

**SUMMER BREAK SWIM TEAM**

**HANDBOOK**

**2019**

## SUMMER BREAK SWIM TEAM STAFF

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## STATEMENT OF PURPOSE

- To provide recreational, fun swimming for our children during the summer months.
  - To learn proper swimming strokes and to learn how a swim meet is conducted.
  - To swim in a friendly competition with neighboring teams.
  - To build children's self-esteem and confidence through swimming.
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## TEAM PHILOSOPHY

Summer Break Swim Team is designed to convey an understanding and appreciation for the fundamental skills involved in swimming, while proving a competitive atmosphere. We stress sportsmanship, respect, participation, self-discipline, and most of all...FUN and FRIENDSHIP.

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## SUBURBAN SWIM LEAGUE

Summer Break

Gray Eagle

Windermere

River Glen

Avalon

Plum Creek

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## SWIM TEAM CALL-OUT MEETING

**Thursday, April 17th at 6:00pm at Summer Break**

Learn more about swim team, junior memberships, practice hours and volunteer opportunities!

Runners Forum will be available to order suits and purchase goggles, etc.

***\*\*The first practice will be held on Tuesday May 28<sup>th</sup> and the season will finish with the Invitational on June 27<sup>th</sup> \*\*\****

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## FEES

**Summer Break Members** - \$125.00 for each child. The 3<sup>rd</sup> and additional children in the family will be \$95.00.

**Junior Membership** - \$185.00 for each child. The 3<sup>rd</sup> and additional children in the family will be \$155.00. Junior Memberships are **swim team members only**, includes use of pool during swim team hours only as supervised by swim coaches.

**All fees INCLUDE:** a team tshirt & *latex cap*, Invitational fee & Meet Central fee

**ALL SWIM TEAM FEES ARE FINAL** \*however if for some reason after 2 practices your swimmer cannot or chooses not to continue we can issue a refund\*

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## PRACTICE SCHEDULE

Monday through Friday

**\*\*Due to school schedules, we will be offering two evening practices in addition to the morning practices during the first week of practice. Evening practices TBD\*\***

Group 1 -	11-14 year olds	8:30-9:30am
Group 2 -	7-10 year olds	9:30-10:30am
Group 3 -	4-6 year olds	10:30-11:00am

\*the 6&under group primarily practices in the shallow end by the stairs with lots of 'helpers'

In the meets the 6&unders swim 12.5 meters (1/2 way) and helpers are available

The age grouping for the meets are as follows:

6 & under

7-8

9-10

11-12

13-14

Whatever age your swimmer is on June 1<sup>st</sup> is the age group they will compete in for the season.

*\*Swimmers are not required to be at every practice, but should realize that the work and effort that is put into practices will be reflected in their meet performance.\**

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## 2019 SWIM MEET SCHEDULE

Tues 6/4 – Mock Meet – during am practice time  
Thurs 6/6 – vs Avalon HOME  
Tues 6/11 – vs Plum Creek HOME  
Thurs 6/13 – vs River Glen AWAY  
Tues 6/18 – vs Gray Eagle HOME  
Thurs 6/20 – vs Windermere AWAY  
Tues 6/25 – vs Avalon AWAY  
Thurs 6/27 – Invitational HSE HS (an all day meet)  
Thurs 7/18 – SB Banquet

Our **team banquet will be held Thursday July 18<sup>th</sup> at 6:00 p.m. at the pool.** We are hoping to reserve the church next to the pool in the event of inclement weather. More details to follow.

*\*NEW THIS YEAR\** Stony Creek no longer has a swim team. In order to keep 6 meets on the schedule for everyone we are swimming one team (for us it is Avalon) both first & last on our schedule.

### AWAY MEET LOCATIONS

**Gray Eagle Swim Club:** 12101 Brooks School Rod, Fishers, IN 46037  
**Plum Creek:** 12338 Medalist Pkwy, Carmel, IN 46033  
**Avalon of Fishers:** 12915 Thames Drive, Fishers, IN 46037  
**River Glen Country Club:** 12010 Clubhouse Drive, Fishers, IN 46038  
**Windermere:** 9782 Mollenkopf Rd., Fishers, IN 46037

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### SWIM MEET SIGN-UPS & EXPECTATIONS

**NEW THIS YEAR – there will be a signup genius link for families to sign their swimmers up for the meet!** We will get more details out as the season gets closer. We are hopeful this will make it easier for families to indicate whether or not their swimmer will be swimming and communicate any necessary information. For example – my swimmer cannot swim a certain stroke yet, or we will be arriving late or needing to leave early for this reason...

***Any swimmer who has not indicated their participation for a meet will not be put in the line-up for that meet.***

**\*SIGN-UP DEADLINE: Meet sign-up is by 11:00 a.m. the day prior to the Meet\***

**PLEASE TEXT Coach Garland @ 317 363 8595 if there is a last minute change in your plan.**

All HOME swim meets will take place at Summer Break. **All meets will take place on Tuesday and Thursday evenings.** Good manners, team spirit and sportsmanship are required. Swimmers who continue to disobey coaches / volunteers will be asked to leave.

