

City of Sacramento
Department of Parks and Recreation

2011 Recreational Swim League



Parent Handbook

2011 Recreational Swim League Parent Handbook

Welcome to the City of Sacramento's Recreational Swim League! Parents/guardians of swimmers need to be prepared for the world of swimming. The success of a swimmer is directly related to the positive influence of parents/guardians. Parents/guardians are expected to read the handbook rules and then sign and return the required forms as steps toward that positive influence.

Swim Team parents/guardians have responsibilities and opportunities. Responsibilities lie in volunteer hours, reading, understanding and signing materials handed out and making sure the swimmer is at practices as well as meets.

There will be opportunities to recognize your child's efforts, applaud his/her achievements and watch them become team members and players. They will establish friendships for years to come, gain a love of the sport and have a chance to visit other city facilities of which they were previously unaware. These opportunities can make your time spent in swimming worthwhile.

As with any recreational program the Department of Parks and Recreation offers, the staff is here to help build the capacity of your swimmer to succeed. The Aquatics Staff of the City of Sacramento Swim League's goals are to instruct the swimmers in sportsmanship, proper swimming skills and techniques and teamwork, but above all, to learn to love the sport and have fun!

The City of Sacramento Swim League is made up of four teams, combined from eight of the pools in the City.

Clunie Marlins (swim at Clunie Pool in McKinley Park)

Glenn Hall River Rats (swim at Glenn Hall Pool)

Doyle Dolphins (swim at Doyle and Natomas HS Pools, aka DJN)

Pannell Meadowview Killer Whales (swim at Pannell Meadowview Pool, aka PMM)

General Information

- ❖ All required paper work must be completed properly and on file with the coach on July 1, 2011.
- ❖ **Proof of Age.** Swimmers must be no younger than 7 years old and no older than 17 years old. Submit one copy of the swimmer's birth certificate, passport, driver's license, California I.D. or Medi-Cal card that shows proof of age. We do not keep this information year to year.
- ❖ July 1st is the date for determining swimming age.
- ❖ **Medical Information.** Please complete the Medical Emergency form and submit it to your child's coach. We do not keep this information year to year.
- ❖ **A registration form/hold harmless agreement,** completed and signed for each child is required before the child can enter the water. If you paid online, your

- agreement and consent to rules and policies is implied once you have paid.
- ❖ Any questions regarding the eligibility, etc. should be directed to the Aquatics Supervisor.
 - ❖ Swimmers/coaches/staff are required to adhere to all information written in this document.
 - ❖ **Water Test.** All children new to the league and/or under age 10 will be water tested. Children must be able to demonstrate a minimum of beginning swimming skills (i.e. front crawl with breathing), ability to safely swim in deep water without help or the appearance of distress, and be able to swim one lap continuously. Children who cannot meet these safety standards will not be eligible to swim on a team and will either be transferred into swim lessons where possible or given a refund. This will be strictly enforced. If aquatics staff sees children swimming in distress at any time, they will be removed from the league.

Eligibility

Membership for swimmers is open to anyone not participating in US Swimming leagues or other organized swim teams/clubs OR practices. The blackout period is January-August of any calendar year. If a swimmer has participated in another program, one year of non-participation is required where the swimmer has not competed or worked out with that program. A letter stating where and when the swimmer competed or worked out is required and should be directed to the Aquatics Supervisor for review. Exceptions are made for high school swimmers who swim on their high school teams. Any questions regarding eligibility, etc. should be directed to the Aquatics Supervisor.

Practices

Practices are held four days a week during weekdays. Because of 2011 budget reductions, each pool has a "brown-out" date where the pool is completely closed, which means there will be no swim practices on those days. Swimmers must attend a minimum of 3 out of the 4 days per week in order to compete in the dual meets. Swimmers must come prepared with suit, goggles, cap, and towel. Swimmers should be on time to practice and be ready to learn.

Stroke and Turn classes taught by staff are available to anyone interested in improving their strokes during the first session of swim lessons. Check the pool lesson schedule for dates and times.

Dual Meets

Dual meets are held on Saturday mornings starting at 8:30 a.m. Swimmers should arrive by 7:30 a.m. for warm-ups and to check in with the coaches.

The following age groups are for both boys and girls: 7 & 8, 9 & 10, 11 & 12, 13 & 14, 15-17. Events are as follows: Medley Relay, Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley, and Free Relay.

All participants can swim in a total of three (3) individual events and one (1) relay or two

(2) individual events and two (2) relays for dual meets.

If an unforeseen event occurs which will cause the swimmer to be late, call the location of the meet and ask for the team coach.

