

Germantown Torpedoes Swim Team



2010 Handbook

Montgomery County
Swim League

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Dear Swim Team Parents,

Welcome to the Germantown Torpedoes Swim Team! In this booklet you will find information that will be helpful throughout the season. Please read it carefully and keep it handy as a reference.

This swim team is part of the Montgomery County Department of Recreation Aquatics Program. Team membership is available to any child and membership to the pool is not required. Swimmers should be able to swim one length of the pool (25 meters) unassisted on front and back.

Every child is an important part of the swim team. The parents are equally important. Please support your children by giving them lots of encouragement and by volunteering to help the program run smoothly. At each meet, we need at least 30 volunteers. **Therefore, it is required that each family provides an adult to work at a minimum of three meets.**

There is a team bulletin board at the pool and each family has a file in the swim team file box, which is available during practices. Please check the family file on a regular basis for newsletters and other important information. In addition, the team reps and parent volunteers will be available during most practices and during meets to answer questions.

Enjoy the season -- let's make it fun and worthwhile for all our children!



Suggestions always welcome!

Our Mission

The Germantown Torpedoes swim team is dedicated to the development of its members as swimmer/athletes. It seeks to foster the respect of each team member for the other members of the team, other athletes, officials, and for the sport of swimming. The team will emphasize the concept of team work. The team will strive to provide fun, meaningful competition for all its members.

MONTGOMERY COUNTY SWIM LEAGUE (MCSL)

The MCSL is made up of approximately 90 teams. They are divided into 15 divisions (A through O), with 6 teams per division. The teams are seeded into one of the 15 divisions according to the prior year's performance. Because of its outstanding performance in previous years, Germantown moved from the "O" Division in 2001 to "C" division this year. Additional information for the MCSL can be found by visiting their website at www.mcsl.org.

There are two swim meets each week. The "A" meet is typically held on Saturday mornings. The "B" meet is typically held on Wednesday evenings. The "B" meets are open to all team members. Please see the section on the "B" League meets for specific rules.

AGE GROUP CATEGORIES

Each MCSL meet (A or B) is divided by gender into races for each stroke in the following age groups:

- 8 and under
- 9 and 10
- 11 and 12
- 13 and 14
- 15 to 18

A swimmer's age category is determined based on the age of the swimmer as of June 1st of the current swim season. For example, a swimmer who turns 9 years of age on June 3rd will swim the entire summer season in the 8 and under age group.

A swimmer can "swim up" an age bracket to help the team earn more points in a meet. If a swimmer "swims up" in a meet, he or she must "swim up" in all events at that meet. For example, an 8 year old swimmer can swim in the 9- 10 age group for a meet, however that swimmer shall swim in only 9-10 age group races for that meet.

PRACTICE SCHEDULE AND POLICIES

The practice schedule is located on the team website and the team bulletin board at the pool. Copies are also available during team registration. Morning practices will be divided into three groups and be held Monday thru Friday mornings. There are also plans to have at least two evening practices each week (days and times to be worked out with pool staff).

Swimmers are expected to attend all practices. Exceptions are made for the following:

- Swimmers who practice with a club team must attend a minimum of one team practice per week in order to foster team spirit.
- High school swimmers will be excused from practice in the event they have a conflict with employment.

Swimmers should be on time for practice. This means being on deck and ready to swim at the scheduled time. Practice will be held during inclement weather unless thunder and lightning has been spotted.

Parents are not permitted on deck during practices unless there is an emergency. Please wait in the snack bar area or outside the guard office while practice is underway and hold questions for the coaching staff until after practice.

Team Reps. and parent volunteers are available during practices in the Team area to answer questions.

TIME TRIALS

The purpose of time trials is to establish official times for the swimmers prior to the first Saturday meet. For summer swimmers, these times can be used to measure individual progress throughout the season. Time trials are typically held one week before the first Saturday meet. If a swimmer cannot attend, please notify a coach in advance. Without this notification, the swimmer will not be able to swim in the first "A" meet of the season.

MCSL "A" MEETS – SATURDAY MORNINGS

Five dual meet are held on consecutive Saturday mornings. MCSL Saturday morning "A" meets start at 9:00 a.m.

