

INVERNESS STINGRAYS SWIM TEAM

GENERAL INFORMATION

WHO WE ARE

The Inverness Stingrays Swim Team is a member of the Atlanta Swim Association League and is located in the Inverness Subdivision. The team was established in 1997. Children who are ages 5 to 18 years old as of June 1st of the current calendar year who live in Inverness may join the team. We also welcome children from neighboring subdivisions as space allows.

TEAM PHILOSOPHY

The Inverness Swim Team offers a fun environment where children can experience the sport of swimming in an atmosphere that encourages team spirit and individual accomplishments.

SWIMMING ABILITY AND AGE REQUIREMENTS

Children must be 5 years old on June 1 of the current calendar year and they must be able to swim the length of the pool unassisted to join the team. In addition, they must be mature enough to understand and follow the coaches' instructions, and be disciplined enough to stay in the pool during practice. The head coach will determine a new swimmer's eligibility to join the team by the end of the second week of practice. Refunds will be issued using guidelines set forth in the Refunds section of this handbook.

Swim team is not swimming lessons, although coaches do provide instruction in freestyle, backstroke, butterfly and breaststroke. Coaches time the swimmers in each stroke and place them in appropriate competitive events at the meets based on their times.

PARENT PARTICIPATION AND RESPONSIBILITIES

Our swim team cannot function without 100% participation and commitment from parents. Parents must volunteer to support the team either during or in preparation for meets. Parents should expect to volunteer at each meet where their child is a participant - - the final number of slots will be determined based upon the number of families participating and the age breakdown of the swimmers. **All parents with children 12 and under are expected to volunteer in the bullpen as needed.**

SWIMMER PARTICIPATION IN MEETS

Line-ups are made two days in advance of each meet. Swimmers will be scheduled to swim unless we have been notified by Monday for a Thursday meet. **If you know that your child will be unavailable on certain dates, inform BOTH the Head Coach and one of the Team Managers via email. If your swimmer is unable to swim just before a meet, please contact one of the Team Managers via cell phone as soon as possible.** No-shows can cause an entire group of swimmers to miss their event. Please make every effort to notify the Head Coach and Team Manager if your child will miss a meet.

COMMUNICATION

All communication will be by email through Yahoo groups. Please check your email regularly for updates. If you are not receiving emails, please contact swiminverness@yahoo.com. We will also post changes and important information in the swim cabinet located in the breezeway at the pool. It is the parents' and swimmers' responsibility to stay informed. A list of important dates/times can be found at www.swiminverness.com. Any questions can be sent to swiminverness@yahoo.com and will then be forwarded to the appropriate contact.

Maps to all the away meets can be accessed by going to www.atlantaswimming.com, the official League website.

REGISTRATION AND FEES

The deadline to register with Inverness is May 1st or as space allows. 2013 Swim Team fees are \$75 for Inverness Residents and \$95 for non-residents. Fees cover coaching, administrative expenses, parties, trophies and any additional costs incurred during the season. The swim team is self-supported.

An ASA League fee of \$20 per swimmer is due by April 1st at www.atlantaswimming.com. The ASA fee pays for insurance, ribbons and additional League costs. Late fees may be incurred if paid after the deadline.

REFUNDS

When you register to join the swim team, you have made a commitment to the team. You will be able to get a full refund of all fees paid to Inverness up until May 1st. A partial refund of \$55 for residents, \$75 for non-residents, may be requested until May 18, 2013; \$35 for residents, \$55 for non-residents may be requested if your swimmer chooses not to participate as of the first swim meet on Thursday, May 30, 2013. There will be no refunds as of June 1, 2013. Refunds must be requested in writing and can be emailed to swiminverness@yahoo.com. Any refund of League fees will need to be requested from Atlanta Swimming and may or may not be granted per their guidelines.

PRACTICE TIMES

Swimmers should attend the practice time for their designated age group only. If a camp or other activity prevents your swimmer from attending their scheduled practice, try to find another point during the day to get your child to the pool. Year round swimmers are encouraged to attend practice at Inverness, but are also welcome to practice at their regular facility.

ALL swimmers should come to have their arms marked on meet day. Line-ups will be available during the regular practice slots. If your swimmer can't have their arm marked on a meet morning, please contact one of the Team Managers so we know that you are indeed swimming in the meet!

SWIMSUITS

We typically have a swimsuit for 2 seasons. We encourage swimmers to purchase new suits at registration if they want to have it in time for the first meet. You may also purchase suits at Atlanta Swim Academy.

Be sure to mention the Inverness Swim Team to get the correct suit. At all meets, boys should wear the team suit or jammers, briefs, or trunks in black. Girls should wear the team

suit or a solid one piece suit in black. **We encourage swimmers to wear a previous year's suit to practice while saving their team suit for the Meets only.** Reminder, girls should only wear one-piece suits to practice and meets.