League Championships

Swimmers must compete in at least 2 dual meets to compete in League Championships. Trials for certain events will be held the Saturday before Championships. League Championships (also called Trials and Finals) are a two-day event. Championships allow swimmers to participate in a total of five events in their age group which includes at least one relay.

New Changes to 2011 Season

Registration fees can only be paid online or at select community centers. No registration fees can be collected at any swimming pools.

Volunteering

The City of Sacramento Recreational Swim League asks parents to volunteer a minimum of four hours during the summer. Coaches of smaller teams may ask parents to volunteer more than the four-hour minimum. Below is a partial list of the many “jobs” in which parents can take part.

Pre/Post-Season

Publicity/Recruitment	Sponsorships/Donations	Team Newsletter
Team “Board of Directors”	End-of-Season Party	Team Parent

During the Season

Team Pictures	Awards	Swimsuits
Special event BBQs	Fund Raising	

Dual Meets (includes Event Trials & Championships)

Timers	Scorekeepers	Runners
Ribbon Writers	Snack Bar	Announcers
Set-up/Clean-up Labor		

As you can see, there is a lot parents can do to help with the swim team program. Your children (and staff!) will appreciate your participation and enthusiasm as well as your support. Parents are reminded to speak to the Pool Manager and/or the Aquatics Supervisor to arrange special events for swim team.

Sportsmanship

Swimmers, parents, and other onlookers will not use offensive or abusive language at the meets or practices. All participants are required to maintain good sportsmanship. The City of Sacramento has adopted the youth sports philosophy of Positive Coaching

Alliance. Check out their web site www.positivecoach.org.

Swimming Code of Ethics

- ❖ Swimmers will not use offensive or abusive language to anyone at the meets or practices.
- ❖ Respect for league members, coaches, staff and officials.
- ❖ Swimmers and parents/guardians, and other family members shall not participate in unsportsman-like conduct. All participants are required to maintain good sportsmanship.
- ❖ Marked areas of the pool facilities are not to be infringed upon by participants or their family members or staff.
- ❖ Violation of any of the above can result in suspension from the league.

Consequence of Misconduct

Swimmers are expected to follow directions given by coaches and aquatics staff. If a child's behavior interferes with the program or results in disciplinary action during the course of the swim season, your child may be expelled from the program.

Inappropriate parent or guardian behavior can also result in your child being removed from the program. Our philosophy is aligned with PCA (Positive Coaching Alliance). "Honor the Game!"

Stroke Technique

A. Freestyle

Start – The forward start will be used.

Stroke – Any swimming stroke or combination of strokes can be used except in the medley events.

Turns – A hand touch is not required. Any part of the body may touch the wall.

Finish – When any part of the swimmer touches the wall after the prescribed distance.

B. Backstroke

Start – Starting in the water with both hands on the gutter or on the starting grips.

Stroke – Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on his/her back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start and each turn. By that point, the head must have broken the surface of the water.

C. Breaststroke

Start – The forward start will be used.

Stroke – From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast and brought back or under the surface of the water. The hands shall not be brought back beyond the hip line, except on the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during the complete cycle of one arm stroke and one leg kick, except during the first cycle after the start and each turn. During this first cycle the swimmer may take one arm stroke completely back to the legs and one kick while wholly submerged.

Kick – All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward in the back movement. A scissors or flutter kick or a downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.

Turns & Finish – When touching the end of the pool at the turn and finish, the touch shall be made with both hands simultaneously at the same level, either at, above, or below the water level.

D. Butterfly

Start – The forward start shall be used.

Stroke – After the starts and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him/her to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept on the breast, and both shoulders in line with the water surface, from the beginning of the first arm stroke after the start and after each turn. A swimmer is allowed to be under water for up to 15 meters in the pool and at that point, the swimmer's head must have broken the surface of the water.

Kick – All up and down movement of the legs and feet must be simultaneous, but shall not be alternating in nature. The use of the scissors or breaststroke kicking movements are not permitted.

Turn – when touching at each turn, the touch shall be made with both hands simultaneously at, above, or below the surface of the water. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

Finish – At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

E. Individual Medley

Start – The forward start for Butterfly shall be used.

Stroke – Please see A through D. The order is as follows: Butterfly, Backstroke, Breaststroke, and Freestyle.

Turns – Butterfly to Backstroke, swimmers touch with two hands and push off wall on back. Backstroke to Breaststroke, swimmers touch wall on back and push off on stomach or do a flip from their back to their front. Breaststroke to Freestyle, swimmers touch with two hands and push off wall onto stomach.