**\*SIGN-UP DEADLINE: Meet sign-up is by 11:00 a.m. the day prior to the Meet\***

## Expectations :

All swim meets begin at 5:00 with the 6 & unders running through all their events first, followed by the 7-8, 9-10, 11-12, 13-14 events. Swimmers need to be at the pool earlier for warm up and to get ready

ALL HOME MEETS (at Summer Break) swimmers are expected to arrive @3:45. In time for our 4:00-4:30 warm up and then 5:00 start

ALL AWAY MEETS (see pool locations) swimmers are expected to arrive @ 4:15. In time for our 4:30-5:00 warm up and then 5:00 meet start.

Our swim meets typically last anywhere from 2.5 – 4 hours.

Please send your swimmer to the pool with the following:

**NAME & Meet Central ID number written in sharpie on their ARM / Shoulder.** This ID number will be given to them and will remain their number for the entire season. This really helps the volunteers who are trying to get your swimmer to the right place for their events.

**ALSO – from the HEAT SHEET you will be emailed shortly before each meet please write your swimmers: EVENT Number / HEAT / LANE on either their arm or their leg.** This will help them know where to be when. Swim meets are a lot of fun and typically very hectic – the more we have the swimmers prepared ahead of time the better experience it is for everyone involved. With all the other responsibilities at meet time it is impossible for the coaches to be able to help write the swimmer's events on their arms prior to the start of the meet.

In addition, know that there are often last minute changes to the lineup. Be sure to check with the coaches & / or volunteer parents to see if one effects your child.

We will designate a TEAM AREA for our swimmers and we need them to stay in this area when not competing. One of the biggest challenges at our meets is getting the swimmer to the right place at the right time. Keeping them in the team area helps a lot with this process.

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## SWIMMING UP

A swimmer may swim up (1) age group. A swimmer may swim up more than (1) age group only if there is no other willing swimmer to place in that event. A swimmer may only swim in each individual event (1) time. For example, "Wave" may only swim 7-8 Breaststroke or 9-10 Breaststroke but not both.

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## BASIC TERMS

**Strokes** – freestyle, backstroke, butterfly and breaststroke

**Event** – individual or relay races of freestyle, backstroke, butterfly and breaststroke

**Heat** – multiple races within the same event organized by age group

**Medley** – race consisting of all four strokes

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## LIABILITY

**New this year** – Pyle pools will be staffing a lifeguard at all of our practices as meets! This is great in that it adds an additional layer of safety for our swimmers at all times. Know still that it is encouraged for parents of 6 & unders to stay for the practices. Older children may be dropped off and picked up however they must adhere to all coaching and lifeguard staff instructions at all times. Any child not doing so will be asked to sit out of the practice / meet and parents asked to pick up their child.

## QUESTIONS TO COACHES

Please limit communication with coaches during practices and swim meets. If you need to communicate with a coach, please wait until after practice. Also they can be contacted by e-mail or phone. Tying up the time of the coaches diminishes practice time for all swimmers. Please check with any of our team parents (who are available at most practices and meets) if you have any questions or concerns

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## WEATHER

Inclement weather plays a large role in both our practices and meets.

**Practices:** Coaches will determine practice cancellation. We will be using the “Remind” app to alert parents of any changes by phone. \* **Be sure to register the best cell phone number with the Remind app and check for messages frequently especially during in bad weather.**

**Meets:** All swimmers are required to arrive at the designated time. Any weather decision is the responsibility of the HOME/hosting team to call off any meet. We always try our best to make a decision that is best for everyone. Know that this can be very difficult. We typically cannot reschedule meets since all teams in the league have a full schedule of meets on Tues / Thurs evenings and need to remain open for members on Mon, Wed & Fri afternoon – evenings.

## TEAM SWIMWEAR

Summer Break will continue to use the same blue swim suits as we have in the past. In an effort to save on cost and turn around time we will no longer be having the logo put on the suit. Team suits can be purchased from **Runner’s Forum**. They will be attending our call out meeting on April 17<sup>th</sup> and available for sizing, pricing, and payment. If you cannot attend the call out meeting but would still like to purchase a suit through Runner’s Forum, please visit their store located off of 37 & 141<sup>st</sup> St. by Uncle Bill’s pet shop (right down the road from the pool).

