

# BURKE CENTRE SWIM CLUB

FAMILY HANDBOOK

FOR THE

**PENGUINS** AND **STINGERS**



2011 Edition

# Welcome to the Burke Centre Swim Club

## Penguins & Stingers

Dear Swim Team Parents,

Another Burke Centre Swim Club summer season has begun and we welcome all of our swimmers and their families. We look forward to working with the returning **Penguin** and **Stinger** swimmers as well as our first timers. Get ready for a fun and busy summer. We have planned a season that not only encourages a healthy sense of competition and team spirit, but also one that includes fun activities.

We value parental involvement in the swim team. Because it takes a minimum of 30 people- not including set-up, tear-down or snack bar- to conduct a typical swim meet, we cannot run a swim program without your help. Your participation in volunteer jobs is so necessary! Also, your attendance at as many events as possible is encouraged and the swimmers' participation in our swim team activities helps to build great team spirit. The more help you are able to give, the better the season will be for all of our swimmers.

We look forward to a busy and fun-filled summer!

Mary Mulvenon  
Penguin Team President

Janine Canty  
Stinger Team President

### Philosophy and Goals

The philosophy of the Burke Centre Swim Club Teams is to provide a positive swimming program that will:

- Develop self-esteem, confidence, and a sense of personal achievement for each swimmer by teaching sound swimming mechanics and techniques
- Develop discipline, responsibility, and commitment
- Learn how to accept both victory and defeat gracefully
- Provide an environment of healthy competition in which each individual can succeed by improving his/her time and skill level
- Provide an enjoyable social experience for swimmers and their families

# Table of Contents

## Burke Center Swim Club (BCSC) Family Handbook

### PENGUINS AND STINGERS

<b>Welcome</b>	<b>i</b>
Philosophy and Goals	
<b>BCSC Expectations</b>	<b>2</b>
Team Expectations	
Parental Expectations	
<b>Organization of the BCSC</b>	<b>3</b>
<b>Organization of the Colonial Swimming League (CSL)</b>	<b>4</b>
Child Safety Guidelines	
<b>Swim Team Practice</b>	<b>5</b>
Season Practice	
Practice Cancellation	
Family Box/Team Website	
Communication	
Practice Guidelines	
Swimmer Apparel and Accessories	
Social Board	
<b>Structure of the Swim Meets</b>	<b>7</b>
Time Trials	
Scoring	
CSL Relay Carnival	
Meet Protocol	
Saturday "A" Meets	
Wednesday "B" Meets	
Divisional Meet	
Cancellation of a Meet	
Seeding	
All Stars	
<b>List of Meet Events</b>	<b>11</b>
<b>Swim Strokes and Age Groups</b>	<b>12</b>
Freestyle	
Butterfly	
Backstroke	
IM	
Breaststroke	
Relays	
<b>Disqualifications (DQ's) and False Starts</b>	<b>14</b>
<b>BCSC Special Events</b>	<b>15</b>
Officials Clinics	
Suit Fitting & Swim Attire	
Set-up	
Social Events	
Team Pictures	
<b>Volunteer Support/Job Descriptions</b>	<b>16</b>
Starters & Referees	
Team Rep.	
Scoring/Computer	
Snack Bar	
Stroke & Turn Judges	
Clerk of Course	
Ribbon Writers	
Social	
Club Registrar	
Timers	
Set-up/Take-down	
Web Page	
<b>For the Swimmer</b>	<b>18</b>
Hydration/Nutrition	
Sleep Needs	
<b>Winter Swim</b>	<b>20</b>
<b>Penguins Team Contacts</b>	<b>21</b>
<b>Stingers Team Contacts</b>	<b>23</b>
<b>Divisions of the CSL</b>	<b>24</b>

# BCSC Expectations

## Team Expectations

1. **Be a swimmer!** The BCSC is not a swim lesson program. To qualify for the team, a swimmer must be able to meet the Red Cross Level III performance criteria -- swim 15 yards front and back; float and tread water for 30 seconds. Swimmers do not need to know all competitive strokes. After your child is on the team, we will help him or her become a better swimmer, as long as he/she is willing to practice and try his/her best!
2. **Be involved!** Swim team is a fun family experience! We hope everyone can participate fully and enthusiastically in swim meets, social events and fund raising activities. This will help keep our teams alive!
3. **Pay attention to the coaches!** With around 200 swimmers on each team, the coaches have to work very hard to communicate effectively. The swimmers have to work very hard to listen carefully to instructions. Remember that disruptions are not fair to the other swimmers.
4. **Be committed to do your best!** Stick with it! Come to all the practices and meets. *Everyone wins* when a swimmer does his best each time.
5. **Safety is of paramount importance!** Observe all pool safety rules at both our pool and every other pool. Rules are posted at the pools and/or established by coaches.
6. **Have fun!**

## Parental Expectations

Under no circumstances should your child be dropped off at the pool without first making sure that at least one of the team coaches is present on the pool deck. If parents decide to stay at the pool during swim practice, please sit away from the training area so that swimmers can give the coaches their full, undivided attention.

