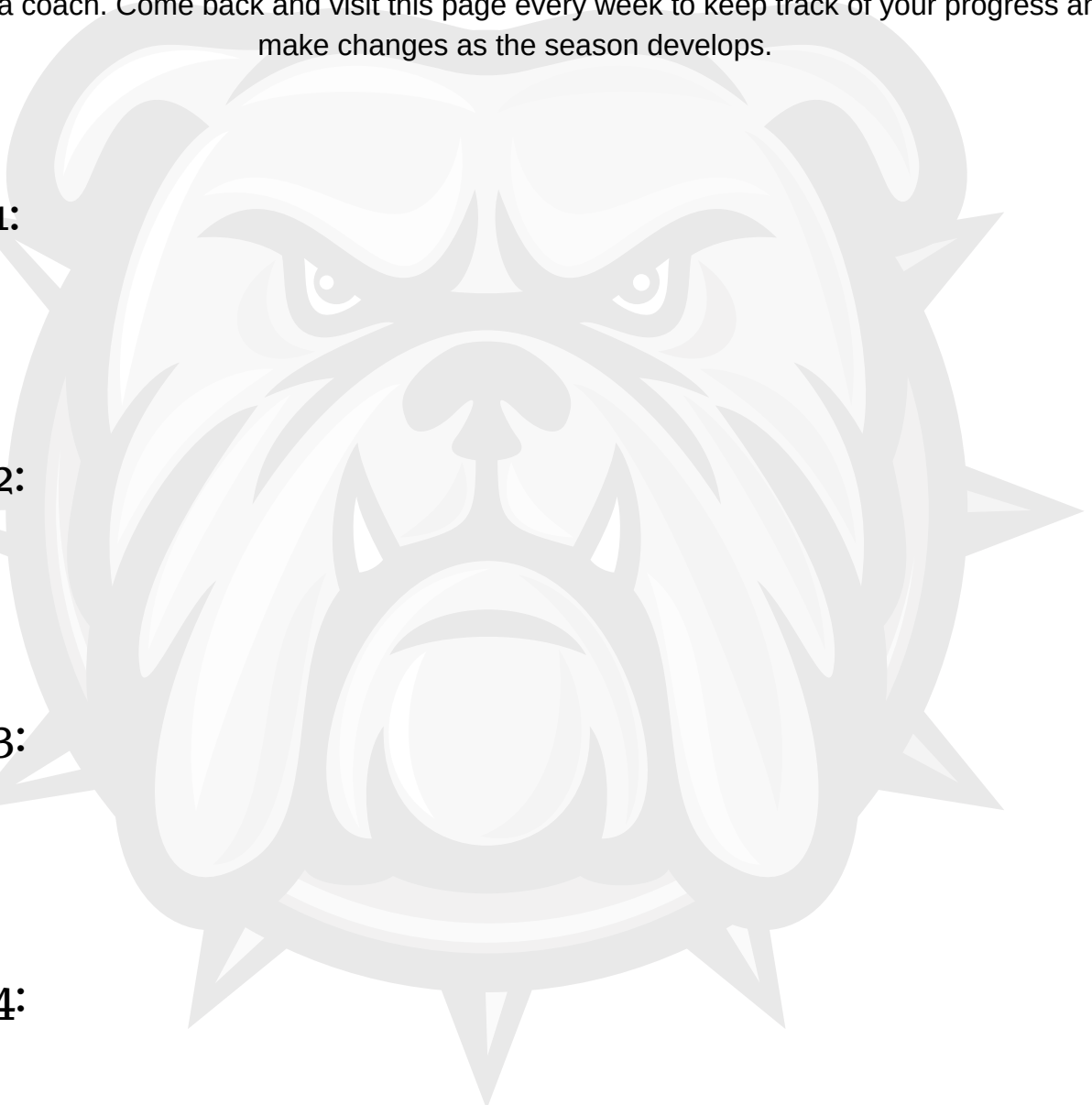
Goal 1:

Goal 2:

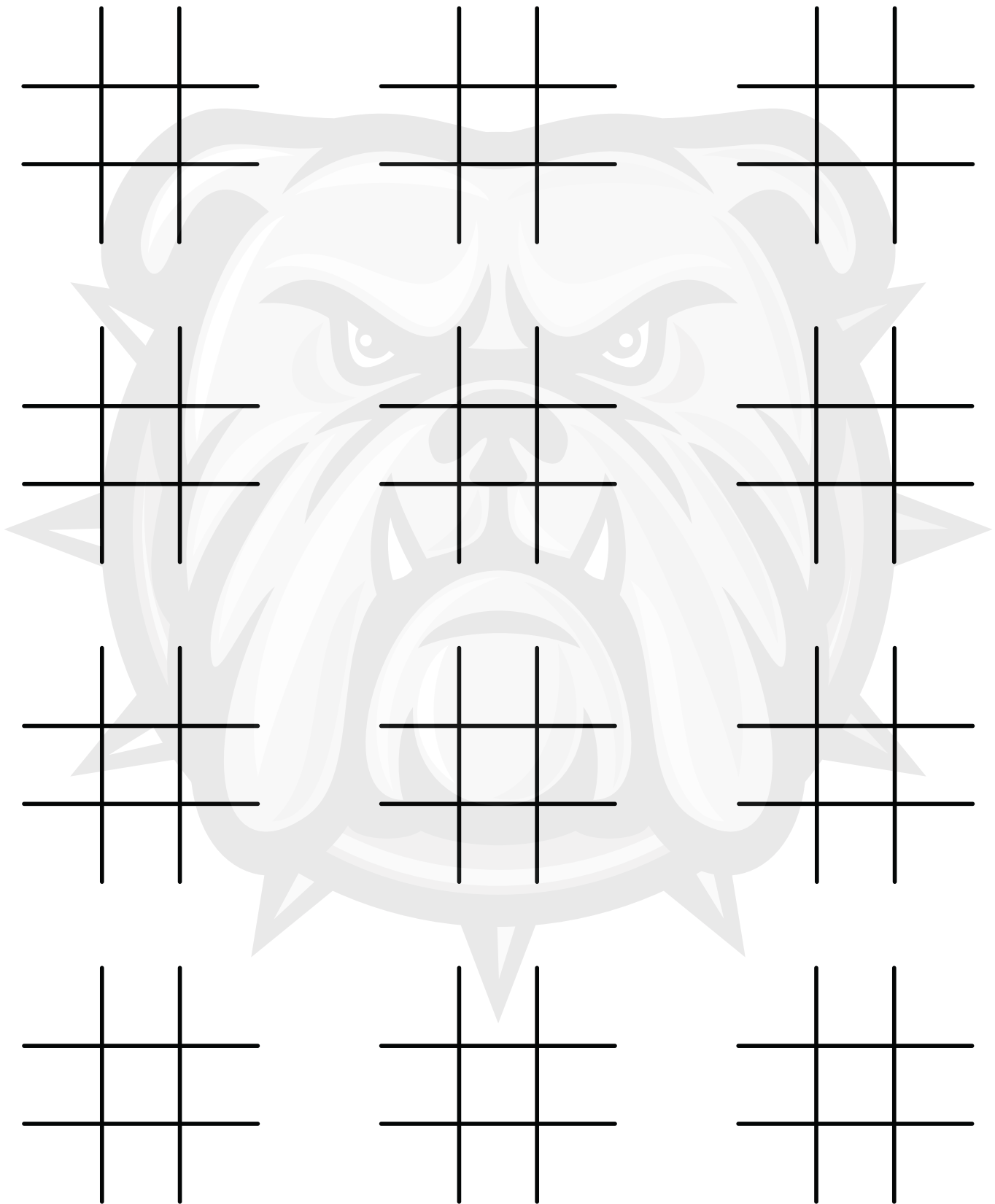
Goal 3:

Goal 4:

Goal 5:



Tic-Tac-Toe



Teammate Autographs