The coaches decide who will be in the Saturday morning lineup based on the times that swimmers swam during time trials held at the beginning of the season, and subsequently in both Saturday morning and Wednesday night meets. The coaches will also use their discretion in selecting "A" meet swimmers taking into consideration swimmer's participation at practices, swimmer's attitude and the competitive lineup of the opposing team.

Meet lineups are made entirely at the coaching staff's discretion and may change from week to week.

The MCSL Meet Schedule is available on the team website – www.germantowntorpedoes.com, and the team bulletin board at the pool.

A swimmer in a Saturday morning MCSL Meet may participate in a maximum of five events, including IM and relays, and may not swim in more than three individual strokes (Individual strokes include Freestyle, Breaststroke, Butterfly and Backstroke). The combination may include:

- 3 individual strokes, 1 individual medley (IM), and 1 relay
- 2 individual strokes, 1 IM and 2 relays
- 3 individual strokes and 2 relays

The coaching staff will select which event a swimmer will swim and who will swim in the relays.

Four relays are swum at each dual meet; the Boys and Girls Open Medleys (events #3 and #4) and the Boys and Girls Graduated Relays (events #45 and #46). The Open Medleys are open to the fastest swimmers regardless of age. They are swum in the following order: back, breast, fly and free. The Head Coach prior to the start of the dual meet chooses the participants. Two Graduated Relays are swum in the following order: 9-10 (25M), 11-12 (50M), 13-14 (50M), and 8 & Under (25M). The participants are chosen by the Head Coach after the dual meet in question. Usually the fastest freestyle swimmers at the dual meet in each age group will swim in the graduated relay that week.

Each individual event will be scored for the first five finishers, points scored as follows

- 6 points for 1st place
- 4 points for 2nd place
- 3 points for 3rd place
- 2 points for 4th place
- 1 point for 5th place

Medley relay events and graduated relay events will be scored for the first three finishing teams, points scored as follows:

- 8 points for 1st place
- 4 points for 2nd place
- 2 points for 3rd place

"B" LEAGUE MEETS – WEDNESDAY EVENINGS

The "B" Team competes on Wednesday evenings in a league comprised of six (6) MCSL teams. The "B" League was organized to provide an opportunity for all swimmers on teams to swim in organized meets.

All swimmers are eligible to swim in the "B" Meets as long as they have mastered the mechanics of the stroke they will swim. However, each swimmer is limited to five (5) events total, per week, as outlined in the MCSL "A" Meet section of this booklet. In addition, a swimmer may not enter any event in the B Meet that he or she swam in the immediately preceding "A" Meet. For example, a swimmer who swam Freestyle and Backstroke in the "A" Meet would only be allowed to swim Breaststroke OR Butterfly and an IM at the following Wednesday meet.

Possible Exhibition swims will be limited to 8 and under swimmers who were disqualified (DQ) during the preceding A Meet, and swimmers who wish to compete at a longer distance in training for Long Course events. Exhibition swimmers will not receive place ribbons, and will be identified by an orange swim cap, so that judges and officials are aware of their Exhibition status. **All Exhibitions swims must be approved in advance by one of the coaches.**

Swimmers wishing to swim during a "B" Meet must sign up. Sign-up sheets are posted at the pool Monday morning for the next Wednesday meet. **Swimmers must sign up by Tuesday of each week in order to be included in the line-up.** There is a link on the webpage for "B" meet signups, in case you are not at the pool Monday or Tuesday. The B Meets will be automated, just as the "A" meets. Therefore, *No late entries will be accepted, and no "deck entries" will be accepted.* Each swimmer is responsible for ensuring his or her wishes are indicated on the sign-up sheet.

General Information regarding "B" Meets:

- The teams comprising our Wednesday night "B" league are of similar size.
- All away meets will begin at 6:00 p.m. (except for Quince Orchard which begins at 5:30 p.m). For away meets, the home team will warm up between 5:10 and 5:30 (except Quince Orchard meet, home team warm up between 4:40 and 5:00), while GT will warm-ups between 5:30 and 5:50 (except Quince Orchard, GT will warm up between 5:00 and 5:20). For home meets, GT will warm up between 5:10 and 5:30, while the visitor will warm up between 5:30 and 5:50.
- Stroke judging and all other rules for the meet follow the MCSL guidelines. These meets are to be fun, but structured.
- To insure a smooth running meet, parent volunteers are needed in the same positions as a Saturday meet.
- Our "B" league has four scheduled dual meets, a "B" Relay Carnival and a SuperStar Meet.