**Parents are responsible for picking up their children on time at the conclusion of their designated practice. Repeated violations of this safety procedure will result in exclusion from meets and/or the team.**

Summer swimming involves the entire family! Although swimming is considered an individual sport, our summer league is structured with an emphasis on the **team**. Any team is only as good as the people who support the team members, cheer them on, and help in organizing the team's activities. The children love enthusiastic spectators. Cheer on all the kids, as well as your own. Please show your volunteer support so our children can continue to enjoy this summer program. Refer to **Volunteer Support** section on page 17.

## Organization of the Burke Centre Swim Club (BCSC)

The Burke Centre **Penguins** and **Stingers** are members of the Colonial Swimming League (CSL) and are the two teams of the Burke Centre Swim Club (BCSC). The BCSC is a chartered organization of the Burke Centre Conservancy. All families registering to participate must be members of the Burke Centre Pools.

The **Penguins** and the **Stingers** each have a board of directors and team officials generally drawn from the team parents. They are all volunteers, working to ensure that the goals of the BCSC are achieved, and that the swim team members have an opportunity to enjoy competitive swimming.

Each team has its own coaching staff and competition schedule. The coaches are the only paid members of the team. There is usually a head coach and five to seven assistant coaches as the team boards deem necessary for their particular team.

Each BCSC team is comprised of approximately 200 swimmers made up of approximately 80-90 families. Swimmers range in age from 5 to 18. NEW families will be assigned to a team based on balancing team sizes by age group, gender, and skill level. NEW swimmers will receive notification of team assignment prior to the parents' meetings in May.

Funds necessary to run the swimming program come from two primary sources: the BCSC registration fees (*general fund*), and team fund raising events such as the snack bar. In addition, the BCSC has enjoyed support from the Burke Centre Conservancy Board of Trustees. Many Burke Centre businesses also support the teams through use of their facilities, promotional offers, donations, and loans of equipment for specific meets. Without this support there could be no swimming program for our young people.

The President of the BCSC serves a one-year term. The team President of the **Penguins** and the team President of the **Stingers** serve a two-year term. On an annual revolving basis these Presidents serve as either the BSCS President or the BCSC Vice President. There is one Treasurer for the BCSC, who also serves as Treasurer for both swim teams. The BCSC, **Penguins**, and **Stingers** each have their own Secretary. Each team has a Vice President and a Team Representative. The Team Representatives act on behalf of their respective teams for all BCSC and Colonial Swimming League activities and meetings.

## Organization of the Colonial Swimming League (CSL)

The Burke Centre Swim Club is a member of the Colonial Swimming League, which was founded in 1962 to sponsor competitive swimming among community swimming organizations in Northern Virginia.

### The objectives of the Colonial League swimming program are:

- To foster a high level of competition by grouping teams of comparable strength in the same division in accordance with the League team seeding procedure.
- To develop the potential of individual swimmers of different ages and abilities by sponsoring a full summer dual-meet season which concludes with Divisional Qualification Meets and a Colonial Swimming League All-Star Meet.
- To single out for distinction individual swimmers, age groups and teams.

The Colonial Swim League currently consists of **24** swim teams. The teams are divided into four divisions depending on competitive strength. Each year the CSL evaluates the teams' performances during the previous season and then determines the teams' Division placements and meet schedules. **The current years CSL Division assignments for the teams are included in this handbook on page 24.** Each BCSC team will swim competitively in Saturday "A" dual meets. In addition, they will swim in Wednesday evening "B" developmental meets that are not scored, but are essential to the development of all the swimmers.

### Child Safety Guidelines

- **PARENTS:** Make sure a coach or adult is on the premises before dropping your child at swim practice.
- **PARENTS:** You are responsible to make sure your swimmer is picked up promptly at the end of practice.
- No swimmer is allowed in the pool until a lifeguard/ pool operator is on the deck and gives permission.
- **COACHES AND PARENTS:** If an individual swimmer needs special attention, please make sure there is another coach or adult with you.
- Physical, mental or verbal abuse of any of the participants, coaches, or volunteers is not permitted.
- Inappropriate touching is forbidden.
- No running or dangerous play on the deck or in the pool.
- Be respectful and polite at all times.

## Swim Team Practice

To succeed at anything, one must practice! Swimming is no exception. The BCSC summer season lasts approximately nine weeks. During that time we will teach the rules of competitive swimming, work to improve strokes, and build strength and endurance. To achieve these goals, it is important that all swimmers come to practice on a regular basis.

### Season Practice

Season practices begin the day after Memorial Day with afternoon practices at the Commons Pool. Each team will have half the available time and will alternate times each week until school is out, when morning practice begins. This odd schedule and change of times is noted on the summer calendar received by each family. Once school is out and all pools are open, the **Penguins** will practice daily (M-F) at the Landings and the **Stingers** will practice daily (M-F) at the Ponds. The only change occurs when a team has a home Saturday meet. Then that team will practice at the Commons the day before the home meet. Check the team website for practice times and posted changes that may be necessary.