Finish – When any part of the swimmer touches the wall after the prescribed distance.

F. RELAYS

Freestyle Relay – Four swimmers on each team. Each swimmer is to swim the prescribed distance continuously using any desired stroke.

Medley Relay – Four swimmers on each team, each to swim one fourth of the prescribed distance continuously in the following order:
Backstroke, Breaststroke, Butterfly and Freestyle.

Rules for Relay Races:

- No swimmer is allowed to swim more than one leg of the relay in order to qualify it an official race.
- Each swimmer, after the first, may be in motion, but must have both feet in contact with the pool edge until the instant the preceding swimmer touches the edge.
- Any team member or relay team may be disqualified if a teammate enters the pool before the race is finished.
- Only “A” Relays score in dual meets. At Event Trials and League Championships, relays are timed finals and may be raced in several heats.

Scoring

The first heat (A) of each event in dual meets is scored.

Dual Meets: Five individual places (6-4-3-2-1-0 points)
Relay Points (8-4-0)

Championships: Sixteen Individual places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Scores: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-1

Disqualifications: When a relay team or individual is disqualified, the places are scored as if that swimmer never swam and everyone will move up.

Ties: Where two or more swimmers tie for a place in any event, the points credited to such places are added together and divided equally among those swimmers and teams; i.e., tie between first, you would add first place (20) and second place (17) which equals 37 and divide by two and award the points to both swimmers based on that. The third place is treated as 3rd and scored as such.

Fouls/Disqualifications (DQs)

Competitive swimming is a highly technical sport. As such, it is very common in this league for swimmers to get DQ'd. A swimmer who performs the stroke incorrectly (example: swimming the butterfly using flutter kick) has a distinct advantage in propulsion against another swimmer who is performing the entire stroke correctly. If your swimmer does not perform the stroke well, he/she should not enter those events at League Championships. Even world-class swimmers get DQ'd once in a while.

City Aquatics Staff act as Stroke & Turn Judges at all swim meets. DQ judges are chosen based on their experience in the Aquatics Section as a swim team coach or swimmer. Their judgment calls on whether a swimmer is disqualified is theirs alone and the decision is final. Parents and coaches are not to argue with the judge at any time. Exceptions will be taken on a case-by-case basis by the Meet Director and the Aquatics Supervisor at Championships ONLY. There are no instant replays in our swim league. Videotaped events are not valid for protests.

No device that aids propulsion or flotation is allowed, such as, but not limited to, water wings, swim fins, etc.

Standing on the bottom or hanging on a lane rope and using it to propel the body forward are grounds for disqualification.

A swimmer must start and finish the race in his/her assigned lane. This includes swimmers who reach over to shake hands at the end of the race.

Protests

Protests affecting the eligibility of a swimmer must be made in writing before the race is held. The swimmer will be allowed to swim under protest. The Meet Director notifies the Supervisor/Referee that a protest was taken. (Time must be noted by the Time Keeper.)

A scoring protest must be made in writing within 30 minutes of the score being announced or communicated to the coaches. If a protest is made, the score is not announced until it is decided upon and the supervisor/referee or Meet Director has ruled.

City of Sacramento Swim League
2011 Dual Meet Schedule

Date	Visitor	Home	Location
July 9	Glenn Hall	DJN	Doyle Pool
July 9	Clunie	PMM	Pannell Mdw Pool
July 16	DJN	Clunie (home)	Doyle Pool
July 16	PMM	Glenn Hall (home)	Pannell Mdw Pool
July 23	Clunie	Glenn Hall (home)	Doyle Pool
July 23	DJN	PMM	Pannell Mdw Pool
July 30	Event Trials	Morning (All Teams)	Natomas HS Pool

Dual Meets start at 8:30am SHARP!
Warm up: home team—7:30am/visitor—7:45am

Clunie = Clunie Marlins
DJN = Doyle/Johnston/Natomas Dolphins
Glenn Hall = Glenn Hall River Rats
PMM = Pannell Meadowview/ McClatchy Park Killer Whales

* Because of the shortened league, all meets are held in 25 yard pools. Clunie and Hall will be designated home teams where appropriate.

Pool Addresses:

Pannell Meadowview Pool—2450 Meadowview Rd near 24th Street

Doyle Pool—Brewerton & Mendel Streets in Northgate Park

Natomas HS Pool—3301 Fong Ranch Rd, near San Juan & Truxel in Natomas High School

Championships—August 6th and 7th @ Pannell Meadowview Pool

Dates/locations subject to change
Rev 3/31/11

