

Summer Break Swim Team Handbook 2023

Section 1 GENERAL INFORMATION

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.

TEAM PHILOSOPHY

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

SUBURBAN SWIM LEAGUE

Summer Break	Gray Eagle	Windermere	Hawthorns
River Glen	Avalon	Plum Creek	

SWIM TEAM ELIGIBILITY

June 1st is the eligibility date established by the Suburban Swim League. Therefore, whatever age your child is on June 1st that is the age group he or she will swim with this summer. All swimmers must be under the age of 15, on or before June 1st.

The six and under group will swim 12.5 meters for all meets and the Invitational. There will be no assistance in the 1st heat in six & under. The rest of the heats will have "spotters". Swimmers should be able to swim the meet distance **with minimal help**. Spotters should be there more for confidence than actually holding them up. If the swimmer cannot swim in deep water, swim lessons may be a better fit.

AGE GROUPING

14-13 year olds
12-11 year olds
10-9 year olds
8-7 year olds
6 years old & under

SUMMER BREAK SWIM TEAM COACHING STAFF

Head Coach: Cat Sehr Phone: Email: cmsehr@gmail.com

Assistant Coach: Abby Miller
Assistant Coach: Austin Wilson
Assistant Coach: Natalie Vinton
Additional Contact: sbscswimteam@gmail.com

Parent Volunteers: We are in need of 3-5 Parent volunteers for this season. Our volunteers are essential to our team! They help with creating sign up geniuses, ordering and picking up Fun Friday donuts, help organize the end of season banquet and many more details that make this team memorable for the kids. Please let us know on your registration fee if you would like to help!

QUESTIONS TO COACHES

Please limit communication with coaches **during** practices or meets. If for any reason you need to communicate with a coach, please do so through e-mail, telephone or in person after practice is over. Tying up the time of our coaches diminishes practice time for all swimmers.

FEES

Summer Break Swim Club Pool Members - \$145.00 for each child (fee *INCLUDES T-shirt, cap, the invitational and the cost of Meet Central per swimmer*).

Non Summer Break Swim Club Pool Members - \$200.00 for each child

There is a discount for three or more children. The fee for a 3rd child and any additional children in the family will be **\$125.00** each for pool members and **\$175.00** each for Non-Pool Members.

ALL SWIM TEAM FEES ARE FINAL.

Registration is online when paying by credit card.

If registering via Paper registration, *Make your checks payable to Summer Break Swim Club.*****

PRACTICE SCHEDULE

Monday-Friday (unless otherwise noted)

<u>Age Group</u>	<u>Time</u>
7-8 & 9-10	8:30 – 9:30 AM
11-12 & 13-14	9:30 – 10:30 AM
4-6	10:00 - 10:30 AM

Note: Times are subject to change if deemed necessary by the coaching staff

**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.*

SWIM TEAM CALL-OUT MEETING

Call Out Meeting: April 25th at 6pm at Summer Break

This is will a short informative meeting regarding the season. There will be a Q & A time as well. Registration can be done at the meeting or online.

First practice will be held on Tuesday, May 30th and the season is finished after the Invitational on June 29th.

Section 2: SWIM MEETS

2023 SWIM MEET SCHEDULE & IMPORTANT DATES

Tuesday, May 30th: 1st Day of PRACTICE!!

Date	Home Team	Away Team
Thursday June 6	Summer Break	Hawthorns (New Conference Team)
Tuesday June 8	Plum Creek	Summer Break
Thursday June 13	Summer Break	Gray Eagle
Tuesday June 15	Summer Break	Avalon
Thursday June 20	River Glen	Summer Break
Tuesday June 22	Windermere	Summer Break
Thursday June 29	Invitational @ Fishers HS	TBA

TBA SB Banquet 6pm Summer Break

AWAY MEET LOCATIONS

- **Summer Break: 8376 E 141st St, Fishers, IN 46038**
- **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**
- **Gray Eagle: 12101 Brookschoo Road, Fishers, IN 46037**
- **Hawthorns Country Club: 12255 Club Point Dr, Fishers, IN 46037**

SWIM MEET SIGN UPS

We use Swimingly software for our swim meets. There is a way to RSVP or declare if you will be at a meet. Our coaches individually enter swimmers in every meet, so it is important you let us know if you will be there so your swimmer will be entered. *Any swimmer who has not indicated their participation for a meet by **11:00am the day prior to the meet** will NOT be put in the line-up for that meet.*

PLEASE TEXT Coach Cat @ 765-860-0779 if there is a last minute change in your plan.

