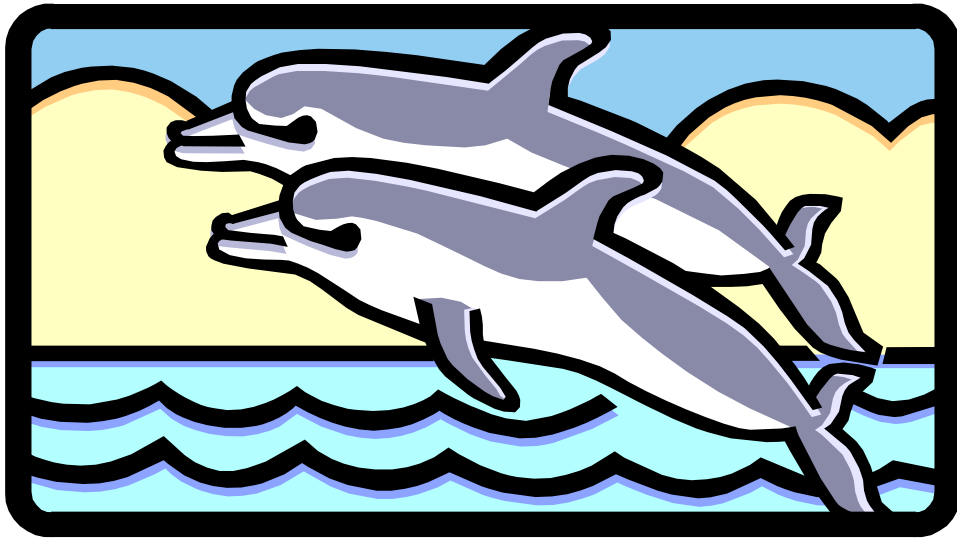
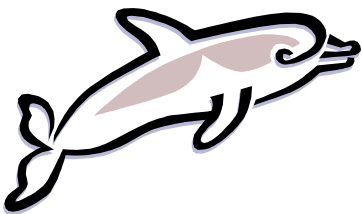


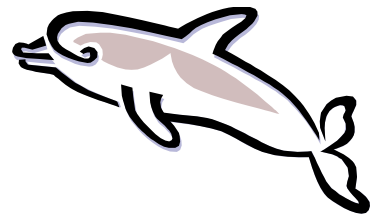
# **FREEDOM SWIM TEAM HANDBOOK**



**2010**



**Freedom Dolphin Swim Team**



The Freedom Dolphins Swim Team has three equally important goals: to strive to improve, both as individual swimmers and as a team; to foster team spirit and good sportsmanship; and to form friendships and have fun. The guiding principle of the team is simple: It's all about the swimmers! Whether you are a returning year rounder, looking forward to moving up to the next age group, or just trying team swimming for the first time, the Freedom Dolphins want you to swim for us.

### **Coaching Staff:**

Jerry Nava will be our head coach this year. He is a certified life guard and a member of USA Master's swimming. This will be his 3rd year coaching the Dolphins. He previously coached the Merritt Athletic Club Swim Team and currently teaches youth stroke mechanics there. Jerry has been coaching youth athletics since 1991, including varsity girls, boys, and coed volleyball and track. He currently teaches English at Damascus High School in Montgomery County.

Lauren Tabor will be our Assistant Coach. She swam for the Freedom Dolphins for 9 years and still holds several of the Team Records. Lauren has been a life guard at the pool for 6 years. Lauren graduated from West Virginia University and is currently pursuing a Masters Degree in Speech Pathology.

Christine Artman will be returning as a Developmental Coach. She has been on our swim team for 9 years and has been a certified life guard for 4 years. Christine will graduate from Liberty High School in June 2010.

Aimee Edwards will be joining us as a Developmental Coach. She has been on our swim team for 13 years and has been a certified life guard for 2 years. Aimee also swims for the Eagles Swim Team and has been on their team for 11 years. She is currently a student at Liberty High School.

### **Swimmer Requirements:**

In order to join the Freedom Dolphins Swim Team a swimmer must be able to swim across the diving well without assistance and is expected to participate in two meets during the season. Six and under swimmers may have a Junior Coach assist them during meets. Swimmers are encouraged to complete swim lessons before joining the team.

