



2017 Somerset Swim Team Handbook

4445 Somerset Boulevard Southeast
Bellevue, WA 98006-2217
(425) 747-5575

<http://www.somersetrec.org>

Somerset Swim Team

Somerset Swim Team Philosophy

The Somerset Swim Team works to provide a positive learning and growing atmosphere for all team members. The coaches work to help swimmers enhance all four competitive strokes, improve racing techniques, build self-confidence, become good team members, and learn that winning and succeeding are not always the same thing. The Somerset Swim Team hopes to provide motivation, instruction, fun times, and support for all team members.

Head Coach

Assistant Coaches

Parent Swim Team Coordinators

Amy Black	angellsmith12@gmail.com
Shannon Gregory-Lowe	gregorylowegang@yahoo.com

Swim Team Requirements

The main requirement is to have fun! Aside from having fun, swim team members should have at least a basic understanding of the 4 competitive strokes (free, fly, back and breast; though they do not necessarily need to have mastered these strokes – that will come during practices!) and be able to swim at least 4 full lengths of the pool.

Young swimmers – typically 7 and under who are not able to swim the length of the pool, may be placed in our Sharkies program. For safety considerations, it is imperative that parents leave decisions related to team placement up to the coaches.

Sharkies

Sharkies is Somerset's pre-competition swim team. The Sharkies program is designed for our youngest swimmers, typically 7 and under, who have had some swim lessons and are able to swim the width of the pool. Our coaches work with the Sharkies on stroke fundamentals, with the goal of each swimmer being able to swim the length of the pool. As swimmers develop, some may become ready for swim team and could be moved up to the Stingrays swim team, at the coaches' discretion. But please note: Sharkies is NOT a substitute for swim lessons, but rather is designed to prepare swimmers who have a basic understanding of at least 2 strokes for competition.

Division 2 Teams

Somerset participates as part of the Midlakes Swim League Division II. We compete against:

- Fairwood Golf & Country Club
- Klahanie
- Overlake
- Tam O'Shanter
- Triangle Pool

Addresses and phone numbers for each Division 2 pool are at the end of this handbook and on the Midlakes website at

https://www.teamunify.com/SubTabGeneric.jsp?team=reclmslwa&_stabilid_=42501

Team Wear

- Team suits are a Tyr suit with a red and black design. **They will be available to purchase and take home with you from the Sylvia's suit fitting at the pool during practice times on Monday, May 22nd from 4-6:30. If you are unable to make the team fitting, you can purchase online until Friday, May 26th. After May 26, you can purchase suits directly at Sylvia's retail store in Bellevue.** Somerset receives a team discount so be sure to tell them you are with our team if you purchase in person.
- Caps are black with red/white logo; a limited supply of silicone caps will be available (no high school or other club logos allowed on caps during meets). Caps will be available for purchase at the suit fitting on May 23 and at the front desk while supplies last.
- Additional t-shirts, sweatshirts and other Somerset logo apparel will be available for order beginning on Opening Day with a final day to order Tues. May 31st. We will have order forms at Opening Day and the parent Meeting and can be returned to Amy or Shannon.

Practice Schedule

Practices are a very important part of swim team participation. While participation is not mandatory, we encourage swimmers to attend as many practices as possible so coaches can determine which events to place them in and provide swimmers the best chance to improve! Following are practices times for the 2015 season:

Afternoon Practices May 16 th to June 22 nd Monday through Thursday	
Sharkies (start 5/22)	4:30-5:00 pm
7-8	5:00-5:45 pm
9-10	5:30-6:30 pm
11-12	6:15-7:15 pm
13 & Over	7:00-8:00 pm

Morning Practices June 26 th to July 14 th Monday through Friday	
15&Over	7:30-8:30 am
13-14	8:15-9:15 am
11-12	9:00-10:00 am
9-10	9:45-10:45 am
7-8	10:30-11:30 am
Sharkies	11:30-12:00 pm

Please arrive at least 10 minutes before practices start, unless you make prior arrangements with the coaches. Coaches will start the swimmers immediately at their start time.

The workouts may be run in a variety of ways. The coaches will be responsible for all activities associated with the workouts and may tailor the difficulty and duration for each group. In general workouts consist of dry land training, a long warm-up swim, and then shorter sets. Coaches will work on technique in each stroke, starts and turns, as well as behavior and teamwork. There will be a strong emphasis on stroke technique and drills.

If your child is a year-round club swimmer, please attend the age-appropriate workout and the coaches will determine if a change should be made.

