

# WOODLANDS WAHOOS

## 2010

### *SWIM TEAM HANDBOOK*

The Woodlands Country Club  
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## FROM THE COACH

My name is Michael Loser and I would like to tell you a little about myself. First, I would like to tell you how excited I am about my next season. I hope you and your children share in my excitement. You can look forward to a summer swimming program with competent stroke instruction in all strokes, motivation towards goal setting, and the opportunity to have a **great deal of fun** while belonging to a true team.

I have been teaching 5<sup>th</sup> grade at Keels Elementary in Richland 2 since 1999, since I moved here from Pennsylvania. I have also been the Head Boy's and Girl's Swim Coach at Spring Valley High School since 2004 (as well as Head Coach of the Boy's Lacrosse team and an Assistant Track Coach). I was a competitive swimmer in high school, earning conference and district titles as well as competing on the state and national levels. I have been a swimmer all of my life, and still continue to swim because it a hobby that I love. I believe swimming is one of the only sports that can successfully couple team competition with individual competition.

My philosophy of education follows me to the pool. I believe lessons learned in athletics are the same as those taught in a classroom and life. They supplement and complement each other at the same time because they hold true no matter what situation a person may find themselves. I look forward to meeting every parent and working with your young swimmers.

## SWIM TEAM MISSION STATEMENT WOODLANDS COUNTRY CLUB

The Woodlands Country Club Swim Team is open to all members ranging in age from 4 to 18 years. We encourage all swimmers to participate, regardless of skill or ability. Through dedication and hard work, swimmers are motivated to attain their maximum potential.

Since joining the Columbia Swim League several years ago, coaches and parents have worked to develop a successful program. It is our desire for all swimmers to improve and excel. Those who attend practices regularly and display a positive attitude will have an opportunity to compete at a level appropriate for their skills.

Our success is the result of strong parental involvement and a dedicated coaching staff. Parents and coaches work closely together to help our youth meet or exceed their personal goals. We believe in teaching proper swimming techniques and good sportsmanship, and in creating a safe, fun environment for all members and visitors to enjoy.

## CONTACTS

Coach: Mike Loser 397-2826

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Team Coordinator: Joanna Greene 865-2623

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League Rep: Lisa Hobbs 736-1372

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## PRACTICE

### Practice Schedule:

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Tues/Thurs May 25, 27 and June 1

All groups (excl mini-team) 5-6 pm

Monday-Friday starting June 7

8:30 – 9:30 for ages 7-10

9:30-11 for ages 10 and up

mini-team will be 9:30 and 10, each session for 30 mins, 2 days per week

Note: Swimming skills will determine which group you practice with, and MINI-TEAM sessions will be based on ability and size of groups. These practices will begin during the 2<sup>nd</sup> week.

## FEES

Registration fee is \$60.00 per child (\$40.00 for each additional child). This fee includes CSL dues, ribbons, awards, T-shirt, banquet, and coaching. It is paid through a charge to your club account.

## SWIM SUITS

We will continue to use the same suit as last year. If you wear it only for meets, it can be used several years or passed down. Girl's suits will be \$55.00. Boy's jammer is \$40.00. Plan to order them on registration day - kids MUST try these on - no returns. Payment will be handled through club charge. Purchase of the suit is not mandatory, but is recommended for team identity. Team logo swim caps will also be sold, and goggles will be available.

# MEET SCHEDULE

## **A Meets (Dual/Tri):**

June 10	@ Hunting Creek
June 17	@ Spring Valley
June 24	@ JCC
July 8	Kings Grant
July 12 (MON)	JEEP

## **B Meets (Practice):**

June 7	@ Columbia Country Club
June 14	@ Greenview
June 21	Edenwood
June 28	Governors Grant

## **Season Finale:**

July 17, 18	CSL City Meet @ USC PE Center
July 20	Team Banquet and Pool Party

## A MEETS – DUAL

We will be swimming 5 dual meets this year, 4 on Thursday nights, one on a Monday. In dual meets, 3 swimmers represent our team in each individual event, and there are relays as well.

## B MEETS - PRACTICE

We will also swim 4 developmental or practice meets this year. These are unscored meets that run in a slightly different format. Multiple heats in each age group allow every swimmer to swim every stroke, allowing for records of each swimmers times, prior to setting dual meet rosters. Ribbons are awarded to all. These meets are great for the beginning swimmers, who can enjoy the competition without the pressure.