SUPERSTAR MEET

SuperStars is a tri-meet at the end of the "B" league season. The rules for the SuperStar meet are a little different from the normal "B" meets as follows:

- Swimmers may swim in up to 3 single-stroke events plus IM.
- Restrictions: The following are the only limitations on Superstar swimmers. The previous week's "A" meet has no impact on eligibility for Superstar meet events. Please note that this is different than a "normal" B meet.
 - Swimmers are NOT eligible to swim in this meet if they will be swimming in two or more events at Divisionals. ALL others are eligible.
 - Swimmers may not swim the one event they will be swimming at Divisionals.
 - Swimmers must already have a time in all events they swim.

- Swimmers must be at least 9 to swim in an IM.
 - No exhibition swimmers at this meet - period.
 - No deck entries.
 - Swimmers can only be entered in events in which their strokes are 'legal.' Additionally, swimmers must be able to swim one length of the pool in 60 seconds or less and the 50 meter freestyle in 1 minute/30 seconds or less.
- This meet will have ribbons up to 24 places + participants; no heat ribbons will be given at this meet. The ribbons are large and quite nice.
 - There will be no relay events
 - *All final decisions as to what events swimmers will be entered in will be made by the coaches*

MEET ETIQUETTE

Meets are FUN! Everyone is encouraged to cheer for all swimmers. There are several rules that must be followed to ensure fairness:

- 1) As a courtesy, swimmers should wait in the water at the finish of a race until **all other swimmers** have finished. Be quiet at the start of each race.
- 2) Do not talk to meet officials during the meet. Questions and/or concerns should be brought to the attention of our "A" and "B" representatives.
- 3) Do not obstruct the view of meet officials, especially stroke and turn judges.
- 4) Smoking is prohibited on the deck, in the locker rooms, in spectator areas and in all areas used by the swimmers during the meet or warm-ups.

DISQUALIFICATIONS

There are many reasons for the disqualification of a swimmer:

- 1) Stroke infractions.
- 2) False start.
- 3) Any swimmer who acts in an unsportsmanlike manner may be considered for disciplinary action, at the discretion of the Referee.
- 4) A swimmer must start and finish the race in his/her assigned lane.
- 5) Standing on the bottom during a freestyle race shall not disqualify a swimmer, but he must not leave the pool, or walk or spring off the bottom.
- 6) Obstructing a swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
- 7) Any swimmer not entered in a race that enters the pool, before all swimmers have completed the race shall be disqualified from his next scheduled competition.
- 8) Dipping goggles in the water or splashing water on the competitor's face or body prior to his/her next event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition. In other words, check with the Referee before you splash and dip.
- 9) Should a foul endanger the chances of success of a swimmer, the Referee may allow the swimmer to swim the race again. In case collusion to foul another, the Referee may, at his

discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling. A foul most commonly is hitting or kicking a swimmer in the adjacent lane.

- 10) Coaches are not permitted in the immediate starting area of the swimming pool. Coaching of a swimmer during the progress of an event shall not be permitted.
- 11) No swimmer is permitted to wear or use any device or substance to help his speed or buoyancy during a race. Goggles can be worn and rubdown oil can be applied as long as it's not considered excessive by the Referee.
- 12) Once competitors have reported to the Starter they may receive no assistance such as guiding backstroke swimmers with arm motions or touching the backstroker at the turn or finish to keep the swimmer from striking the pool walls.

SPECIAL RELAY RULES

- 1) No swimmer shall swim more than one leg in any relay event.
- 2) A swimmer (other than the first swimmer) shall not start until his teammate has finished his leg of the relay race. A swimmer's feet MUST NOT lose touch with the deck before his preceding teammate touches the wall.
- 3) A relay team shall be disqualified if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before ALL swimmers from ALL teams have finished the race.
- 4) Each relay team member shall leave the water immediately upon finishing his relay leg except the last member.

The time and place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. Points are not scored by those individuals or relay teams that have been disqualified.

AWARDS

Ribbons are awarded for 1st through 6th place for "A" Meets and for 1st through 8th place for "B" Meets. Swimmers who have improved their times from a previous meet will receive a "Personal Best" ribbon. "Participation" ribbons will be awarded to all swimmers who do not place.