Private Lessons

Private lessons will be available from any of the coaches or other Somerset staff members. These lessons have proven to be effective for rapid improvement in stroke techniques, starts and turns. It is up to the swimmer and parent to arrange times for private lessons with the staff member or coach. The cost is \$25.00/half hour and payment is made directly to the coach after the lesson. The binder for signing up is in the office.

Swim Team Events

Coming Soon

Swim Meets

A Meets	B Meets

Championship Meets

B Champs @	Sat. July 15
Senior Prelims	Monday, July 17
Boys Jr. Prelims	Tuesday, July 18
Girls Jr. Prelims	Wednesday, July 19
A Champs @ King Co. Aquatic Center	Sunday, July 23

Volunteer Requirements and Fees

It takes close to 50 volunteers to run a home swim meet. Somerset will be hosting or attending meets each week for five weeks.

Requirements

- Work 6 volunteer shifts in dual meets (meets against another team)
- Bring 2 food items to a dual meet¹
- Work 1 volunteer shift in a *championship* meet:
 - Saturday, July 15th Division Champs (B Champs)
 - Monday, July 17th: Senior Prelims –
 - Tuesday, July 18th: Junior Boys Prelims –
 - Wednesday, July 19th: Junior Girls Prelims –
 - Sunday, July 23rd: League Champs (A Champs) @ KCAC**

* Officials will not be required to bring food items

** To time at A Champs, you must be an experienced timer – have timed at least twice during the season or in year round swim meets

Families who have swimmers only in the Sharkies Program, are not required to volunteer at swim meets. For families who have swimmers in Sharkies AND the Swim Team, the volunteer requirement applies.

Families who do not complete the volunteer requirements will forfeit their \$200 volunteer deposit.

Volunteer Coordinator:

Volunteers are needed for the following:

- Timer
- Runner
- Scoring / data entry
- Labeling / sorting ribbons
- 8 & U Coordinator
- Relay Touch Judge
- Grill Master
- Officiating

Timer: This is the most popular meet job among both new and experienced swim parents. You use a stopwatch to time the swimmer in your assigned lane. There are typically three timers per lane, and the median of the times is used as the official time (or as backup for electronic timing systems). It's cooler on the pool deck and you get a much better view of the action!

Runner: After each race, the runner collects the times from the timers in each lane, and DQ sheets from both officials and takes them to the scoring table. You stay on the move throughout the meet, so it's great exercise.

Scoring / data entry: You will enter the times recorded for each swimmer into the computer. The scoring and ribbon area are both located at a table under cover at the starting end of the pool. Some parents with younger siblings at the pool like this job because they are in one place & the kids can sit near them while they volunteer.

Labeling / sorting ribbons: The scoring computer prints out labels to be placed on the ribbons. Your job is to affix the label to the appropriate ribbon & sort them by team. You will be under cover at the starting end of the pool. Parents with younger kids find this a good position as you are in one spot and kids can sit near you while you volunteer.

8U Coordinators: The coordinators help the 8U boys and girls lineup for their upcoming relays and get them psyched up for their swim. Helpful to already know the swimmers in this age group.

Grill Masters: Working the grill and supporting the Snack Shack is a great place to work if you're not interested in watching the whole meet. This is an important fund raiser for the team, as we raise money for end-of-the-season awards and other extras this way. You get to interact a lot with both kids and parents.

Relay Touch Judge: Each team provides 2 judges (one for each end of the pool). You will be needed on deck for all relays (beginning and end of meet). Your job will be to notify the Stroke & Turn judges if any of the teams take off before the previous swimmer has touched the wall with any part of their body. You are not responsible for determining if the swimmers are swimming the strokes legally.

No experience is required for the jobs listed above. Volunteers new to timing will have a no-pressure opportunity to learn at the time trials meet before the season begins.

Officiating

At each meet, Somerset must provide two, trained Stroke & Turn Judges. At home meets, we also provide two Starters (2 shifts). Midlakes Swim League provides training for all of these. You do not need any prior experience or have been a swimmer yourself to be a Stroke and Turn Judge. Most Starters have been a S & T judge for a few seasons first.

Stroke & Turn Judge (requires Midlakes Training): These judges determine whether a swimmer touched the end of the pool during a turn and whether the technical aspects of the swimming stroke were legal. It requires knowledge of the US Swimming stroke regulations, and a willingness to fairly disqualify swimmers when appropriate.

Starter (requires Midlakes Training): The Starter runs the meet. He/She calls the swimmers to the blocks and starts each race using the electronic starter. Any disputes from coaches regarding disqualifications are brought to the starter.