**\*\*\*Please remember to bring water to practice!**

### Practice Guidelines:

- Always be on time
- Show enthusiasm
- Be attentive and respectful to the coaches and your fellow swimmers
- Help set- up and clean- up
- Follow all pool rules

### Practice Cancellation

We swim if it is raining, but if thunder is heard, county regulations require the pool area be cleared immediately, and the practice cancelled. The practice can be resumed after no thunder has been heard (or lightning seen) for 30 minutes. If you are uncertain about the weather conditions prior to practice, please call the respective practice pool for a report. Swim practices are not made up. *The closing of the pool is at the discretion of the lifeguards on duty at the pool and not the Burke Centre Swim Club.*

### Swimmer Apparel and Accessories

Swimmers should wear a swimsuit that will be comfortable for racing. The **Penguins** and the **Stingers** each have their own team suit. The wearing of the team suit is strongly encouraged. Every swimmer needs a towel, sometimes two for a meet, and the bigger and thicker the better. Other important accessories are goggles, a sweat suit (for cool days), a team swim cap (especially for girls), sunscreen, a hat, and a bag to carry everything. Remember to mark everything with the swimmer's name!

## Family Box & Team Websites

Both teams use a **Family Box** and a **Team Website** for team communication and information. The **Family Box** is a large file box, which contains a folder for each family, coach and administration members associated with your team. Newsletters, activity announcements, and ribbons will be placed in each family's folder. This file box is available at all practices; swimmers should check the file daily.

The **team websites** can be found by going to <http://www.burkeswimclub.org> and clicking on the team emblem for either the Stingers or the Penguins. The websites have complete team information and are updated with current information as quickly as possible. Look for the team calendar of events which includes meets and social activities, registration forms, order forms, and flyers which can all be downloaded from the site. Check the site often throughout the season for updates, **maps to the meets**, meet results, league standings and records. Team **contact information** is also posted, with email links to coaches and team officials.

## Team Social Board

Many activity plans and announcements for our swimmers and families are posted on a social board that is at all practices. Social activities usually require sign-up by the families. You may be asked to help supervise, set up, or clean up; bring food or other items for the activity.

## Suggestions for Good Communication

- ✓ **Put it in Writing:** Please put any information or suggestions that you have for the coaches, team reps or president in writing or **email**. The coaches would appreciate receiving a written note when a swimmer is going to miss a practice or a meet. Soon after the season begins, all families will be asked to complete a **Meet Availability Sheet** for each swimmer to indicate in writing any vacation plans that conflict with our schedule. This allows coaches to plan appropriately for upcoming meets.
- ✓ **Check the Website, Team Social Board, and Family Box:** The Team Social Board and Family Box will be available at each practice. Late-breaking news about practice times, meet locations and times, and event assignments for Saturday meets will be posted on the website, placed in the Family Box, or posted on the social board nearby. Stay informed!
- ✓ **Talk to the Coaches:** The coaches are happy to answer any questions you may have, but please be aware of their need to focus on the team *during practices and meets*. Please feel free to ask a question before or after practice or contact the coach by email.
- ✓ **Problems and Comments:** Questions may be directed to the **Penguins** or **Stingers** Swim Team President or Team Representative.

## Structure of the Swim Meets

There are a number of different types of meets you will be hearing about throughout the season. The following is a list of the types of meets and a short explanation of each:

- (1) Time Trials
- (2) Saturday "A" Meets
- (3) Wednesday "B" Meets (Developmental)
- (4) Colonial Swim League Relay Carnival
- (5) Divisional Qualification Meet
- (6) All-Stars

**Maps to "Away" meets can be found on the team website. Paper copies may be available at practice.**

### Time Trials

The **Penguins and Stingers** hold a meet together in the beginning of the season to practice meet procedures and familiarize new volunteers to the running of a meet. This meet times *every* swimmer in *all* strokes at the season's start, giving swimmers and coaches a baseline to measure progress throughout the season.

### Saturday "A" Meets

Saturday "A" meets are dual competitions against teams within your division. These meets are held the first five Saturday mornings after the season starts. At an "A" Meet there is one heat for each event. A heat for each event includes three swimmers from each team. The coaches decide which swimmers will be entered in each event. There are 52 events in a dual meet. Generally, it is the three swimmers who have the best times in that stroke who will be entered in the heat. Ribbons are awarded to the swimmers finishing with the three fastest official times.

**The list of the Saturday meet swimmers is posted at the Friday morning practice before each meet.** It is the swimmers' and their parents' responsibility to check the Saturday meet list each week.

Results of the "A" Meets are used to determine Colonial Swimming League awards. A trophy and banner are given to the Division winner--the team with the best win-loss record. Trophies may also be awarded to the age group winners. These are presented at the Divisional Qualification meet.

### SEEDING

In Saturday meets, the home team has lanes 1, 3, and 5 while the visiting team has lanes 2, 4, and 6. (Lane 1 is always on the right side as you stand facing the pool at the starting end.) The fastest swimmers swim in lanes 3 and 4, the next fastest in lanes 5

and 2, and the next fastest in lanes 1 and 6. Swimmers are seeded based upon their fastest times attained in a prior competition.