### **Swim Meets:**

The Dolphins will swim in five Central Maryland Swim League (CMSL) meets. Time trials (a mock meet to get an idea of the swimmers individual times) will be against South Carroll. Swimmers may participate in the CMSL Divisional

Championships, Straehle Invitational, or the Carroll County Jr. Championship Meet depending on their qualifications. Swimmers are expected to swim in two dual meets in order to be on the team. Swim meets serve as a means for the swimmers to evaluate how well they are achieving their individual goals and they also offer parents and friends the opportunity to see how well the swimmers are progressing.

CMSL Meets consist of 48 individual events and 9 relay events divided into an equal number of male and female events in each of six different age groups (6 & under, 7-8, 9-10, 11-12, 13-14, & 15-18). Each swimmer who meets practice requirements will swim in one to four events. The coaches will prepare for each meet by assigning the swimmers to events based on a number of criteria. These criteria include:

- Strokes the swimmer can perform legally
- Swimmer's endurance
- Swimmer's times compared to the other team's times
- Best team time for the individual events
- Best combination of times for relay teams

The coaches will strive to be as fair as possible in placing the swimmer in events that best fit their preference; however there may be instances when swimmers are entered into events for the benefit of the team.

On meet days, swimmers are expected to check-in 15 minutes before warm ups. All swimmers are expected to warm up with the team. Swimmers are expected to wear the official team suit. These may be purchased at the pre-season sign up or from the team vendor.

At the beginning of the season **each swimmer** should complete a meet attendance form. Please do **not** use one form for your family as this is very difficult since the swimmers swim by age groups. This form indicates to the coaches which swimmers will be at each meet. It is **VERY IMPORTANT** for each swimmer to complete this form and return it to the coaches or team rep. as soon as possible. The coaches will use this information to seed the meets. If a swimmer cannot attend a meet due to unforeseen circumstances at the last minute, please call a Team Rep or Head Coach. This is important because if your child is part of a relay team their absence could affect other swimmers.

Swim meets at home and away require parent volunteers. Swimming is not a spectator sport for parents. Home meets require set up and clean up in addition to running the meet. The team requires that each family sign up for a minimum of 4 meet volunteer positions before swimmers are able to participate on the team. The team has two evening pep rallies scheduled before home meets. Families contribute food items and set up for the meet the following day.

We will have a food concession at each home meet. The money we make is used to buy the trophies/awards for our swimmers. We will be asking for donations of baked goods, veggies, fruit, etc. Sign up sheets will be posted at the pool the week before a home meet. Your cooperation in this endeavor is appreciated.

The team line-up for the Divisional championships is determined based on times. All times, including those recorded at time trials will be considered. The top three swimmers in each event will be chosen to swim. If a swimmer is in the top three in more than three events, that swimmer will be given a choice as to which events he/she wishes to swim. If one of the top three is unable to swim, we will go to the fourth, fifth, etc., until the field is filled. Relays will be made up of the top four freestyle swimmers and one alternate in each age group. **Swimmers must have competed in two dual meets during the current CMSL season to participate in the Divisional Meet.**

Time trials do not count when qualifying for the Straehle Invitational.

All meet information will be disseminated through email. In addition, each swim team family will have a folder in their name. This folder will be kept in a file box at a convenient location at the pool – usually in front of the bulletin boards. Please check your folder every time you come to the pool.

## **Swim Practices:**

**Pre-season practices (1<sup>st</sup> Tuesday after Memorial Day until the end of school) will run in two sessions; 4 to 5pm and 5 to 6pm.** Because this is a very hectic time of year due to school and other spring commitments the emphasis during practice will be on improving endurance. Swimmers are encouraged to come to the practice that works best with their schedules. Coaches will divide the swimmers based on age and ability at each practice.