For the Somerset Volunteer Requirement, **Officials do not need to provide any food for meets.**

If you are interested in meeting your volunteer requirements by officiating, here are the scheduled training sessions for 2016 Midlakes Officials Training. There may be more

scheduled – keep an eye on the Midlakes website.

<https://www.teamunify.com/TabGeneric.jsp? tabid =38438&team=reclmslwa>

ALL MIDLAKES OFFICIALS ARE EXPECTED TO ATTEND AT LEAST ONE TRAINING EACH SEASON

Day	Date	Time	Location	Attendees
				Any officials
				Any officials
				Any officials

Please keep in mind that these trainings last approximately 3 hours. the first 2 hours are for everyone, the 3rd hour is for referees/starters.

***Returning Official Training:** Please note, this session is only for:

- experienced Midlakes officials
- those who have attended the officials training at least **once in the last 2 years.**

If you are a returning official who cannot attend this training, feel free to attend any of the others on the schedule.

Fees

Swim Team membership cost is \$140 for each swimmer. These fees pay for Midlakes membership, coaches' salaries, ribbons and printing. An additional \$200 volunteer deposit will be charged. This deposit will be refunded to parents who complete their work shifts. This is done on an all-or-nothing basis.

Communication

Communication is the key to a happy and successful season.

Coach will send out an email each week with the line-ups attached. Please open it and review each week before the meet.

We have a new Somerset Stingrays Facebook Page! Updates (but not line-ups) will be posted here as well as any last minute changes. Log into Facebook and "Like" the Somerset Stingrays page at <https://www.facebook.com/somersetstringrays>.

If there is a sudden change, a note will be posted on the front door of the pool and if time permits an email will be sent out.

Please do not interrupt swim coaches during swim practices or meets. Their eyes need to be on the swimmers for safety reasons. Plus there are many ears listening during practice. If you need to speak with them please do so by email.

Head Coach

Email:

Assistant Coaches Email:

Email:

Parent Swim Team Coordinators

Amy Black

angellsmith12@gmail.com

Shannon Gregory-Lowe

gregorylowegang@yahoo.com

If you have any questions, issues or concerns please feel free to contact the coaches or the swim team coordinators:

Big Fish / Little Fish

The coaches will pair up an 8 & U swimmer with a teenage swimmer before the first meet. The older swimmer will help the younger one get to their race(s) on time. The idea is to have the older swimmers more actively involved w/the up and coming kids and serve as mentors or role models

Time Trials (Sun. June 4th)

This is an intra-squad meet (only Somerset swimmers participate.) It is a great opportunity for new swimmers to get the feel of what a meet is like. Also, it allows the coaches to get times for all the swimmers so they can place the swimmers in the best events. **All swimmers should plan on attending this meet.**

There will be no relays at Time Trials – only individual events.

Swim Meet Sign Outs

Swim team members are expected to compete in the swim meets throughout the summer season, beginning mid-June and ending the final week of July. Unless you specify, your child may be placed in both the A and B meets. Please try to plan your vacations keeping your commitment to swim team in mind. In the event you are unable to make it to a meet, it is imperative to sign out on the Vacation Sign out sheet before Friday of the prior week. The coaches will work on the lineups during the weekend.

Sign Out Procedure

- There will be a sign-out sheet for each A and B swim meet. Each sheet will have the name, date and location of the meet. You must write your child's name on the sheet if he/she will not be attending that meet.
- You must write your swimmers name before the Friday of the previous week. The coaches have kindly offered to create the lineups over the weekend.

Swim Meet Lineups

With 130+ swimmers and limited pool space, it can be tricky to create a line-up that makes everyone happy. However, the coaches work very hard to give swimmers as many swims as possible using both relay swims and individual events to accomplish that goal. Some age groups (usually 8 & under and 9-10) have so many swimmers that it makes it very hard to give each swimmer more than 2 individual swims per week and so coaches will use the maximum amount of exhibition heats in each meet to ensure the maximum amount of individual entries.

Coaches also try to have swimmers swim in each of the different events throughout the season. They use a software program called Team Manager, which provides reports to ensure that swimmers swim a variety of events throughout the season. These reports are checked frequently to ensure that swimmers are not swimming in the same events

every meet. However, if a swimmer has not mastered a stroke, he/she will usually not swim it in an "A" meet because of potential disqualifications.