Throughout the course of the season, any swimmer who achieves an *All-Star nominating time* will be awarded an All-Star swim cap at the following practice, or as soon as possible thereafter. Only one All-Star cap will be given per person during the season.

MEETS

Parents are responsible for the behavior of their children during meets. Swimmers should remain in the designated team area and inform a coach should it become necessary to leave. Everyone is encouraged to cheer for Germantown swimmers, and to have fun. In addition, all swimmers are responsible for the clean-up of the pool at the end of the meet.

TEAM ADMINISTRATION

The Germantown Outdoor Pool is owned and operation by the Montgomery County Recreation Department (MCRD). The Germantown Torpedoes are sponsored by the Aquatics Department of MCRD. MCRD provides the pool facility, hires the coaches and pays the coach's salary, pays the team's MCSL dues, and provides ribbons for our meets. The registration fee is \$175 per swimmer and it goes directly to the MCRD to pay for these items. All other operations and activities of the team and associated costs are the responsibility of the team and its volunteers. In order to facilitate the operation of the team, the following are designated as Team Managers:

- Team Coordinator

- MCSL A Rep
- B Team Rep
- Team Treasurer

In addition, the Team Steering Committee meets periodically throughout the year and 3-4 times during the off season. The Team Steering committee includes the Team Managers listed above, and, in addition, is open to any interested parent. The purpose of the Team Steering Committee meetings is to discuss and implement policies affecting:

- The operation of the Team
- The Team finances and expenditures
- Furthering the interests of all the Team members in MCSL, and in B team activities.

We strongly encourage all parents to participate in these meetings.

FUNDRAISING and CONCESSIONS

The team has added expenses not covered by MCRD. Each family will be asked to contribute \$25 per family at the beginning of the season. Funds collected are used for additional Place ribbons, "Personal Best" ribbons, end-of-season awards, pep rally supplies, equipment, and the initial stocking of the concession stand. The team budget is discussed periodically at parent meetings during the season.

TEAM FINANCES

The team welcomes all donations of goods and services from its members and/or local businesses. The team finances are overseen by the Team Treasurer. Any expenses incurred on behalf of the team must be approved by two (2) of the Team Managers listed above IN ADVANCE in order to be eligible for reimbursement. Requests for reimbursement must be submitted to the treasurer in writing on the Request for Reimbursement form, with appropriate documentation, no later than 60 days following the Divisional meet each season.

VOLUNTEERS

As noted earlier in this booklet, parent volunteers are critical to the success of the swim season. In order for the team to run smoothly, parents are required to participate in various events and activities that occur during the season. Each family will be asked to volunteer for a duty during at least 3 meets. Parents will be requested to fill a variety of jobs and it is asked that you readily agree to help whenever you can. Those families whose children participate in additional events during the season (Relay Carnivals, Divisionals, All Stars, etc.) will be asked to fill additional jobs, as necessary. Remember, without parent volunteers, there can be no meets. The more volunteers, the smoother and easier the meets will run.

Parent Volunteers needed for a Swim meets include:

Position	Home Meet	Away Meet
Certified Referee	1	
Certified Starter		1
Certified Stroke & Turn	2	2
Announcer	1	
Clerk of Course—Head	1	
Clerk of Course—Asst		1
Head Timer	1	
Asst Head Timer		1
Timers	9	9
Scorer		1
Computer Operator	1	
Verifiers	1	1
Ribbon Writers	1	1
Runner	1	
Concessions	6	
50/50	1	
Setup crew	6	
Cleanup crew	6	
Officials Break Coordinator	1	
Clerk of Course Helpers	2	2
TOTAL VOLUNTEERS	41	19

In addition to jobs during meets, there are a number of "behind-the-scenes" positions that must be filled. Some of the work may be done from home, talk to a team rep for more information on how you can help. Please sign up at swim team registration.

OFFICIALS CLINICS

Every MCSL and B League team must have starters, stroke-and-turn judges and referees who have been trained and certified at a clinic. It is strongly urged that as many parents as possible attend at least one clinic. Clinics last approximately 2 hours. Information is available on the MCSL website, www.mcsli.org

TIMERS

Most of the Germantown parents will at some time volunteer to time at a swim meet. This is an extremely important job for which accuracy and consistency are vital. Below is a list of points to remember while serving as a timer.

