

WILDWOOD SWIM TEAM

# TEAM HANDBOOK



3-25-2023

Welcome to the Wildwood Swim Team! We are looking forward to a wonderful summer of swimming.

Wildwood is a member of the Lynchburg Aquatic League (LAL). We accept swimmers from age 5-18 yrs. We participate in 6 dual meets throughout the summer, on Monday nights. The season concludes with 2 championship meets: The B Meet and The A Meet. All swimmers will be eligible to swim in one of these championship meets.

Our training team, The Little Rays, is intended to teach younger, less experienced swimmers the basic strokes so that they can swim one length of the pool (25 Meters) in freestyle and/or backstroke.

## Table Of Contents

A. Team Goal .....	pg. 3
B. Lynchburg Aquatic League	
Statement Of Ethical Conduct .....	pg. 3
C. WWST Board .....	pg. 3
D. Membership .....	pg. 3
E. Coaches .....	pg. 4
F. WWST Code of Conduct/Expectations	
Swimmers .....	pg. 4
Parents .....	pg. 5
Coaches .....	pg. 5
WWST Board .....	pg. 5
G. Practice Schedule .....	pg. 6
H. Meet Schedule .....	pg. 6
I. Meet Sign out procedure .....	pg. 6
J. Order of Meet Events .....	pg. 7
K. A-Times .....	pg. 8
L. Volunteering .....	pg. 9-10
M. Fundraising .....	pg. 10

#### **A. Team Goal**

The goal of the WWST is to provide a fun atmosphere where the swimmers get the opportunity to swim competitively against other teams in the LAL. While learning fundamentals and improving technique is the goal, we also want to foster team unity among the swimmers and families. All our swimmers should see improvement in times and technique throughout the summer while also building friendships with their teammates.

#### **B. LYNCHBURG AQUATIC LEAGUE STATEMENT OF ETHICAL CONDUCT**

*Swimmers, coaches, and parents should recognize that their public behavior projects an image of the team that they represent as well as the entire LAL program. They are expected to treat all people with honesty, fairness, and respect. Vulgar or profane language is not acceptable for anyone. Equally unacceptable is taunting, intimidating, or baiting opponents, officials, or the media. The behavior of all swimmers, coaches and spectators should be appropriate and honorable at all times.*

#### **C. WWST Board**

President: Mike Frasier

Vice President: Debbie Welsh

Treasurer: Bryan Thilking

Secretary: Susan Nicholas

LAL Representative: Lee Barron

WARA Representative: Keith Weisenstein

#### **D. Membership**

Swimmers participating in the Lynchburg Aquatic League (LAL) must be a member of the pool associated with their swim team. The league is open to both year-round and summer league only swimmers. Due to its unique membership limitations, WARA offers a Swim Team Only Membership. This Membership entitles only the swimmer with full membership rights. Parents are permitted as guests and must pay the \$5/day/person when attending the pool at non-practice times. A permanent guest pass may also be purchased with the stipulation being that the member must accompany the guest, just as any other guest.

## **E. Coaching Staff**

Head Coach: Dan Turner

Assistant Coach: Amanda Stanbery

Assistant Coach/Little Rays Coach: Lauren Davidson

In addition to our paid coaches, we sometimes utilize volunteer coaches to assist with our 12 and under swimmers. These are experienced swimmers who demonstrate leadership qualities and a willingness to teach proper technique to our younger swimmers.

## **F. WWST Code of Conduct/Expectations**

For the WWST to be the best it can be, we feel it is important to set forth some expectations for swimmers, parents, the WWST board and coaches. We hope to alleviate frustrations and disappointments that come from unspoken expectations.

### **1. Swimmers**

#### **a. Conduct**

WWST swimmers are expected to:

- Represent the WWST well. Strive for excellence in practice and in meets. Always display good sportsmanship.
- Follow the directions of any of our coaches or other adult who is in a supervisory role.
- Use appropriate language. Profanity and other abusive language and obscene gestures will not be tolerated.
- Respect one another.
- Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Disruption of practice by an athlete will be grounds for removal.