PRIVATE SWIM LESSONS

Coaches may offer private lessons for those interested. Sign up sheets posted at swim team practice should be scheduled for team members only. Please contact a coach directly for available lessons for non-team members. Thank you for your cooperation. Lesson prices are set by the coaches and should be paid directly to them.

TEAM PICTURES

The team will arrange for a photographer to come to the pool to take a team picture. Individual pictures will also be taken at that time. Pictures are optional, and are not included in registration fees.

END-OF-SEASON PARTY

At the end of the season, the team holds a party to celebrate the swimmers' accomplishments! All swimmers will receive an item of recognition, and certain swimmers will also receive special recognition from the coaches (special awards include Most Valuable Swimmer, Most Improved Swimmer, and more.) Extra lifeguards are hired and the entire family is invited.

INCLEMENT WEATHER

Weather can be unpredictable. Swimmer safety is our first concern during practices. Rest assured, the coaches and team managers are paying attention to the weather conditions and will make decisions regarding practice as soon as possible. We will practice in light rain. The Head Coach will cancel a session if thunder or lightning is present or if rain is so heavy that she can't see the bottom of the pool. Cancellations will be sent via the swiminverness yahoo group as soon as a decision has been made. It's possible one age group will cancel, while an earlier or later session is able to take place. Please check your email regularly for updates regarding practices, meets and any other events.

SWIM TEAM RULES AND REGULATIONS

PRACTICE GUIDELINES

1. Practice cannot start unless the head coach or assistant coach is on deck. Swimmers should not be inside the pool area without a coach present.
2. **Be on time.** Please have your swimmers on deck ready for practice five minutes before practice time begins. Please help your child get to practice everyday with all necessary equipment (swimsuit, goggles, towel, etc.).
3. Swimmers should not leave the pool area during practice unless they inform the coach.

4. **Remind your child to listen carefully to the coaches.** They are there to coach and not to handle discipline problems. Unacceptable behavior, which continues after one warning, may result in a child being asked to leave the pool.
5. **Pick up your child promptly at the end of practice.** Coaches need to prepare to coach the next group of swimmers. There is not a lifeguard on duty during practice. EVERYBODY must leave the pool deck when practice concludes for the day unless the Inverness Life Guard has arrived and is ready for swimmers.
6. Swimmers are not allowed in the water before or after their practice. Swimmers waiting for their practice to start are not to get onto the blocks before their group is called. Swimmers should wait under the bullpen sails to be ready for the start of their practice.
7. **Parents: please allow the coaches to focus on the children during practice sessions.** You may contact coaches regarding swim lessons after 11:30am, when practice ends, or you may also reach them via email. Parents are not allowed in the pool at any time during practice.
8. **Siblings are not allowed to swim in the pool or baby pool during practices.** This must be strictly enforced for LIABILITY REASONS. We understand this can be inconvenient and encourage you to make other arrangements for siblings during these times. We invite all family members to join us on Fun Fridays, at our photo party and end of season party. Thank you for your cooperation.
9. **5/6 year old swimmers:** A parent or designated adult **must attend** practice sessions. Coaches are not acting in the capacity of a lifeguard. For our children's safety, please watch your swimmer during the practice.
10. Parents of children 7 and older do not need to attend practice sessions. If discipline problems arise, a parent will be contacted and asked to remain on deck during practice.
11. Our Team must follow all Inverness Home Owner's Association Guidelines regarding pool usage. If the pool is closed due to contamination, a fee of \$250 will be incurred by the parent and payable to Inverness HOA.
12. **FUN FRIDAY:** All swimmers are invited to the pool from 10-11:30 on Friday morning for ribbons and a donut. Coaches cannot conduct swim lessons during this time. Everybody is required to leave the pool area at 11:30 while the Inverness Lifeguard readies the pool for the day. Residents may return when the pool opens (don't forget your pool tag!)
13. **Please clean up after yourself and remind your swimmers to do the same.** Any trash left behind after a practice has to be cleaned up by our coaching staff before the pool opens for the day.