- 1) Timers should assure that their watches are functioning properly at all times during the meet by:
 - a) Checking for accuracy at the starter's time check.
 - b) Watching for proper operation throughout the meet.
- 2) Timers should look at the starter system and start their watches at the sign of the flash - NOT BY THE SOUND. Start your watch even if there is no swimmer in your lane.
- 3) Before the end of each race, timers should position themselves at the end of the pool directly, overlooking the finish line in order to observe, CLOSELY, the swimmers finish. Watch for underwater touches.

- 4) The watch should be stopped when ANY PART OF THE SWIMMER'S BODY touches the solid wall. It is NOT the responsibility of the lane timers to judge if the finish touch meets the requirements of the appropriate stroke finish rule.
- 5) If during an event, a timer discovers that he/she failed to properly start the watch, or that the watch is not functioning properly, the timer should IMMEDIATELY raise their hand to notify the Head or Assistant Timer.
- 6) All lane timers shall promptly report their times to the recorder and present their watches for inspection, if requested. DO NOT CLEAR YOUR WATCH until the Head Timer gives the command to "clear all watches".
- 7) One timer in each lane will be designated as recorder. The Head Lane Timers shall be responsible for the following:
 - a) Determination that the proper swimmer is in his lane and that relay swimmers are swimming in the order listed on the lane timer's card.
 - b) Determination of and recording of all manual watch times.

OFFICIAL TIME DETERMINATION

- 1) If the times of two of the three watches agree, that time shall be the official time.
- 2) If all three watches disagree, the intermediate time shall be official.
- 3) If times from only two watches are available, the official time shall be the average of those two watches.

VACATIONS

Each year, vacations and camps make it difficult for the coaches to know who will be available to swim in a given meet. Coaches do the line-ups and must consolidate this information with the opposing team in advance of the meet. Please help us do the best possible job scheduling the meets by listing your vacation dates and by putting a note in Head Coach's Folder in the Swim Team Mail Box as soon as your plans are known – two week advance notice is preferred.

TEAM SOCIAL EVENTS

There will be team social events and pep rallies scheduled during the season. Please check upcoming newsletters and the team calendar for information. Following "A" Meets, the team usually distributes ribbons at an area restaurant. Following "B" Meets, the team usually distributes ribbons at practice Thursday morning and the team sells "B" Meet "B"agels in the team area.

END-OF-SEASON CELEBRATION AND AWARDS

After Divisionals, the Germantown Torpedoes will hold an end of the year celebration. All swimmers and their families are invited to attend. A small fee is requested to cover the extraordinary expenses, food and awards, of this culminating event. Team picture will also take place. In particular, awards are given to swimmers for their accomplishments and contributions to the team. The exact definition and selection each year is the decision of the Head Coach and Team Reps. Certificates will be awarded to those swimmers who receive *Swimmer of the Week* during the season and to those swimmers who break existing Team Records.

The following special awards are given at the End of Year Celebration:

HIGH POINT

Awarded to the female and male swimmers in each age group who individually score the most points in A-meets.

MOST IMPROVED

Awarded to a female and male swimmer in each age group.

TORPEDO AWARD

Awarded to male and female swimmers who have exhibited superior spirit and dedication to the Germantown Torpedoes.

COACHES' AWARD

Awarded to the male and female swimmers in the 12 and under and 13 and up age groups who have exhibited a dedication to the sport of swimming and to the Germantown Torpedoes. They have produced a valuable contribution in the pool (either in A or B meets) and embodied the cheerful competitive spirit of the Team.

COACH DAVE ADKINS AWARD

Awarded to a swimmer (most likely a graduating or long time Torpedo) who has over a significant period of time exhibited dedication to the sport of swimming and the Germantown Torpedoes – Made a valuable contribution as a swimmer, has embodied the cheerful competitive spirit of the Team, and is a role model for younger swimmers and has demonstrated leadership by word and deed.

DIET

Diet affects a swimmer's performance. Try to avoid milk and carbonated beverages and "junk food" before and during meets. Eat meals high in complex carbohydrates (pasta, bread) and low in fats. Eat well-rounded meals in moderation. Many swimmers eat spaghetti for dinner the day before a meet. Eat a light meal one-hour prior to warm-up and LIGHT snacks between events. During a meet, drink water or a sports drink between events.