#### **b. Basic Responsibilities**

WWST swimmers are expected to:

- Be punctual for all practices and meets.
- Attend all meets unless you've notified the Head Coach prior to the meet.
- Actively participate in practices and meets.
- Put forth their best effort in practice.
- Follow the coaches' directions.
- Be polite and respectful of others.
- Have Fun!

## 2. Parents

- Make sure your swimmer is signed out of any meet that he/she will not be attending, following the Meet Sign Out Procedure laid out in this handbook.
- Do not interact with your swimmer during practice time. This is very distracting to the swimmers and the coaches. Practice is the time for the coaches to be instructing. If you have a question/concern for the coach, please speak to them before or after practice.
- Parents are expected to volunteer throughout the summer at meets. We need an excess of 40 volunteers to run most meets. There will be opportunities for you to sign up for positions (via Sign Up Genius). If you do not sign up and your child is swimming in the meet, don't be surprised when we assign you a task.
- Parents of 10 and Under swimmers: You must make sure your swimmer is at the line up area 7-10 events before your swimmer's event. We have Line Up Parents who will make sure that swimmers are in the proper lane and order for their events, but they WILL NOT hunt for your child. The Line Up Area has a tarp with lane numbers on it. If you want your child to swim his/her events, make sure they are to the lineup area. Thanks in advance for your assistance in this matter.

## 3. Coaches (including the volunteer coaches)

- Actively coach their assigned lane during practice time. They will not socialize with other coaches, parents, or friends during practice.
- Greet parents and swimmers by name as they arrive at practice.
- Communicate with swimmers after their events at meets.
- Go to the parent immediately to address the issues if there is a concern with a swimmer's ability or progress.
- Discuss DQ's with swimmers. Practices will be tailored to work with swimmers to make corrections as per the disqualification.
- The head coach will communicate with parents keeping them updated with general team progress, upcoming events, etc.

## 4. WWST Board

- Meet regularly throughout the season to make sure that everyone is aware of the team's progress.
- Communicate with parents.
- Provide opportunities for parents to learn some of the volunteering positions before the season begins.
- Oversee the operations of the WWST.

## G. Practice Schedule

Our first practice usually begins the week before Memorial Day weekend and will be evening practices:

12 and under 6-7 PM  
13 and over 7-8 PM

Typically, regular season practice times begin the Tuesday after Memorial Day and will have the following schedule:

### **PRACTICE SCHEDULE:**

Mondays, Wednesdays, Thursdays, Fridays

12 and under 9-10 AM  
13 and over 10-11 AM

All Tuesdays are evening practices  
(*NOTICE AGE GROUPS*)

10 and under 7-8 PM Game Night!  
11 and over 8-9 PM Water Polo Night!

Optional evening practices open to all  
Wednesdays and Thursdays 7-8 PM

## H. Meet Schedule

### **Dual Meets**

Dual meets are usually held on Monday evenings starting at 6:00 p.m. by the referee's watch, except when otherwise specified by the approved schedule. The final event of the meet will start no later than 10:30 p.m. as indicated by the referee's watch.

***If July 4<sup>th</sup> lands on a Monday, that week's meet will typically take place on the Tuesday of that week.***

### **Championship Meets**

The second to last Saturday in July: B-Meet  
The last Saturday in July: A-Meet

## I. Meet Sign out procedure:

We must know by the Tuesday prior to a meet if your swimmer will not be available to swim in the meet.

To **SIGN OUT** of a meet, you will need to write your swimmer's name on the appropriate sheet located on the *WWST bulletin board in the pool pavilion*. The sooner you know your swimmer's availability and can let us know, the better!