### SCORING

**First** place winners earn or score 5 points for the team

**Second** place winners earn 3 points for the team

**Third** place winners earn 1 point for the team

**Winning relay** teams earn 7 points for the team (0 points to loser)

There are 444 points up for grabs in a Saturday meet. Unless there are one or more places not awarded in an event due to DQs or lack of swimmers, you need 223 points to win.

### Wednesday “B” Meets (Developmental)

“B” Meets are non-scored swim meets held on Wednesday evenings. Developmental Meets provide opportunities for swimmers who do not qualify for Saturday meets to swim in a meet situation at their appropriate competitive levels while working to improve their strokes. All swimmers are encouraged to swim in the Developmental Meets. There are as many heats as required to accommodate the number of swimmers who desire to swim. Individual medleys (IM’s) may be swum at the end of “B” Meets. \*\*Note: A swimmer cannot swim in any event that he/she has “ribbioned in” (placed 1, 2 or 3) during the previous Saturday Meet.

At Developmental Meets, no team scores are kept, and no team winner is determined. Individual times are recorded to determine progress. Heat winner ribbons are given at the meet and place ribbons are generally given to the swimmers finishing in the top 6 places.

### CSL Relay Carnival

The Colonial Swimming League Relay Carnival is a meet usually held on a Sunday morning midway through the season. This is a team event. No individual events are swum. The **Penguins** and **Stingers** will each select swimmers for the team events based on the best times and on the coaches’ discretion and strategy for maximum performance at the meet.

### Divisional Qualification Meet

At the end of the regular season a Divisional Swim Meet is held by each of the four divisions to determine who will compete at the All-Star Meet. The location of the meet rotates among the teams. Each team may select 3 eligible swimmers in the 5 individual events (free, back, breast, fly, and IM). To be eligible to swim in this meet, a swimmer must have swum in at least two league-sponsored meets during the current season. A swimmer may swim in a maximum of three events for this meet. Swimmers of each individual event are selected based on the best times and on the coaches’ discretion.

Ribbons are awarded to the top six places. A meet program is sold by the host team, giving the name and lane assignment of each swimmer.

### **All-Star Meet**

The All-Star Meet is the last meet of the season. The sequence of events is exactly the same as the Divisional Qualification Meet. The twelve swimmers with the best times from the Divisional Qualification Meets throughout the Colonial League are eligible to swim in the All-Star Meet. As always, it is very important to let the coach and team representative know if a swimmer will not be able to attend the All-Star Meet.

In Divisional and All-Star Meets, heats will be seeded in accordance with the "Final Heat procedure," USA Swimming Rules and Regulations.

### **MEET PROTOCOL**

We ask that all swimmers stay in the team area during the meets. Swimmers need to return to the team area as soon as possible after swimming their event. If you wish to congratulate your swimmer, do so in the spectator area and encourage your swimmer to return promptly to the team area. **We also ask that all swimmers stay until the end of the meet to cheer on their teammates.** It is important that we keep our team area clean both at our pool and at other pools. Please ensure that everyone cleans up before leaving a meet.

### **CANCELLATION OF A MEET**

A meet can be postponed by mutual consent of the Team Representatives. Summer storms (those involving thunder and lightning) tend to be very localized. The weather might be very bad in the Burke Centre area, but may not be raining at all at the meet pool. Therefore, we generally go to the meet pool before making a decision. We do swim if it is only raining, but if thunder is heard, county regulations require that the pool area must be cleared immediately, and the meet delayed. The meet can be resumed after no thunder has been heard (or lightening seen) for 30 minutes. Unfortunately, Wednesday Developmental meets are subject to delays due to the evening thunderstorms. A cancelled meet, due to weather, may be rescheduled by agreement of the Team Representatives.

## “A” MEET (Saturday) EVENTS

<u>Boys</u>			<u>Girls</u>
<u>Event No.</u>	<u>Age Group</u>	<u>Event</u>	<u>Event No.</u>
1	8 & Under	25m/yd Freestyle	2
3	9-10	50 m/yd Freestyle	4
5	11-12	50 m/yd Freestyle	6
7	13-14	50 m/yd Freestyle	8
9	15-18	50 m/yd Freestyle	10
11	8 & Under	25 m/yd Backstroke	12
13	9-10	50 m/yd Backstroke	14
15	11-12	50 m/yd Backstroke	16
17	13-14	50 m/yd Backstroke	18
19	15-18	50 m/yd Backstroke	20
21	8 & Under	25 m/yd Breaststroke	22
23	9-10	50 m/yd Breaststroke	24
25	11-12	50 m/yd Breaststroke	26
27	13-14	50 m/yd Breaststroke	28
29	15-18	50 m/yd Breaststroke	30
31	8& Under	25 m/yd Butterfly	32
33	9-10	25 m/yd Butterfly	34
35	11-12	50 m/yd Butterfly	36
37	13-14	50 m/yd Butterfly	38
39	15-18	50 m/yd Butterfly	40
41	8 & Under	100 m/yd Medley Relay	42
43	9-10	100 m/yd Medley Relay	44
45	11-12	200 m/yd Medley Relay	46
47	13-14	200 m/yd Medley Relay	48
49	15-18	200 m/yd Medley Relay	50
51	Mixed Age	200 m/yd Freestyle Relay	52