TEAM SUIT

We encourage all swimmers to wear the designated team suit and cap during meets. By doing so, this unifies us as a Team. You may order suits during the designated day by the swimsuit coordinator. The suit will also be available throughout the season at Aardvark Swim and Sport located at 831 Rockville Pike, Rockville, MD 20852 (301) 309-3660. If for any reason a deviation from the team suit is preferred, please speak to the coaching staff.

SPIRIT WEAR

Items are available during the season and are sold by the team.

SWIMMING EVENTS DURING THE SEASON

Dual Meets: The regular MCSL "A" Meets and "B" League "B" Meets. Two teams compete, swimming a specified order of events (see handbook).

Coaches Long Course Meet: An individual meet for the 8 fastest swimmers in each event from the entire MCSL League. The meet is swum in a long course pool (50 meter pool), so all events are twice the usual length.

Relay Carnival: Each MCSL Division hosts a Relay Carnival in the middle of the swim season. All six teams in each division race one another in special relay events. The winning team in each event goes on to swim in the All-Star Relays at the end of the season.

Divisionals: An MCSL meet at the end of the season in which the six teams in each division race their two fastest swimmers in each event. The same order of events from a standard dual meet are followed. Final selection of the swimmers for this event is at the coaching staff's discretion.

All-Star Relays: An identical meet to the Relay Carnival, except that it is made up of those relay teams placing first in their respective MCSL division Relay Carnival, or had the fastest time during the season in the 200 Medley (open) and the 150 Free Relay.

Individual All-Stars: An invitational meet for the 16 fastest swimmers, in each individual event, from the entire MCSL. A list of All-Star nominating times may be found at the end of the Hand Book or on the MCSL website, www.mcsl.org

Tips for Swimmers and Parents

- 1) Get plenty of rest before your meet! Heat and sun are especially tiring for swimmers.
- 2) Be early for meet warm-ups and practices; if you are right on time, you're late! Work hard at all practices!
- 3) Know your event number and report to the Clerk of Course when called.
- 4) STAY IN THE TEAM AREA! Conduct yourself in a responsible manner and be proud to be a Torpedo!
- 5) Support your teammates. SHOW SOME SPIRIT!! Stay until the end of the meet even if your events are completed to cheer on your teammates.
- 6) When the meet is over, it is the responsibility of all swimmers and parents to clean the pool area. Please do not leave the pool until you have met your responsibility. Parents, we need your cooperation and support in this matter!!
- 7) Communicate with your coaches and team representatives; inform them of illness, camp, vacations, etc., giving written notice when possible. This will help our coaches when preparing line-ups for meets and the Relay Carnival.
- 8) Sign up for the strokes you want to swim in the Wednesday meet by the end of Monday's morning practice.
- 9) Check your mailbox! Each family has their own file folder (mailbox). The file folders are in two file boxes brought out for practice each day. Please also check the bulletin board. Important updates will be posted there also. These are the primary means of communicating important changes and upcoming events. We will also e-mail information as much as possible.
- 10) Remember that this is fun, but you do have a commitment to your team.
- 11) **Have Fun!!! Swim Fast!!!**

FREQUENTLY ASKED QUESTIONS

- 1) Why are the Saturday meets called "A" meets and the Wednesday meets called "B" meets? Is the swim team in Division A or B?
All of our swimmers are in Division C whether they swim in the Saturday "A" meets or the Wednesday "B" meets. The swimmers with the fastest times participate in the Saturday "A" meets. Division ratings are based only on "A" meet results. The "B" meets provide an opportunity for all of the children to participate in a competitive event. If a swimmer starts out competing in the Wednesday meets and his/her times improve to the point they are one of the fastest swimmers for that stroke in their age group, the Head Coach may put them in the Saturday "A" meet. A swimmer may be asked to swim one stroke on Saturday and a different stroke on Wednesday (sort of like a pro baseball farm club where players move back and forth between the Minors and the Majors depending on their skill).
- 2) How does the Head Coach decide who swims each event on Saturday and on Wednesday?
The three fastest times in each event for each age group swim in the "A" meet on Saturday except for freestyle. The top six times swim on Saturday in freestyle.

The coach puts each swimmer in the event where the team needs that swimmer most. This may not necessarily be the child's best event. The time used for placement at a meet is usually the last time the child swam not the child's fastest time.