Many times breaststroke possesses a special challenge to 8 and unders. If there is only one 8 and under swimmer who swims a "legal" breaststroke, that swimmer may have to swim breaststroke at many of the A meets to earn points for the team. As the season progresses, there will be more swimmers who become legal in breaststroke and will start swimming breaststroke in the A meets.

Swim Meets

There are two dual meets per week for the five weeks of swim team. Each week includes an "A" meet and a "B" meet. The coaches will assign swimmers to events in either/both meet unless the swimmer is signed out the Friday prior to the meet. Lineups for both meets are sent out via email and are posted at the pool on Monday mornings. Results are posted on the swim team website www.somersetrec.org

Swim Meet Times **** Division 2 Meets begin at 6:00pm**

Arrival time: 4:30pm home meets, 5:00pm away meets
Warm up time: 4:45pm home meets, 5:15pm away meets
Meet start time: 6:00pm** sharp
Meet end time: 9pm (approximately)

Swim Meet Arrival Procedures

1. Check in with one of the Somerset swim coaches upon arrival.
2. Coaches will distribute sheet of paper to each swimmer with their events listed.
3. Check the line-up to see if your swimmer's events have changed. At Home meets, heat sheets will be posted on board outside the boys locker room.
Events are subject to change; check the final posting on the afternoon of the swim meet.
4. Write down your event number, heat and lane on your arm with a Sharpie.

Swim Meet Event Procedures

1. Get to staging early and if on a relay find your teammates in advance of your relay.
2. Do your best.
3. Shake your opponents hand after each race. Good sportsmanship is a must!
4. Find out your time from the timers.
5. Talk to your coach after every race. Your coach watches you swim and she will have helpful advice after your race.
6. Get ready for your next event.

Dates

Swim Meets and events are on the Somerset Rec Club calendar.

<http://www.somersetrec.org/calendar.html>

Dates are also posted on the Midlakes website below:

Meets:

http://www.midlakesswimleague.org/SubTabGeneric.jsp?team=reclmslwa&_stabilid_=120093

Midlakes Events:

<http://www.midlakesswimleague.org/EventsCurrent.jsp? tabid =6537&team=reclmslwa>

Divisional Championship Meet “B Champs”

Saturday, July 16th @ Klahanie

Divisional Championships (“B Champs”) is open to all Division I members that have not achieved a “B” disqualification time during the dual meet season. This is a really fun Saturday morning meet where the swimmers get a chance to hang out with their friends in the morning and swim against other Division 2 swimmers from multiple teams. They also get a chance to earn medals in relays and individual events.

B-Meet Disqualification Times – “BDQ”

Swimmers who surpass the “B-Meet Disqualification Times” are only eligible to swim that event at an A Meet. If a swimmer has not met the “B Disqualification Time,” then he/she may swim that event in either B meets or A meets. BDQ times are posted on the link noted below (NOTE: times did not change from 2014):

<https://www.teamunify.com/reclmslwa/UserFiles/Image/General%20Info/Documents/2014%20BDQ%20Times.pdf>

Judging and Disqualification “DQ”

Competitive swimming, like any other sport, has a set of rules and has officials to enforce those rules. This summary is intended to be neither exhaustive nor authoritative. Rather it is intended to be a “plain English” explanation of the calls made by the sideline officials.

Competitive swimming uses Stroke & Turn Judges that stand at the ends or walk the sides of the pool watching the swimmers. If the judge sees an infraction, he or she raises his or her hand. After completion of the race the judge informs the swimmer of the nature of the infraction and notifies the timer that the swimmer has been disqualified (“DQ’d”). Occasionally the swimmer leaves before the judge can get to them. This happens most frequently on a relay. It should always be emphasized to the swimmer that a DQ is not a big deal. While it can be a great disappointment to a beginning swimmer, a DQ is really little different than a foul in basketball or a penalty in soccer or football. Obviously disqualifications should be avoided, if possible, but when they happen they should be viewed as a learning experience. Below is an informal summary of the major rules for each stroke with some comments as to which infractions are the most common causes of DQs. If you have any questions or do not understand a rule, please feel free to ask one of the judges or one of the coaches to explain it to you.

Freestyle

Freestyle means any stroke from dogpaddle to butterfly. Any stroke is legal in a freestyle race. Hanging on the wall or standing on the bottom, while not recommended, is legal in a freestyle race. However it is an infraction to pull oneself along the wall or lane rope, or to jump forward off the bottom. If the judges see this they will call it. The rule is that all forward motion must come from swimming.