## J. Order of Meet Events

The order of events is the same for every meet. The events are ordered as follows:

Boys #	Event	Girls #	Boys #	Event	Girls #
1	8 & U 100M Mixed Medley Relay	1	42	15-18 50 Breast	43
2	9-10 100M Mixed Medley Relay	2	44	8 & U 100 IM	45
3	11-12 200M Mixed Medley Relay	3	46	9-10 100 IM	47
4	13-14 200M Mixed Medley Relay	4	48	11-12 100 IM	49
5	15-18 200M Mixed Medley Relay	5	50	13-14 100 IM	51
6	8 U 50 Free	7	52	15-18 100 IM	53
8	9-10 50 Free	9	54	8 & U 25 Back	55
10	11-12 100 Free	11	56	9-10 25 Back	57
12	13-14 100 Free	13	58	11-12 50 Back	59
14	15-18 100 Free	15	60	13-14 100 Back	61
16	13-14 50 Back	17	62	15-18 100 Back	63
18	15-18 50 Back	19	64	8 & U 25 Breast	65
20	8 & U 25 Fly	21	66	9-10 25 Breast	67
22	9-10 25 Fly	23	68	11-12 50 Breast	69
24	11-12 50 Fly	25	70	13-14 100 Breast	71
26	13-14 100 Fly	27	72	15-18 100 Breast	73
28	15-18 100 Fly	29	74	13-14 50 Fly	75
30	9-10 25 Free	31	76	15-18 50 Fly	77
32	9-10 25 Free	33	78	8 & U 100 Free Relay	78
34	11-12 50 Free	36	79	9-10 100 Free Relay	79
36	13-14 50 Free	37	80	11-12 200 Free Relay	80
38	15-18 50 Free	39	81	13-14 200 Free Relay	81
40	13-14 50 Breast	41	82	15-18 200 Free Relay	82

### Arm Markings

On Monday mornings, the 12 and under swimmers will get their arms marked with info about their events for the meet. It will list the event numbers and names, heat numbers and lane numbers. For example: **#30, 25 Fr**

**H2, L4**

**Means: Event 30, 25 Free, Heat 2, Lane 4**

Each event a swimmer is swimming will be marked like this on his/her arm. They will also be marked on a shoulder blade with a first initial and last name, i.e.: A. Barron.



**K. A-Times**

If your swimmer achieves an “A-time” in only one event for the season, he/she may compete in the B-meet and swim that one event in the A-meet. If a swimmer achieves “A” times” in two or more events, he/she will only be eligible to compete in the “A” meet.

The target times to qualify for the A-meet are as follows:

**2022-2024 LAL TIME STANDARDS**

	25 FREE	50 FREE	25 BACK	25 BREAST	25 FLY	100 IM
8 & UNDER GIRLS	22.80	52.49	28.14	33.54	29.28	2:27.68
8 & UNDER BOYS	21.21	49.30	27.65	30.95	27.94	2:26.74
9-10 GIRLS	18.29	43.10	23.04	25.27	21.23	1:48.72
9-10 BOYS	17.26	39.40	22.82	24.42	20.56	1:47.26

	50 FREE	100 FREE	50 BACK	50 BREAST	50 FLY	100 IM
11-12 GIRLS	35.26	1:20.65	44.08	48.81	41.03	1:33.42
11-12 BOYS	33.40	1:16.38	42.61	46.49	41.67	1:30.09

	50 FREE	100 FREE	50 BACK	100 BACK	50 BREAST	100 BREAST	50 FLY	100 FLY	100 IM
13-14 GIRLS	32.93	1:14.58	39.91	1:31.68	44.95	1:39.92	38.64	1:34.82	1:26.74
13-14 BOYS	29.78	1:08.18	38.57	1:26.83	42.12	1:33.93	35.39	1:26.72	1:21.15
15& UP GIRLS	31.47	1:09.63	36.79	1:23.14	42.26	1:33.77	35.51	1:23.37	1:21.26
15& UP BOYS	27.15	1:00.43	32.96	1:13.38	36.09	1:21.02	30.80	1:09.18	1:10.81

## L. Volunteering

Every family is required to volunteer in some capacity at swim meets throughout the summer. We need 30-40 volunteers per meet, and we really need every family to participate as volunteers. We will use Sign Up Genius for signing up for volunteer spots. If your swimmer is not signed out of the meet, one representative per family is required to volunteer for half of the meet. You have two options: you can go to Sign Up Genius and choose the spot you would like to fill, or we will assign positions.