If a child who swam three events in the "A" meet does not have a time for a different event, they may swim exhibition in the "B" meet. Exhibition means that they cannot place in the race; they are just getting a time. Exhibition swimmers often swim in the outside lane if one is available. The Head Coach will decide if a swimmer will swim an exhibition event.

- 3) How are the lane assignments determined for each event?

In events with more than one heat, the slower swimmers swim in the first heat. The fastest swimmers swim in the last heat. Within a heat, the fastest swimmers swim in the middle lanes while the slower swimmers swim in the outer lanes.

- 4) How do I know if my child is "legal" in a stroke?

Here are some guidelines, but please consult the MCSL Handbook for a complete set of rules. Also, Stroke & Turn clinics are offered by the MCSL at the start of the season. Check the MCSL web site (www.mcsl.org) for more information.

Breaststroke and butterfly require a two hand simultaneous finish or your child will be disqualified.

Finishes may be underwater. If your child is swimming 50 or 100 meter events, they will swim more than one length so they must do a two hand simultaneous touch at the end of each length or they will be disqualified.

If your child is swimming breaststroke and finishes with his/her arms outside the width of their shoulders they will be disqualified for using a butterfly arm motion. If they are swimming breaststroke and use a flutter or butterfly kick they will be disqualified.

Freestyle and Back require only a one hand finish.

If a child is swimming butterfly and uses a frog or flutter kick they will be disqualified.

If a child is swimming backstroke and turns over to touch the wall at the end of the length they will be disqualified.

- 5) What is an IM?

IM's are Individual Medleys which are comprised of all four individual events. For example, a 100M IM consists of 25 meters of butterfly, back, breast & free in that order. A 100 M Medley Relay consists of four swimmers each swimming one of the four strokes.

- 6) Can my child leave the meet after his/her events are completed?

Everyone should try and stay until the end of the meet to cheer on their teammates. In addition, the three fastest freestyle swimmers in each age group swim a relay at the very end of the meet. Please do not leave because your child may be asked to swim in the relay.

- 7) Will my child get a ribbon for participating?

On Wednesday nights, the first 8 places are awarded place ribbons while all other children receive participation ribbons. At the "A" meets, the first 6 places receive ribbons. At some special meets, like the Super Stars meet, the first 16 places get ribbons.

Some events have more than one heat. On Wednesday nights, Heat Winner ribbons are awarded to the winner of a heat even though they may not place in the event.

- 8) Can a swim meet or practice be "rained out"?

Swim meets are not postponed by rain, only by thunder and lightning. Even if it is raining you should show up at a meet until it is called because it may only be delayed. If it begins to thunder and lightning during the meet, the meet will be delayed until 1 hour after the last lightning was seen. If it does not appear that it will blow over, the meet is postponed to another mutually

agreeable time for both teams. If a meet is partially completed when interrupted by weather, only the events not yet performed because of the weather will occur on the alternate day.

Inclement weather policy - Please remember that Swim Team practice is ON in the rain if there is no lightning!

- 9) How are the age groups determined?

The cutoff date for determining the age groups is June 1. If the swimmer was born on June 1 or before he/she will swim with the older group. If the swimmer was born on June 2 or after they swim with the younger group.

- 10) How will I find out about team events and other team news? How can I communicate with the coaches or other parents?

Every family (and each of the coaches) has a file folder in the team boxes. Your family is responsible for checking your folder. This is the only way the coaches can communicate with you so please check your box regularly. If you need to tell one of the coaches something you may leave it in their folder. The weekly team newsletter will be placed in your folder each week. During the season a weekly newsletter is also published. The newsletter will be posted on the web site, and can be e-mailed to you directly by joining the Yahoo news group. To get started, click on "Yahoo Group" on the team website homepage. If you will be away and your child cannot attend a meet please leave a note in the Head Coach's folder at least one week in advance. They and the other coaches spend a lot of time making the line up so they need to know if your child will not be available ahead of time.

Remember, the coaching staff has asked that parents do not ask the coaches questions while they are coaching at practice or at a meet. They are concentrating on our children and cannot be distracted for safety reasons. The Team Reps can answer most of the parent's questions. If you need to communicate directly with a coach, please catch them after practice or leave them a note in their folder.

- 11) Are all swimmers required to wear the team suit?