**Once the regular season begins, swim practices will be divided by age. Practice times may change on Fridays.**

**13 – 18 Swimmers                      9:00 – 10:15**  
**9 – 12 Swimmers                      10:15 – 11:15**  
**8 and Under Swimmers              11:15 – 12:00**

Even though swimming is a team sport, the needs and abilities of individual swimmers will be addressed so that both the swimmer and the team can improve. In order to address differing abilities and needs, lanes will be assigned by coaches based on individual swimmer strengths. Swimmers will only practice with swimmers in their practice age groups, exceptions may be made with the head coach’s approval.

While individual practices are tailored to the needs of the swimmers, a typical week of practice will follow the same general schedule:

Monday:	Stroke instruction; Sprint Work; Address individual DQs from previous meet
Tuesday:	Turns and Starts; Kick and Pull work; IM
Wednesday:	Stroke instruction; Review DQs; Ladders, distance, and intervals
Thursday:	Turns and Finishes; Sprint work; Kick and Pull work
Friday:	Starts, Turns, Transitions, and Finishes; Relays; Individual event instruction

An important part of each season is “Fun Friday” practices. On Fun Fridays, the older swimmers and the coaches plan something different for the swimmers. Fun Fridays reward all the hard work the swimmers do during the week and help to foster team spirit. Times for Fun Friday Events will be communicated by email to the team.

Parents are welcome at each practice, but only swimmers and coaches may be on deck during practice. Parents should refrain from talking to swimmers during practice. Parents with questions should address them to the coaches after their child’s practice. The Head Coach can be reached at home or by email (contact information is provided at the end of this document).

### **Swim Practice Expectations:**

- Swimmers are expected to arrive at practice 10 minutes early in order to prepare themselves and the pool for practice. Swimmers should take care of personal needs **BEFORE** practice.
- During this time, swimmers will assist with setting up the lane lines, blocks, back stroke flags, etc.
- Cell phones, iPods, and any other electronic devices are forbidden on deck during practice.
- Swimmers are expected to participate in all stretches, warm-ups, and drills. Swimmers should bring a towel and a water bottle or sports drink.
- 13 and up swimmers are expected to bring a buoy to every practice.
- 9 and up swimmers are expected to bring approved fins to every practice.
- All swimmers must wear goggles.
- Swimmers with long hair must wear a swim cap at practice.
- Swimmers are expected to “circle swim” in their assigned lanes.
- Swimmers are not to walk or stop until they have finished each set.
- Swimmers will stay in their lanes until told to exit by a coach.
- No swimmer will dive or jump into the water unless given permission by the coach.
- Swimmers entering the water are responsible for the safety of the swimmers already in the lane.
- Swimmers should not talk during instruction.
- Swimmers should demonstrate good sportsmanship and be supportive of all team members.
- Swim warm-ups will begin immediately after stretches.
- Swimmers must be prepared to begin swimming immediately after stretches.
- No horseplay or unsafe behavior will be tolerated

**Swimming is a very safe sport provided the rules are followed to ensure structure during practice. Failure to follow the rules will result in the following consequences:**

**1<sup>st</sup> infraction: verbal warning**

**2<sup>nd</sup> infraction: verbal warning and phone call to parents**

**3<sup>rd</sup> infraction: removal from next practice and phone call to parents**

**4<sup>th</sup> infraction: removal from the next meet**

**5<sup>th</sup> infraction: removal from the team**

**Big Buddy Program:**

The Big Buddy Program encourages team cohesion and spirit while welcoming new swimmers onto the team. Swimmers will be given the opportunity to sign up for the program during registration. Swimmers ages 11-18 can be big buddies, swimmers 10 and under can be little buddies. Every little buddy will be matched with a big buddy. Both swimmers are encouraged to cheer for each other during meets and participate in a Fun Friday Practice together.

**Banquet:**

A Team Banquet is held the night after divisionals in the pool pavilion. Awards are given for Dynamic Dolphins, First Year Swimmers, Perfect Attendance, 10 Most Improved, Senior Awards, 10 Year Awards, and 5 Year Awards. In addition, awards from the CMSL Divisonal Championships, Straehle Invitational, and the Carroll County Jr. Championship Meet are distributed to the swimmers.

**IMPORTANT PHONE NUMBERS AND EMAIL ADDRESSES:**

**Coach Jerry Nava    (410) 552-0056            cell (301) 642-3096**  
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