## VOLUNTEERING

Summer Break’s parents are key to having a successful swim team! It is essential that we have plenty of volunteers at our meets, both home and away. All parents are required to work a minimum of three (3) meets. All families are **required** to participate in the Volunteer Deposit Program. The Volunteer Deposit Program is discussed in more detail at the end of this packet. Please take a moment to look at the job descriptions listed to get an idea of which jobs you might like to do at a

meet. Those families, choosing to volunteer, must register the dates they would like to volunteer during the first week of practices. Checks will be cashed Tuesday June 4<sup>th</sup> for those who have not signed up to work. To sign up, we will once again use a signup genius link to do so. The Invitational meet will NOT count toward the three required volunteer positions. When volunteering at a particular meet, there will be name badges and sign in sheet for you at the team table. Please note that in order to start the meet on time at 5:00, volunteers will need to be at the pool by 4:30. Working a swim meet is a great way to watch your child swim and get to know other parents. The best part of volunteering is that you make your child feel important knowing that you are involved!

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The following is a list and description of meet volunteer opportunities. Parents are the key to having a successful swim team. This year we will be using the **Meet Central** system. Volunteer positions are subject to change.

#### **TIMERS (2)**

- Sits with the Ribbon Writer at the end of the lane.
- Times are recorded next to the swimmer's name on the meet line-up sheet
- Verify correct swimmers are in correct lane and heat. Verify that relay swimmer order matches, if names are listed
- Start stopwatch from the sound of horn

#### **SCOREKEEPER (1)**

- There are 2 Scorekeepers, one from each team. Responsible for keeping the point totals on a simple to follow score sheet
- Must be an adult

#### **RIBBON WRITER (2)**

- Responsible for writing the correct placement ribbon for the swimmers in their lane at the end of each heat. Write swimmer's name and time on ribbon
- Sits with the Timer at the end of the lane

#### **HOSPITALITY (1-2) (Home meets ONLY)**

- Organize ribbons as the meet progresses
- Deliver ribbons to Ribbon Writers as meet progresses
- Deliver drinks to any volunteer workers who are unable to leave their positions during the meet
- Fills in when needed for other positions (i.e. bathroom breaks)

#### **CLERK OF COURSE (4 - 2 at each end)**

- Line up younger swimmers by the heat and lane
- Take them to their start position on time
- Must have 2 of 4 adults

#### **HOLDING AREA ATTENDANT (1)**

- Oversees swimmers holding area and gathers swimmers for Clerk of Course

## 2019 SUMMER BREAK SWIM TEAM VOLUNTEER DEPOSIT

The Volunteer Deposit is just that, a DEPOSIT, to which each family will have two options:

1) Volunteer to earn the entire amount back, or 2) Make payment to cover the cost of hiring someone to work. **Regardless of your choice this deposit will be required for all swim team parents.**

- The deposit is \$100.00 for each family.
- Deposit checks will be required at registration. **A separate check must be written independent of the registration fee. Please make checks payable to Summer Break.**
- Each family has the opportunity to earn back the full deposit by volunteering to work a **minimum of three Volunteer Positions**. The volunteer must be an adult or a teenager over the age of 15.
- Those families choosing to volunteer must sign-up at the pool the meet dates they would like to work no later than **Monday, June 3rd**. This should give everyone time from registration to review their child's schedule and make a determination of when they can volunteer. The Invitational meet will NOT count toward the three required volunteer positions. This meet will be required above and beyond your three committed swim meets. Rain-out dates will NOT be required to be rescheduled and will count as a shift worked.
- If you fail to work a meet that you have signed up for, your deposit will be cashed to help cover the cost for an employee to work that meet. **Please call the volunteer coordinator if you are unable to work a meet that you have already committed to.**
- After you have worked three Volunteer Positions, the family will receive their un-cashed deposit check back.
- **Those families choosing not to work 3 Volunteer Positions will have their checks cashed on Tuesday, June 4<sup>th</sup>**. This money will go to help pay their replacements.
- Please note, in order to start the meet on time at 5:00, Volunteers need to be at the pool by 4:30.

We are very excited about this program as it provides a win, win for everyone. Those who chose not to volunteer pay nothing and those who would prefer not to work are no longer required to do so. Anyone with questions is welcome to e-mail [info@summerbreakfishers.com](mailto:info@summerbreakfishers.com).

**\*Please note: the position you sign up for may change to meet the need of that swim meet\***

### 2018 SUMMER BREAK SWIM TEAM VOLUNTEER DEPOSIT ACKNOWLEDGEMENT

I have read and acknowledged the above Volunteer Deposit Policy. I understand that if I don't sign up to work three swim meets by **Monday, June 3<sup>rd</sup>** that my deposit will be cashed on **Tuesday, June 4<sup>th</sup>** to cover the cost to employ someone to work in my place.

Parents Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Check #: \_\_\_\_\_

#### **Check One:**

\_\_\_\_\_ I chose to Volunteer      \_\_\_\_\_ I chose NOT to Volunteer

*For office use only - Volunteer dates:* \_\_\_\_\_

*Volunteer Commitment fulfilled?* Yes   No   *Check Return Date:* \_\_\_\_\_   *Check Cashed Date:* \_\_\_\_\_