Team swimsuits are not required but are highly encouraged. If your child has a matching suit then your child will feel like they are part of the team. It also makes it easier for the coaches during meets if all our swimmers are wearing team suits.

Suits can be purchased directly from Aardvark Swim & Sport, 831-D Rockville Pike, Rockville, MD, 20852, phone (301) 309-3660

- 12) What time does the team get together before meets?

At home meets we warm up first so you need to be at the pool 1 hour and 15 min. before the meet begins. At away meets we warm up last so you need to be at the away location about 45 min. to 1 hour before meet time.

Before a Saturday morning away meet, swimmers meet at the Germantown pool parking lot to decorate their cars and caravan to the away meet. We typically leave by 7:30 a.m.

It is difficult to coordinate everyone's schedules on Wednesday nights, so we typically do not caravan to Wednesday night away meets. The Head Coach will let the parents know what time to be at the away pool. Give yourself plenty of time so you don't miss warm-ups. Be early!

- 13) What do I need to bring to a swim meet?

Directions (if it is an away meet)
Swim Suit
Swim Cap (if swimmer wears one)
Towels (2 minimum)
Sandals or Flip-flops

Goggles (2 pairs minimum)
Water Bottle and/or other drinks
Snacks
Sunblock

MCSL 2010 All-Star Nominating Times

Boys	Event #	Event	Event #	Girls
1:20.00	1	12 & U 100M Individual Medley	2	1:21.00
18.85	5	8 & U 25M Freestyle	6	19.20
35.80	7	9-10 50M Freestyle	8	36.35
28.40	9	13-14 50M Freestyle	10	31.00
31.40	11	11-12 50M Freestyle	12	32.70
58.00	13	15-18 100M Freestyle	14	1:04.60
1:12.60	15	13-14 100M Individual Medley	16	1:17.60
24.00	17	8 & U 25M Backstroke	18	24.45
20.10	19	9-10 25M Backstroke	20	20.40
1:08.00	21	15-18 100M Backstroke	22	1:15.00
38.10	23	11-12 50M Backstroke	24	39.00
34.30	25	13-14 50M Backstroke	26	36.30
1:07.00	27	15-18 100M Individual Medley	28	1:14.00
26.00	29	8 & U 25M Breaststroke	30	26.60
22.25	31	9-10 25M Breaststroke	32	22.25
43.30	33	11-12 50M Breaststroke	34	43.40
38.20	35	13-14 50M Breaststroke	36	41.20
1:16.25	37	15-18 100M Breaststroke	38	1:25.00
23.20	39	8 & U 25M Butterfly	40	23.40
18.70	41	9-10 25M Butterfly	42	18.60
36.30	43	11-12 50M Butterfly	44	37.20
32.00	45	13-14 50M Butterfly	46	34.10
29.20	47	15-18 50M Butterfly	48	33.00

Order of Events Dual and Individual Championship Meets

Boys	Girls	Age Group	Event
1	2	12&U	100M Individual Medley (Fly, Back, Breast, Free, 1 length each)
3	4	Open	200M Medley Relay (Back, Breast, Fly, Free, 2 lengths each)
5	6	8&U	25M Freestyle
7	8	9-10	50M Freestyle
9	10	13-14	50M Freestyle
11	12	11-12	50M Freestyle
13	14	15-18	100M Freestyle
15	16	13-14	100M Individual Medley (Fly, Back, Breast, Free, 1 length each)
17	18	8&U	25M Backstroke
19	20	9-10	25M Backstroke
21	22	15-18	100M Backstroke
23	24	11-12	50M Backstroke
25	26	13-14	50M Backstroke
<i>Ten Minute Break</i>			
27	28	15-18	100M Individual Medley (Fly, Back, Breast, Free, 1 length each)
29	30	8&U	25M Breaststroke
31	32	9-10	25M Breaststroke
33	34	11-12	50M Breaststroke
35	36	13-14	50M Breaststroke
37	38	15-18	100M Breaststroke
39	40	8&U	25M Butterfly
41	42	9-10	25M Butterfly
43	44	11-12	50M Butterfly
45	46	13-14	50M Butterfly
47	48	15-18	50M Butterfly
49	50	One from each age group except 15-18	175M Freestyle Relay (2 lengths 9-10, 2 lengths 11-12, 2 lengths 13-14, 1 length 8&U)