The swimmer must touch the wall with some part of their body at the end of each lap. This is the most common DQ in freestyle races. It occurs when a swimmer performs a flip turn too early, misses the wall with his/her feet, and continues to swim the next lap. If a swimmer misses the wall, he/she should either back-paddle until he/she can touch the wall with a toe or turn around, go back, and touch the wall.

Backstroke

Backstroke is sometimes called freestyle on your back because the only rule concerning the stroke is that the swimmer must stay on his/her back. Single arm pulls or double arm pulls are both legal as long as the swimmer stays on his/her back throughout the race.

Beginning swimmers are occasionally DQ'd for turning over onto their breast so that they can see how far they are from the wall. Frequently they will turn onto their breast when they grab the wall at the finish, which is illegal. They need to touch the wall while still on their backs.

The swimmer cannot curl his/her toes over the gutter on the start. At the turns, the swimmer is allowed to roll onto his/her belly for a flip turn that is similar to the one used in freestyle, provided that the following criteria are met: (1) The swimmer may take only one pull (either single arm or double arm) after rolling onto their breast before making the turn, and (2) The swimmer must be on his/her back when his/her feet leave the wall. The rules governing backstroke flip turns vary slightly depending on the organization sanctioning the meet. USA Swimming rules are more stringent than the Midlakes rules.

Breaststroke

Breaststroke is by far the most difficult stroke to do legally. Probably the most common DQ in breaststroke swimming is the one-handed touch on the turn or the finish. On all turns, and at the finish, the swimmer must touch the wall with both hands simultaneously. The hands must also be parallel in a horizontal plane (i.e., one hand cannot be slightly higher than the other hand).

The kick must be a "frog kick". Flutter kicks, dolphin kicks, and scissors kicks are illegal. A flutter kick is the alternating kick used in freestyle. A dolphin kick is the two-legged undulating kick used in butterfly. A scissors kick is similar to a legal frog kick but instead of being symmetrical in a horizontal plane, the legs make a shearing motion relative to each other. In a legal frog kick the water pressure will impinge on the bottom and the inside of both feet. On a scissors kick the water pressure will impinge on the top of one foot and the bottom of the other.

At the start and after each turn, the swimmer is allowed one underwater pull and one underwater kick. Some part of the swimmer's head must break the surface of the water before the hands turn in on the second pull off of the wall. Additionally some part of the swimmer's head must break the surface of the water on each pull until the wall is reached at the other end.

Except for the one underwater pull mentioned above, the arm pulls cannot extend past the hip line. The hands must turn in at the belly and move forward under the breast. The arms pulls must be simultaneous. The pulls and kicks must alternate. The swimmer cannot do two kicks or two pulls in a row.

Butterfly

On all turns and at the finish like breaststroke, the swimmer must touch the wall with both hands simultaneously.

The kick must be a dolphin kick. Flutter kicks, scissors kicks, or frog kicks are illegal. When properly done there are two dolphin kicks for each butterfly pull. However this is not a rule. Any number of kicks or, for example, two or more pulls without a kick is legal in butterfly.

The arms must recover simultaneously over the water. In Midlakes we try to cut the little guys some slack on this one and we interpret it to mean that the top of the arms must break the surface. Nevertheless until the swimmer develops some strength and technique, they may DQ.

Individual Medley (IM)

The IM is one (or more) length of each of the four strokes. The strokes must be done in the following order: 1. Butterfly, 2. Backstroke, 3. Breaststroke, 4. Freestyle.

The rules for each stroke apply for the lengths of that stroke. For example the swimmer must touch the wall with both hands simultaneously at the end of the butterfly and breaststroke legs, and the swimmer must touch the wall on their back at the end of the backstroke leg.

Relays

The Medley Relay legs must be swam in the following (alphabetical) order: 1. Backstroke, 2. Breaststroke, 3. Butterfly, 4. Freestyle. Some part of the swimmer in the water must touch the wall before the toes of the next swimmer leave the block.

Addresses of Division II Swimming Pools

https://www.teamunify.com/SubTabGeneric.jsp?team=reclmslwa&_stabilid_=42501

Fairwood Golf & Country Club

170070 140th Ave SE
Renton, WA 98058
425-226-9700

Klahanie

4280 Klahanie Dr. SE
Issaquah, WA 98029
425-392-4663

Overlake

4000 NE 16th St.
Medina, WA. 98039
425-454-7971

Tam O'Shanter

1313 183rd. Ave NE
Bellevue, WA 98008
425-746-3855

Triangle Pool

1919 108th Ave SE
Bellevue, WA 98004
425-454-9975