## ALL-STARS AND “B” MEET (Wednesday) EVENTS

Event numbers 1-40 are the same as above

41	8 & Under	100 m/yd Individual Medley	42
43	9-10	100 m/yd Individual Medley	44
45	11-12	100 m/yd Individual Medley	46
47	13-14	100 m/yd Individual Medley	48
49	15-18	100 m/yd Individual Medley	50

## Swim Strokes and Age Groups

Swimmers are divided into groups according to their age and sex. The age groups for these meets are:

- 8 years old and under
- 9-10 year olds
- 11-12 year olds
- 13-14 year olds
- 15-18 year olds

The age of the swimmer is their age on June 15<sup>th</sup> of the current season. A swimmer can swim in an older age group at any meet, but never in a younger age group.

We will briefly describe the strokes below. The rules below are the **USA Swimming** Rules as modified for use in the Colonial Swim League.

### Freestyle

The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. However, you cannot push off or walk on the bottom of the pool or pull yourself along using the lane lines. In a 50-Meter race (two pool lengths) you must touch the wall at the 25-meter end before touching the wall at the 50 meter end. This may seem obvious, but sometimes swimmers miss the wall at the turning end of the pool.

### Backstroke

Like the freestyle, almost anything goes on the backstroke as long as you stay on your back. Watching swimmers learn the backstroke is a perverse sense of fun as they bounce off lane lines and wonder where they are. Eventually, they will learn to guide off the lane lines and use the overhead backstroke flags and the lane line markings to know where they are in the pool. They will also learn to count strokes from the flags to the wall.

Backstroke starts are different from all others because the swimmer starts in the water with feet planted against the wall, hanging on to either another swimmer's legs or the lip on the pool awaiting the starter's signal. "Legs" must be grabbed below the knee. Persons serving in an official capacity (such as timers or coaches) may not serve as legs. If your swimmer is a backstroker, he or she will eventually learn the backstroke flip turn. This is the one exception to staying on your back and can be used only as part of a turn (not a finish) at the pool wall.

## **Breaststroke**

The Breaststroke has two components, the kick and the arm pull. The pull and its recovery must both be under the breast and cannot extend further back than the waist area except on the first pullout stroke at start and turns. The head must break the surface of the water before the arms reach the widest part of the second arm pull. The kick is a "frog" kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence and the elbows must stay below the water except for tagging the wall at the finish. Breaststroke turns and finishes require a simultaneous **two- hand** touch.

## **Butterfly**

A well- executed butterfly (or Fly) is the most beautiful exhibition of power you will ever see in a swimming pool. Quite frankly, the fly is the hardest stroke for most swimmers to perfect and while they are learning it many look like they are drowning! There are two components of the fly: the arm pull and the kick. The arm pull must be an over the water recovery (elbows breaking the surface of the water) with the arms moving simultaneously. The kick is a dolphin style kick with both legs moving simultaneously. Unlike the Breaststroke, there is no requirement to alternate the kick and pull. In butterfly it is permissible for the swimmer to be submerged for not more than 15 meters. Turns and finishes require a simultaneous two-hand touch at the wall.

## **Individual Medley (IM)**

The Individual Medley (or IM) is when an individual swims each of the four strokes in the sequence Butterfly, Backstroke, Breaststroke, Freestyle. We swim a 100 Meter IM, which means that 25 Meters, or one pool length, of each stroke is swum. In a 100 Meter IM, every turn is a stroke change and stroke finish rules apply. This means no Backstroke Flip Turns.

## **Relays**

There are two kinds of Relays, the Freestyle Relay and the Medley Relay. Both involve a team of four swimmers, each swimming one-quarter of the total distance. In the freestyle relay, each swimmer swims the freestyle. In the medley relay, the sequence of strokes is Backstroke, Breaststroke, Butterfly and Freestyle. In all relays, each swimmer must wait until the previous swimmer touches the wall prior to leaving the deck.

## Disqualifications (DQs) and False Starts

In swimming, the rules must be followed or a disqualification, or **DQ**, is committed. This can be traumatic the first time a swimmer is "DQ'd" for just one mistake, but in fairness to other swimmers, this rule must be followed.

### Disqualifications

A **DQ** is any violation of the rules observed by any appropriate official. Some of the more common reasons for DQing in a particular stroke are as follows:

#### **FREESTYLE:**

- Failure to touch the wall at the turning end of the pool
- Walking on or pushing off the bottom
- Pulling on the lane lines
- Exiting the pool before swimming the specified distance

#### **BACKSTROKE:**

- Body moving past vertical towards the breast at any time except during a flip turn
- Leaving the wall after a turn with body past vertical towards the breast
- Improper flip turn (older swimmers)

#### **BREASTSTROKE:**

- Incorrect kick, such as a Scissor kick or Flutter kick
- Non-Simultaneous two-hand touch or one hand touches at turn or finish
- Toes not pointed outward during the propulsive part of the kick
- More than one stroke underwater (double arm pull) per kick
- Arm recovery past waist except on first stroke after start or turn
- Head didn't break surface by widest part of second arm pull underwater after a start or turn

#### **BUTTERFLY:**

- Non-Simultaneous or one handed wall touch at the turn or finish
- Non Simultaneous leg movement during kicks/ (scissor or flutter)
- Arms not brought forward over the surface of the water
- Non Simultaneous arm movement during recovery

### **HOW WILL I KNOW A DQ OCCURRED?**

Unlike football, we do not blow a whistle and announce to the world that a rules violation has occurred. Except during relays, when a Stroke and Turn Judge observes a violation, he raises his hand to signal the referee that he has observed a violation. He then writes it up on a DQ slip. The judge then takes the slip to the referee, who verifies that the rule has been broken and can question the Stroke and Turn Judge to ensure that he was able to see the violation that was cited. The DQ slip is sent with the time cards to the computer operators for documentation.