We will talk at the call out and send more information on how to do declarations properly.

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

SWIM MEETS

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.

When you arrive at the meet:

1. Report to Summer Break designated area
2. Check events with coaches or volunteers
3. Use Sharpie to write the following info on swimmer's right shoulder
 - a. Last Name
 - b. Swimmer ID number
4. Write Event number and description on an arm or leg
 - a. ie: Event #6 50 Free
5. Stay with Team and Age Group. Report back to this place after each event. If we cannot find the swimmer, we will not delay the meet to look for them. They will miss their event.
6. 6 and unders swim ALL their events at the beginning of the meet starting at 5:00. Their events will take around 30 mins.
7. Meets vary in length depending on size of the teams. Generally meets are over between 8:00-9:00.

SWIMMING UP

A swimmer may swim up (1) age group in a single event. A swimmer may swim up more than (1) age group only if there is no other willing swimmer from that age group to swim that event. A swimmer may only swim in an individual event (1) time. For example, "Swimmer X" may only swim 7-8 Breaststroke or 9-10 Breaststroke, not both.

DISQUALIFICATION

For age groups 7 and up, swimmers in the 1st heat will be disqualified for improper strokes and starts. Disqualification affects the team score. All swimmers will continue to receive ribbons.

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

WEATHER

Inclement weather is inevitable during our swim season.

Practices: Coaches will determine practice cancellation and will send a message through the Remind App. Practice may have a one-hour delay and there will be an abbreviated schedule if weather is expected to clear. Be sure to register the best cell phone number in the Remind App to make sure you get all necessary information.

Meets: All swimmers are required to show up at the designated time. Any weather decision is the responsibility of the HOME/hosting team to cancel any meet. If the weather is questionable, and the teams are waiting it out, the meet will be called by 6 p.m. Swimmers are required to stay until a decision has been made. Meets are not made up.

TEAM SWIMWEAR

Summer Break will continue to use the same blue swim suits as we have in the past. Suits will be available for purchase through Elsmore Swim Shop. More information to come at the callout meeting. Each swimmer will receive a team cap and a t-shirt as part of their registration fee.

LIABILITY

Pyles Pools staffs a lifeguard at all of our practices and meets. This 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.

IS MY CHILD READY FOR SWIM TEAM?

Swim team does not replace swimming lessons. Please understand that we are excited to have your swimmer on the team when they are ready! There may be situations where we encourage lessons instead of swim team. In those instances, a refund will be given. In borderline situations, a swimmer may be allowed to do swim practices, but until they can swim half the pool safely, they will not be able to compete in the meets. We will offer a swim test at the call out meeting in April to see if they are ready. This will allow for enough time to do lessons if needed before season begins.

Section 3: VOLUNTEER RESPONSIBILITIES

VOLUNTEER SYSTEM

Summer Break Swim Club parents are key to having a successful swim team! We can't do it without you!

- All families are **REQUIRED** to work a minimum of three (3) entire meets (including 6 & under parents) PLUS the Invitational if your swimmer is registered. **Volunteers need to arrive by 4:30 p.m.**
- All families are **REQUIRED** to participate in the Volunteer Deposit Program.
- Sign up to volunteer no later than FRIDAY JUNE 2 through the team SignUpGenius.
- We provide volunteers for both HOME and AWAY meets

2023 SUMMER BREAK SWIM TEAM VOLUNTEER DEPOSIT

We understand that there are differing opinions concerning the need for parents to volunteer, but some actually enjoy it while others would simply prefer to watch the swim meet. We agree with both sides of thought, so we have come up with a plan that gives you a choice; a "Volunteer Deposit Program."