## ALL MEETS

Warm-ups are 5:00 for home meets, 5:30 away. Be there ten minutes early! Meets start promptly at 6:00. Parents, please arrive by 5:30 so we can have volunteers in place on time.

## CITY MEET

The CSL City Meet is both an individual championship and a team meet. Swimmers will score points for places earned, and the team score will be a total of those points, as well as relay points. **All swimmers are encouraged to participate as part of the team.** You must register for the meet in June. There is a nominal entry fee, which depends on the number of events you are swimming. All parents are expected to help fulfill the Woodlands' volunteer obligation during this meet.

## COLUMBIA SWIM LEAGUE

The Columbia Swim League website can be found at: [www.swimleague.com](http://www.swimleague.com). Here you can find info about the league, other teams, schedules, standings, rules, officials, clinics, directions to other pools, and more.

## DURING MEETS

**Parents** - we are fortunate to have a fairly large team with lots of small children. As you know, swim meets can be very hectic. Our **Clerk of Course** volunteer work very hard at both home and away meets to make sure all the children swim the right race in the right lane. However, if the children are not in the team area, it is not possible to do this.

So: It is the **parent's responsibility** to see that their children **are** in the team seating area during the meet. If you want your child to sit or visit with you during the meet, then you may take responsibility for getting them to the blocks on time. Clerks of Course will not be able to run all over the pool area, outside the fence, or in the changing rooms to hunt down children. Races are not held up for missing swimmers. Parents are welcome to come to the team area to visit with and congratulate children before and after races. **Please** help by seeing that they stay with the team. Please note the Clerk of Course volunteer requirements in the volunteer section.

## VOLUNTEER REQUIREMENTS

*Did you realize that it takes at least 26 parents to put on a home A meet!!*

The Woodlands Country Club swim team can only function if swim team parents volunteer support and time. If your child is on the team, we expect you to become involved. Signup sheets will be available at registration and the parent's meeting – all families are expected to volunteer for at least 2 positions for the 2009 summer season. If you do not sign up in advance, you will be assigned a task and it will be your responsibility to find a substitute if you are unable to participate at the assigned time.

Duties include:

Officiate A meets (3 for home, 2 away)

Head Timer (1)

Timers (12 home, 6 away)

Announcer/Starter (1)

Ribbons (1)

Clerk of course (1 – see note below)

Scoring (2 home, 1 away)

Runner (1 home)

Hospitality (2)

Set up after-meet restaurants (1)

Personal Best Ribbons (1)

Fun Friday Snacks

Clerk of course responsibilities for 2010 will be for the 10 and under swimmers only. Parents of 10u swimmers will be **required** to clerk for one A meet unless they are serving in a different head capacity (ie head timer, scorer, etc).

## ADDITIONAL INFORMATION

In case of inclement weather, a meet may not be postponed until a delay of 45 minutes has elapsed. In the meantime, if the weather clears, the meet may be resumed.

The home team swims in odd-numbered lanes, visiting team in the even-numbered lanes.

Smoking and alcoholic beverages are prohibited on the immediate pool deck during swim meets.

Transportation to away meets is the swimmer's responsibility.

The roster for each Thursday meet will be posted at practice by Thursday morning.

The meet line-up is based primarily on official times. The coaches must use their discretion to determine the best roster arrangement for any given meet. Every effort is made to include all the swimmers, in at least one event.

The area behind and around the starting blocks is strictly off limits to everyone except the next event's swimmers and authorized officials.

The winner is not just the swimmer who comes in first place in an event. Each time a swimmer achieves a "personal best time," he/she is a winner. Swim not only against the other competitors in your heat, but against the clock and your own best time. Personal achievement is the best measure of success.

\*Please remember that all food and beverages at the pool must be purchased from the Woodlands. No outside coolers are permitted.

## TEAM PICTURES

Team and individual pictures will be taken and offered for purchase on a date to be announced

## COMMUNICATION

It is important that all swimmers and their parents keep abreast of upcoming events, schedule changes, social activities, and other items that affect the team. Please check email and the team bulletin board at the entrance to the pool often.