### **HOW DO I KNOW IF MY KID DQ'd?**

Your kid will probably know before you do since the Team Rep tells the coach, who then tells the swimmer. You will probably find out if you saw your swimmer finish with one of the top three times but he is not announced later in the top three places. Similarly, someone else DQ'd if your swimmer finished in 4th, 5th or 6th yet is announced as one of the top three finishers. Another way to find out is by reading the official Meet Results, which are posted at the pool as the meet progresses.

### **A WORD ABOUT OFFICIALS AND DQ's**

Every Official on the deck will always give the benefit of the doubt to the swimmer. The difference between "legal but ugly" verses "illegal" is sometimes a close call, so any violation called by an official is an "I saw" not an "I think I saw".

### **CAN A DQ BE PROTESTED?**

The Team Rep is the only person who can officially question a disqualification or any other call by an official. If something happens involving a swimmer that you do not think is right, talk to the coach or the Team Representative. The Team Rep will initiate action in accordance with CSL rules if thought to be appropriate. Please do not question the judges or referee.

### **False Starts**

Any swimmers who are not motionless at the start, or who enter the water prior to the Starter's signal, may be charged with a false start. The Starter and Referee shall independently determine whether any swimmers should be charged with a false start. If both confirm the false start, then the race will proceed without recall, and the swimmer or swimmers charged with a false start shall be disqualified at the completion of the heat. No disqualification shall be assessed if, in the opinion of the Referee, the false start was caused by reaction to motion by another swimmer, or by extenuating circumstances (such as a loud noise at the start).

## BCSC Special Events

### Stroke and Turn/ Officials Clinics

Traditionally, the Colonial Swim League offers an **Officials Clinic** the first Saturday in June in Burke Centre to train individuals to officiate swim meets (stroke and turn, starter, and referee). Additional clinics are scheduled at other locations around the league. Access the CSL website or your team website for a list of dates and locations for Officials Clinics. **Both teams are in need of additional Stroke and Turn Judges. Please consider attending an "Officials Clinic."**

### Set-up for Home Meets

When your team is scheduled for a home meet there is set up the night or morning before or in the early afternoon for weeknight meets. Each team has a Set-up Coordinator. Volunteers are needed to prepare the pool for a swim meet.

### Social Events

Throughout the season there are social events that allow our swimmers and their families to get together outside of the practice environment. Social activities might include events such as a **team breakfast, swim-a-thon, dive in movie night, bowling, picnics, after practice or meet socials at a local restaurant, an ice cream social or pizza party on a Friday night before a meet to coincide with pool set up, etc.** Each team manages its own social activities, so please contact your team's Social Coordinator to share ideas and/or volunteer.

### Suit Fitting and Swim Attire

Summer swimming is a TEAM sport, and we strongly encourage the wearing of a team suit. At the beginning of the season there is a suit fitting held by *SuitUp*, our supplier, at one of the practices. If caps are worn, they MUST be team caps. Caps are available through the team at regular practices. Each team usually takes orders for some spirit wear (team t-shirts & sweatshirts) at the beginning of the season.

### Team Pictures

Team pictures are usually scheduled for the end of June or beginning of July.

*Watch for sign-up sheets posted at your team's swim practice!*

## Volunteer Support

Swim teams, unlike most other children's athletic activities, require a large number of parental volunteers. Some jobs like runner, timer, snack bar helper, or set up/ clean up can be accomplished during the day of the meet and take very little, if any, additional time. Other jobs such as Starter, Referee, Stroke and Turn Judge or member of the administration take more time, but are necessary if we are to continue the BCSC program.

**Thus, we are asking all parents to volunteer their services in two areas during the swim season. How you wish to volunteer is up to you.**

### Volunteer Opportunities and Job Descriptions

**STARTERS AND REFEREES** -- *Requires training at an Officials Clinic offered by The Colonial Swim League, usually on the first Saturday of June, in Burke Centre.* The Starter is responsible for announcing the event and start of each race. The Referee is responsible for making the final decision on a possible infraction by a swimmer or team. Referees must be Starter and Stroke and Turn certified. Starters must be Stroke and Turn certified.

**STROKE AND TURN JUDGES**--*Requires training at an Officials Clinic offered by the Colonial Swim League, usually on the first Saturday of June, in Burke Centre.* These individuals are responsible for monitoring the swimmer's strokes and recording a possible disqualification (DQ) during a meet.