The Volunteer Deposit Program is just that, a DEPOSIT, where each family will have 2 options:

- (1) Volunteer to earn the entire amount back OR
- (2) Make payment to cover the cost of employing local teenagers to work in their place.

Regardless of your choice this deposit will be required for all swim team parents.

- The deposit is \$100 for each family required the 1st week of practice.
Deposit must be a separate check separate of the registration fee payable to Summer Break Swim Club.
- Each family has the opportunity to earn back the full deposit by volunteering **to work 3 swim meets in addition to the Invitational meet.** Volunteers must be age 15+
- Volunteer sign up deadline is **Friday June 2**
- Volunteering at the Invitational meet is mandatory if you have a swimmer attending and will not count toward the three (3) required volunteer positions.
- Rainout 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 team parent if you are unable to work a meet that you have already committed to.**
- After you have worked three (3) swim meets and the Invitational, the volunteer deposit check check will be destroyed on July 10 unless other arrangements have been made.
- **Those families choosing not to work a swim meet will have their checks cashed on Friday June 2.** This money will go to pay for a replacement.

We are very excited about this program as it provides a win, win for everyone. Those who chose to volunteer pay nothing and those who would prefer not to work are no longer required to do so. This is something several other area programs have incorporated into their league(s) and all view it as a resounding success.

SUMMER BREAK SWIM TEAM Paper Registration 2023

(online registration also available)

Swimmer's Name: _____ DOB: _____ AGE: _____ T-shirt Size: YM YL S M L

Swimmer's Name: _____ DOB: _____ AGE: _____ T-shirt Size: YM YL S M L

Swimmer's Name: _____ DOB: _____ AGE: _____ T-shirt Size: YM YL S M L

Swimmer's Name: _____ DOB: _____ AGE: _____ T-shirt Size: YM YL S M L

Medical Information:

If any of your swimmers have medical conditions the coaches should be aware of, please list swimmers name and information here.

Emergency Contact:

Name: _____ Relationship: _____ Number: _____

Liability Waiver

We the parents of _____ / _____ / _____ / _____

do hereby give our approval to our child's/children's participation in swimming and other activities of Summer Break Swim Team during the 2023 summer season. We assume all risks and hazards incidental to our child's/children's participation in the sport or other activity, including transportation to and from meets, practices, or other events. We hereby release, and agree to indemnify and save harmless Summer Break Swim Team, Summer Break Swim Club, LLC, Pyle's Pools, Inc. a/k/a Pyle's Pools, the coaches, swim moms and dads, other volunteers, lifeguards, any other participating or sponsoring organizations, and all employees, directors, officers, officials, members, successors and assigns, representatives, and agents of the foregoing released parties; from all claims, lawsuits, or actions of any kind including for any and all injuries, casualties, damage or losses incurred by us or resulting to our child(ren), by reason of participation in any activity sponsored by the Summer Break Swim Team, or use of the Summer Break Swim Club. We give permission for our child/children to participate in Summer Break Swim Team for the summer of 2023. I fully understand that my child(ren) is injured in any way, I will not hold Summer Break Swim Team, Summer Break Swim Club, LLC, Pyle's Pools, Inc., the coaches, swim moms and dads, and any other participating or sponsoring organizations and all employees, officials, representatives and agents of such organizations or persons responsible.

Parent/Guardian Signature _____ Date: _____

Parent/Guardian Name Printed _____ Relationship to Child _____

E-mail: _____ Home or Cell Phone: _____

Address: _____

2023 Pool Member (circle one): yes no

For office use only: Cash _____ Check # _____ Date _____

2023 SUMMER BREAK SWIM TEAM VOLUNTEER DEPOSIT
ACKNOWLEDGEMENT

I have read and acknowledged the above Volunteer Deposit Policy. I understand that if I do not sign up to work three (3) swim meets and the Invitational meet by Friday, June 3rd that my deposit check will be cashed on **Monday June 6** to cover the cost to employ someone to work in the place.

Please fill out this form and attach a **SEPARATE** check from your registration amount made out to Summer Break Swim Club.

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: _____