## HELPFUL HINTS

1. Please stress being on time with your swimmers. A child who arrives late for practice or meets will miss the warm-up.
2. Coaches expect good attendance at practice. If for some reason your swimmer has to miss several practices or meets, please notify the coach as far in advance as possible. Our program is set up to accommodate different levels of swimmers. Total dedication from everyone is not possible, but the coach needs to know where your child fits and wants to be.

3. The best time to speak with the coach is right after swim practice ends. Please do not interrupt the coach during practice, or delay the start of practice. This is not fair to the other swimmers.

## FOR SWIMMERS

*Things to help avoid disqualification (DQ) at a meet*

### Freestyle

1. Touch the wall with your hands or feet before you turn around and swim the next length.
2. Use only the water, and not the lane lines or the bottom or sides of the pool to propel yourself.

### Backstroke

1. Stay on your back.
2. Refer to rule #2 under freestyle.

### Breaststroke

1. Both feet must be turned outward on the kick.
2. The body shall stay on the breast.
3. The hands and feet must move simultaneously.
4. The head must break the surface of the water at some time during each stroke.
5. The hands must touch the wall simultaneously on the turns and finish.

### Butterfly

1. Both arms must clear the water and must move forward simultaneously.
2. Legs must be kicked in an up and down motion simultaneously.
3. Walls must be touched with both hands simultaneously

### Individual Medley (IM)

1. IM must be swum in the following order: butterfly, backstroke, breaststroke, and any other stroke not previously mentioned.
2. All individual stroke rules must be followed.

### Relays

1. Swimmers must wait until the previous swimmer completes his/her race before they start theirs.
2. Medley relays must be swum in the following order: backstroke, breaststroke, butterfly, and freestyle.

### Starts

1. A swimmer will be disqualified from the race if he/she initiates two false starts.

# FOODS

General Diet: Eat well-balanced meals. All meals should consist of foods from all the food groups, including snacks. Try to choose items from the list below:

- Fruits-oranges, apples, bananas, pears, grapes, etc.
- Vegetables-raw carrots, lettuce, celery, cauliflower
- Dried fruits-raisins, apricots, prunes, apples
- Nuts-peanuts, soybeans, pecans, cashews, almonds
- Sandwiches-chicken, tuna, ham, cheese, PB & J
- Canned fruit – IF fresh fruit is not an option
- Cheese and crackers, chips and dip
- Ice cream, sherbet, shakes
- If nothing else is available, resort to cake, cookies, donuts, pie. Avoid candy as much as possible.

Diet on the day of the meet: Breakfast should be mostly carbohydrates (French toast, pancakes, cereals, waffles, juice, milk, and toast). Proteins such as eggs, milk, bacon and sausage may be eaten, but in moderate amounts. Avoid steak and ham as these are difficult to digest and may hinder performance. During the meet, snack from items listed above. Avoid candy, honey, jelly, and jell-o during the meet. These items cause an initial rise in blood sugar. The body produces insulin as soon as sugar is placed in the mouth and thereby reduces the amount of sugar in the bloodstream that the swimmer needs for energy.

Drinking adequate water or a sport drink is vital to nutrition and performance. This is especially so in hot, humid weather.

## PRACTICE TIPS:

BEFORE ARRIVING AT THE POOL:

1. Have your suit on.
2. Wear shorts for dry land.
3. Wear tennis or running shoes for dry land.
4. Pack waterproof sunscreen.
5. Bring towel to sit on.
6. Have extra cap and goggles.
7. Bring a water bottle.
8. Bring your GREAT ATTITUDE!

## HELPFUL TERMS

<b>Event</b>	Any race or series of races in a given stroke or distance.
<b>Heats</b>	A division of an event in which there are too many swimmers to compete at one time.
<b>Timed Finals</b>	Swimmers compete in heats based on submitted times to determine final placing.
<b>Leg (relay)</b>	The part of the relay that is swum by a single team member.
<b>Scissor</b>	Use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.
<b>Scratch</b>	Withdraw an entry from competition.
<b>Submitted Time</b>	A time filed with an entry, as having been previously achieved.
<b>Strokes</b>	Freestyle, Backstroke, Breaststroke, and Butterfly
<b>Individual</b>	
<b>Medley (IM)</b>	The swimmers swim the prescribed distance in the following order: butterfly, backstroke, breaststroke, and freestyle.
<b>Fly</b>	Butterfly
<b>DQ</b>	Disqualification, made only by the official within the jurisdiction in which the infraction has been committed. Each stroke has certain rules that must be followed.