**TEAM REPRESENTATIVE** - The individual shall act on behalf of the team Board of Officers. The Team Rep. participates in League meetings and is the spokesperson for his/her respective team at these meetings. They act as the meet manager for home meets, and are responsible for the smooth running of all meets. They coordinate meet dates and locations. The Team Rep. will also act as the liaison between the referee at a swim meet and any party with a dispute over a referee's decisions regarding any swimmer's performance.

**BCSC CLUB REGISTRAR** - Receives all official swimmer registration and provides each team with a roster of current members. The registrar forwards all registration fees to the BCSC treasurer.

**CLERK OF COURSE** – this individual lines up the swimmers in order of events and lane, so that the meet runs smoothly.

**HEAD TIMER & LANE TIMERS** – these individuals record the official times of swimmers in each lane. Three timers are required on each of the six lanes plus one or two additional timers for back up. The **Head Timer** coordinates and recruits Lane Timers for each meet.

**SCORING /COMPUTER OPERATOR** – the team Computer Operator uses **HyTek Meet Manager** to organize the meet, enter each swimmer's time, and manage the meet to include scores, records, reports and ribbon labels. Files are transported electronically to **HyTek Team Manager** for record keeping and data management to help run the team. Coaches use this data to keep track of a swimmers progress throughout the season and to help in meet placement. *This position requires attending at least one training session sponsored by the Colonial Swim League.*

**RIBBON WRITERS** – at the meet these individuals prepare ribbons to be distributed to the swimmers. Ribbons are completed and placed in the swimmer's folder located in the Family Box.

**SET-UP/ EQUIPMENT AND TAKE-DOWN** – these individuals help prepare and dismantle the pool for a Home swim meet. This labor-intensive opportunity includes laying and removing lane lines, moving tables and chairs, and cleaning pool area. Set up can be accomplished very quickly with many participants. Traditionally, set up for a Home meet is combined with a social opportunity for the swimmers and families.

**SNACK BAR** – In order to keep registration cost at a minimum and to cover the expenses of ribbons and awards, the **Penguins** and **Stingers** raise additional funds through the management of the Snack Bar during their Home meets. Many volunteers are needed to donate items to be sold and to contribute their time as a server or a cashier. Each team manages its own Snack Bar so please contact your team's Snack Bar Coordinator to volunteer. Watch for sign-up sheets posted at practices prior to a Home meet to volunteer to contribute items to be sold at the snack bar.

**SOCIAL** – these individuals are responsible for coordinating the social activities for the swimmers and their families throughout the season. Each team manages its own Social Activities, so please contact your teams Social Coordinator to share ideas and/or volunteer.

**WEBMASTER** – this is an exciting opportunity for any individual who wants to post and provide information to the team. The website is an opportunity for team officials to share news regarding the team and the current activities quickly and efficiently.

Directions, Schedules, Meet Results, Personal Best Times and other valuable information can be found on the site.

## For the Swimmer

### Swimming Hydration and Nutrition

#### HYDRATION

The vast majority of swimmers on a swim team do one of two things: either they do not drink at all or they drink sport drinks. Both of these approaches are incorrect. Sport drinks were originally designed as a replacement for nutrients and electrolytes that are lost after exercising for hours. Truth is, most of the sport drinks out there are little more than glorified Kool-Aid, and it is not what your swimmer needs. **The most important thing you can drink in swim meets and at practices is WATER.** Cells cannot function properly without an ample supply of water, and if you are even slightly dehydrated, it takes quite a while to get the proper water levels back into your system. When you drink water, it contains zero calories and no sugar, so your blood chemistry will remain balanced, allowing you to perform most effectively.

**To minimize poor performance due to dehydration swimmers should:**

- **Drink two cups of fluid for each pound lost in workouts/competition.**
- **Drink one to two cups of fluid prior to working out or competing.**
- **Drink 4-10 ounces of fluid every 15-20 minutes during training.**
- **Dark urine indicates dehydration and the need to replenish fluids.**

Don't wait until you are thirsty to drink... by then your body is already getting dehydrated. A good measurement to use is the color of your urine. If it is clear, then you are doing a good job. **Bring water to practice!**

#### FOOD

Another problem observed at meets is what swimmers are eating in preparation for their performances. You should be competing at swim meets on a fairly empty stomach. You should not be starving, but not be full either. When you eat food, blood fills your stomach to aid in digestion. If your blood is in your stomach, then it cannot be in your muscles helping you perform. This can cause all kinds of cramping, not to mention a decrease in performance. Remember the old saying, "Wait 30 minutes after eating before you enter the water"?

Eventually, though, you will have to eat during a meet, but the kind of food you choose can make a big difference in your swimming performance. **It is always best to stay away from sweets, and foods with little nutritional value around race time, because of what it can do to your blood sugar levels (see above explanation in hydration paragraph).** It is also important to stay away from Power Gels and GU. These products were designed for endurance athletes (such as tri-athletes and marathon runners). The problem is that they are filled with high levels of sugar, almost like taking a shot of

frosting. This will cause all kinds of problems with your blood chemistry if you eat this before a race.