### ***\*Parents of 10 and under swimmers:***

***You must do line up for half of a meet during the season unless you volunteer as a meet official (Stroke and Turn, Starter, Referee). If you have a 10 and under swimmer and you are not needed as a meet official, sign up online for which meet(s) you will do Line Up.***

The following are brief descriptions of the volunteer positions:

***The LAL will set training dates for Stroke and Turn certification and for Starter/Referee certification prior to the start of the season.***

**Starter** (Home Meet only)- The starter assumes control of the swimmers on the block until a fair start has been achieved. *Requires LAL training and certification.*

**Referee** (Home Meet only)- The referee has authority over all other officials. He/she decides all questions relating to the actual conduct of the meet. *Requires LAL certification as a stroke & turn judge for 1 year plus additional training.*

**Stroke and Turn** (4 needed per meet) The stroke & turn judge ensures swimmer compliance with the stroke, turn and starting requirements as set forth in the rules adopted by the Lynchburg Aquatic League. These judges note disqualification of the swimmer on disqualification cards that are subsequently approved by the referee. *Requires LAL training and certification.*

**Timers** (12 per meet-6 each half) Two lane timers are placed directly over an assigned lane. Lane timers start the stopwatch upon observing the flash from the starting strobe light and stop the stopwatch immediately upon observing any part of the swimmer's body touching the pool wall at the finish.

**Head Timer** (2 needed, Home Meet only) The head timer ensures that all lane timers are ready with stopwatches cleared before the start of each race. He/she also acts as a roving timer in case a lane timer misses a start or has a stopwatch malfunction.

**Place Judge** (4 per meet) Two place judges from each team are required to determine the order of finish for each swimming heat. This job is crucial to event scoring and must be done as accurately as possible.

**Hospitality** (2 per meet, Home Meet only) Hospitality volunteers provide refreshments (water/lemonade) to the meet worker volunteers.

**Runner** (2 per meet, Home Meet only) Runners collect all timing cards, place judge cards and any disqualification cards from the appointed timers, place judges and stroke & turn judges during the meet. These cards are subsequently delivered to the scoring table immediately following each heat.

**10 and Under Line Up** (6 per meet) Line-up parents are responsible for lining up and leading to the starting blocks swimmers 10 years old and younger before the swimmers' designated event/heat. It is not the responsibility of the lineup parents to **FIND** swimmers. Parents **MUST** be responsible to get their swimmer to the lineup area.

**Concessions** (Home Meet only) Concessions workers will sell snacks, drinks, and pizza at home meets. The Concessions coordinator will secure donations from team members and will set up the concession area.

**10 and Under Heat Winner Ribbons** (Home Meet Only) Some events have multiple heats. For the 10&Under events that have multiple heats, you will give a heat winner ribbon to the swimmer (or relay team members) that win the heat.

## **M. Fundraising**

There will be several fundraising opportunities for our team throughout the summer and even during the off season. Reasons for fundraising include future equipment like lane lines and kick boards, or the need for an additional paid coach for the WWST.

Examples of these opportunities may include:

- A car wash
- A Swim a Thon
- Food trucks at home meets. They will donate a portion of the proceeds each night to our team.
- A 50/50 raffle- we will be selling tickets for the 50/50 raffle at each of our home meets. The team will split the winnings with the raffle winner. We will also have some additional items to be raffled off as well.
- Team Yard Sale