MEET GUIDELINES

1. **Get to the meet on time!** Swimmers are required to arrive at HOME Meets by 4:30pm and at AWAY Meets by 4:45pm. Bullpen parents must arrive at least five minutes before the swimmers. Upon arrival at the pool, swimmers must check in with their Bullpen parent. Bullpen Parents and the Bullpen Manager will be able to answer swimmers' questions about what events they are swimming. Volunteers should check in with the Volunteer Coordinator, and then direct any questions about their position to the Bullpen Manager, Deck Manager or Concessions Manager as needed.
2. **Bring extra towels, t-shirts and sweats for each swimmer.** Don't forget a pair of shoes – decks, parking lots, and grassy areas can be rugged and get very HOT during the summer days. Make sure everything is marked with your child's name.
3. **During the meet, it is imperative that swimmers under 13 years old stay in the bullpen.** This is an area designated for swimmers. We will have parent volunteers assigned to each bullpen area to help get the child to the starting blocks. However, it is the parent's responsibility to ensure that the child stays in that area at all times. **Parent volunteers will not go looking for individual children** that have left this area as the event approaches. If your swimmer leaves the bullpen, make sure he or she is back in the area at least 6 events prior to their next event.
4. On meet days, swimmers should avoid dairy foods, carbonated drinks, and foods high in fat content. Swimmers should get lots of liquids and foods rich in carbohydrates (pasta, muffins, bagels, waffles, pancakes, cereal and fruits).
5. If your child has not finished all his/her events, **do not leave a meet without letting the Head Coach know.** Swimmers are expected to swim all their scheduled events.
6. **Notify the Head Coach and Team Manager as soon as possible if your child will miss a meet.** The Coaches need to prepare a "lineup" for each meet which is exchanged with the opposing team's coach.
7. **If your child gets sick and cannot make a meet,** please notify the Head Coach and one of the Team Managers immediately. If the coach doesn't know of a scratch before the meet, the team may lose points.
8. **Help your child set reasonable goals.** If a fast time seems far away, try improving the time by one second or swimming without any disqualifications.
9. **Don't assume that a meet is cancelled even if there are thunderstorms in the area.** The referee will decide after both teams have arrived at the meet location.

10. **No smoking or drinking alcoholic beverages by parents, volunteers, or swimmers is allowed at swim meets.**
11. **Give encouragement to your child** and allow the coaches to handle the coaching.
12. **Please pick up your trash** and belongings before leaving the pool area. Remember there is no one but another volunteer to clean up after you.
13. **PLEASE do your part.** Swim meets take an incredible amount of volunteer effort in order to be a success. All parents are expected to volunteer as needed during the meets.
14. **HAVE FUN!!** Summer Leagues should make great summer memories and children should want to return every year to be a part of their neighborhood team. Go Stingrays!!

MEET INFORMATION

AGE DIVISIONS

Swimmers are divided into the following age groups: 5-6, 7-8, 9-10, 11-12, 13-14, and 15-18. The age control date for swimmers is June 1st. **Swimmers must be 5 years old by June 1st in order to participate on the Inverness Swim Team.** Swimmers may not swim in a younger age group, but they may swim up during a meet, at the coach's discretion. Swimmers will practice within their age group.

EVENT PARTICIPATION AND SCORING

Individual Races

First Place: 5 points
Second Place: 3 points
Third Place: 1 point
Additional Places: Ribbons only

Relays

First Place: 7 points
Second Place: 3 points

Each team may enter two swimmers for points in each event (one group for relays). *This is the official heat for the event.* Coaches can add exhibition heats, when appropriate, to give other swimmers an opportunity to swim. Exhibition heat swimmers do not earn points for the team however all swimmers receive a ribbon for each event they swim in. Typically, swimmers may swim 2-3 events at each meet, although this number may vary.

ARM WRITING CODE

All swimmers will have their events written on their arm at practice on the morning of the meet. Parent volunteers will be present to assist in arm writing. The following is an example of the code and procedure used:

E	H	L	
12	1	2	BR
14	2	6	Fly

E = Event number

H = Heat number

L = Lane number

BA = Backstroke

BR = Breaststroke

FR = Freestyle

FLY = Butterfly

DISQUALIFICATIONS

The referee may disqualify a swimmer for improper swimming technique. Referees will be more lenient at the first meet and with younger swimmers. Points are forfeited when a swimmer is disqualified.

PARENT COMPLAINTS

Parents should bring complaints to one of the Team Managers. These are the contacts for the coaches at the meet and at practices. Please do not approach the coaches or the referee. This will be strictly enforced.

INCLEMENT WEATHER

Per Atlanta Swimming Association Rules and Guidelines, every effort must be made to swim each meet as scheduled. In the event of inclement weather, each team must show up at the pool on time. If at 5:30, the weather still precludes the meet from starting, the Team Manager and Head Coach from each team and the Referee will meet and decide whether to postpone or reschedule the meet. Care for the safety of the swimmers and spectators will be the primary factor in deciding whether or not to begin or continue competition.

MEET DAY PARKING

During Home Meets, the Inverness parking lot is reserved for Swim Team Coordinators for the visiting and home teams who are arriving early and staying late, the referee, announcer and Emergency Vehicles. Please respect the roped off and reserved parking spaces.

PARKING IS NOT PERMITTED ALONG EITHER SIDE OF THE DRIVEWAY LEADING TO THE POOL OR ALONG THE FRONT OF THE POOL. THIS IS ROPED OFF TO ALLOW ENTRY AND PARKING OF EMERGENCY PERSONNEL IF NEEDED. YOUR VEHICLE MAY BE TOWED IF IMPROPERLY PARKED! Swimmers may be dropped off at the pool while you go to park your vehicle. Instruct them to proceed to their bullpen immediately to get checked in.

Please respect the parking rules when visiting other pools. They have also put their rules in place for the safety of the swimmers.

Go Stingrays!!