The best advice on what to eat during a swim meet is fruit, energy bars, or anything with some nutritional value (preferably with some protein in it). After the meet and the night before go ahead and have a big meal (steak, chicken, pizza, etc) It will have plenty of time to digest and it won't make you so hungry the next morning.

### PRE-RACE MEAL

Stay within your normal eating habits. Do not try anything unusual right before your event. Eat 2-4 hours before the race. Have your meal be high in carbohydrates (100-200 grams) and low in fat and protein. These two are too slow to digest and require too much additional blood in the process.

Example: bagel & jam, banana, sport drink, cooked rice or baked potato.

For the athlete that finds they get too nervous to eat properly as their race draws close, they can consider buying Sports Nutrition drinks. Items like Boost or Insure Lite fit the bill perfectly.

### SWIM MEET FOODS

Here's a list of easy-to-take-along high-crab foods for eating during a daylong swim meet

- **Water, sports drink and juices (limited).**
- **Fruit-Banana, apple, grapes, orange, melons, peach, pear, dried fruit,**
- **Bagels, bread, low-fat energy bars, low-fat muffins or cookies (*fig-bars, ginger snaps, vanilla wafers*)**
- **If there are more than 2 hours between races take some dairy items such as yogurt, low-fat cheese and crackers.**

Try limiting or avoiding these items during and immediately before competition:

- Fatty Foods - Fast foods, ice cream and fries.
- High Protein Foods - Meats, dairy and protein supplements.

### Sleep Needs

Lack of sleep the night before a competition or consistently poor night sleep patterns leading up to an event can cause fatigue. Sleep is important because it is the time when actual physical growth occurs and tissue recovery from daily activity takes place. The number of hours needed for rejuvenation is age-dependant.

AGE	HOURS OF SLEEP NEEDED
9 years	10 ¼
10-11 years	9 ¾
12 years	9 ¼
13+ years	9
16-20 years	8-9

## Winter Swim

Several organizations offer winter swim classes in stroke mechanics. The objectives are to develop and refine swimmers in starts, turns, and the four competitive strokes in preparation for summer swim teams as well as build life long swimming skills. Many offer time trials/swim meets during the winter season so swimmers can learn about competition as well as work on achieving their personal goals. Programs are usually conducted from September to May. Often, in the spring additional mini sessions are offered by these organizations so swimmers can start preparing for the summer swim season.

Here is a list of some of the **winter swim programs** available in our area:

LOCATION	LINK
Curl-Burke Swim Club	<a href="http://www.cubu.org/">http://www.cubu.org/</a>
FISH	<a href="http://www.pvfish.org/">http://www.pvfish.org/</a>
Mason Makos	<a href="http://www.makoswimming.org/">http://www.makoswimming.org/</a>
Potomac Marlins	<a href="http://www.potomacmarlins.com/">http://www.potomacmarlins.com/</a>
Herndon Aquatic Club	<a href="http://eteamz.active.com/herndoncommanders/">http://eteamz.active.com/herndoncommanders/</a>
York Swim Club	<a href="http://www.yorkswim.com/home.asp">http://www.yorkswim.com/home.asp</a>
Machine Aquatics	<a href="http://www.machineaquatics.com">www.machineaquatics.com</a>

## Other Helpful Swimming Links

Potomac Valley Swimming	<a href="http://www.pvswim.org/pvs_club.htm">http://www.pvswim.org/pvs_club.htm</a>
USA Swimming	<a href="http://www.usaswimming.org">http://www.usaswimming.org</a>
Colonial Swimming League	<a href="http://csl.nvbliu.com/">http://csl.nvbliu.com/</a>
Burke Centre Penguins	<a href="http://www.burkeswimclub.org/Penguins/index.htm">http://www.burkeswimclub.org/Penguins/index.htm</a>
Burke Centre Stingers	<a href="http://csl.nvbliu.com/plasma/core/site/csl/grp/csl_burke_centre_stingers">http://csl.nvbliu.com/plasma/core/site/csl/grp/csl_burke_centre_stingers</a>
Burke Centre Conservancy	<a href="http://www.burkecentreweb.com/outside_home.asp">http://www.burkecentreweb.com/outside_home.asp</a>



## Penguins Team Contacts

### 2011 Burke Centre Swim Club Executive Board

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Registrar	James Mulvenon	<a href="mailto:james.mulvenon@defensegp.com">james.mulvenon@defensegp.com</a>	703-250-6566

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## 2011 Divisions Of the Colonial Swimming League

<b>RED DIVISION</b>
South Riding
Broadlands
Cascades
Franklin Farm
<b>Burke Centre Penguins</b>
Ashburn Village
<b>WHITE DIVISION</b>
<b>Burke Centre Stingers</b>
Fort Meyer
Chantilly Highlands
Barrington
Ashburn Farm
Armfield Farm
<b>BLUE DIVISION</b>
Hayden Village
Franklin Glen
Manorgate
Countryside
Sequoia Farms
Chantilly National Golf & Country Club
<b>GOLD DIVISION</b>
Arlington Knights of Columbus
Sugarland Run
Chase Club
Saratoga
Chinquapin
Glen Cove