

# Parent Guide Summer Swim Team 2024

Welcome to Waves of Westlake (WOW) Summer Swim Team season 2024. We are a Division D Team this season, and our home pool is the Dorchester Community Pool. We are super excited to have your family on the team this season! This Packet will explain everything you need to know for this upcoming season and hopefully answer any questions you may have. After this packet, if you still have questions, please feel free to reach out and ask those questions.



## **2024 Board Members**

**Bill Baker President**

cadzar@comcast.net

**Alicia Harrelson Vice President**

atharrelson@gmail.com

**Ashi Arco Treasurer**

ashi.alemania@gmail.com

**Kimberly Borders Secretary**

kimberly.borders@icloud.com

**Jennifer Clark League Representative**

jen.owen.clark@gmail.com

# Meet The Coaches

## **Head Coach** **Coach Bri/Briana**

I am very excited to start this summer swim season with the team I grew up on as the coach! I swam for WOW for 12 years, swam for North Point for four, and swam seasons year round. I coached the Special Olympics Charles County team for two years and the Assistant Coach at Smallwood last season. My favorite events were distance and breaststroke. I hope to help all swimmers grow during this season!

### **Contact Information**

(301) 818 - 3724

[coach.bri.mad@gmail.com](mailto:coach.bri.mad@gmail.com)

## **Assistant Coach** **Coach Daniel**

I am excited to continue in the sport of swimming by coaching! I swam for WOW for 15 years, North Point High School for 4, and year-round seasons, including some with Southern Maryland Aquatics. I am currently a member of the Varsity Men's Swim Team at St. Mary's College of Maryland, where I swim primarily mid-distance freestyle and all breaststroke events. I hope to help all swimmers meet their goals and foster an environment that promotes sportsmanship and determination this season.

### **Contact Information**

[swimcoachdanielm@gmail.com](mailto:swimcoachdanielm@gmail.com)

## **Assistant Coach** **Coach Dalyn**

I am extremely excited to continue my swimming journey with WOW. I started swimming when I was 4 years old just for fun and exercise when I became a freshman at Lackey High School that is where I fell in love with the competitive side with swimming where I continued to swim during the summer and throughout my entire highschool career at St. Charles. After graduating from Arizona State University I started coaching High School swimming at St. Charles High School. My main goal is to continue to inspire and uplift swimmers and show them the love for swimming that I enjoyed when I was younger.

### **Contact Information**

[wow.coach.hinton@gmail.com](mailto:wow.coach.hinton@gmail.com)



# Terms and Definitions

## Strokes

- There are 4 strokes that are competed in during a swim meet
  - Butterfly (Fly)
  - Freestyle (Free)
  - Breaststroke (Breast)
  - Backstroke (Back)
- The individual medley (IM) is an event in which all strokes are swam in one event in the following order:
  - Fly
  - Back
  - Breast
  - Free

## Flip Turn

- If a swimmer is swimming more than one lap or a 25 they will need to do a flip turn
- This allows the swimmer to continue swimming after hitting the wall

## DQ

- Disqualification
- This means that your swimmer has done something while swimming that is not legal for the stroke
- After a DQ has happened a coach will receive a paper that lets them know what that swimmer was DQ'ed for and the coach will then address that with the swimmer

## Seed Time

- This is the time that the swimmer has previously swam and is used to put them into the heats for swimming the meet

## Clerk of Course

- This is the area at the meet that swimmers go to before their race where they will be put in the right heat and lane for the event

## Heat Sheet

- This is where you can find the schedule of the meet and what the heats and events will look like

## 25

- This is one length of the pool

## 50

- This is 2 lengths of the pool

## 75

- This is 3 lengths of the pool
- 100
- This is 4 lengths of the pool

# Practice Times and Groups

Please arrive to practice at least 10 minutes beforehand so that swimmers are in the water and ready to start directly at the start time.

## **Before School Is Out/Evening Practice**

Time	Age Group
5:00 - 5:45 pm	11 and under
5:45 - 6:45 pm	12 - 14
6:45 - 8:00 pm	15 - 18

## **After School Is Out/Morning Practice**

Time	Age Group
9:00 - 10:00 am	11 and under
7:45 - 9:00 am	12 - 14
6:30 - 7:45 am	15 - 18

If your child needs to be in a different group based on ability, please talk to the coaches, and they will work it out.

# Swim Meet Order

This is the order in which the swim meet will take place if all conditions are met, and there are no issues.

- Both Teams Arrive
- During time of arrival please check in with coaches and receive swimmers' events
  
- Home Team Warm Ups
- Away Team Warm Ups
- During Warmups this is normally when Timers and Officials will have their meetings
- After warm ups there is a short amount of time between the end of away team warmups and the first event
  
- Boys 18 and under 200 Medley Relay
- Girls 18 and under 200 Medley Relay
- Boys 10 and under 25 Fly
- Girls 10 and under 25 Fly
- Boys 11/12 50 Fly
- Girls 11/12 50 Fly
- Boys 13/14 50 Fly
- Girls 13/14 50 Fly
- Boys 15/18 50 Fly
- Girls 15/18 50 Fly
- Boys 8 and under 25 Free
- Girls 8 and under 25 Free
- Boys 9/10 50 Free
- Girls 9/10 50 Free
- Boys 11/12 50 Free
- Girls 11/12 50 Free
- Boys 13/14 50 Free
- Girls 13/14 50 Free
- Boys 15/18 100 Free
- Girls 15/18 100 Free
- Boys 8 and under 25 Breast
- Girls 8 and under 25 Breast
- Boys 9/10 25 Breast

- Girls 9/10 25 Breast
  - Boys 11/12 50 Breast
  - Girls 11/12 50 Breast
  - Boys 13/14 50 Breast
  - Girls 13/14 50 Breast
  - Boys 15/18 50 Breast
  - Girls 15/18 50 Breast
  - Boys 9/10 25 Back
  - Girls 9/10 25 Back
  - Boys 11/12 50 Back
  - Girls 11/12 50 Back
  - Boys 13/14 50 Back
  - Girls 13/14 50 Back
  - Boys 15/18 50 Back
  - Girls 15/18 50 Back
  - Boys 8 and under 25 Back
  - Girls 8 and under 25 Back
  - Boys 12 and under 100 IM
  - Girls 12 and under 100 IM
  - Boys 13/14 100 IM
  - Girls 13/14 100 IM
  - Boys 15/18 100 IM
  - Girls 15/18 100 IM
- Normally a Break Happens here that is 10 minutes*
- Mixed 8 and under 100 Free Relay
  - Boys 9 – 18 100 Free Relay
  - Girls 9 – 18 100 Free Relay



# Swim Practice Check List

- Swim suit
  - Preferably practice suits not team suits worn during meets
    - Jammers for boys
    - One piece for girls
  - No 2 piece suits
- Googles
- Cap - For individuals with long hair or that choose to wear one
- Water!!!!
- Sunscreen - Depending on time and child
- Towel

# Swim Meet CheckList

These are items that should be brought to every swim meet:

- Hydration
  - Water!!!!
  - Gatorade/Body Armor
- Good Nutrition
- Racing Suit
  - WOW Suit
- WOW Cap
- Googles
- Sunscreen
- Multiple towels
- Extra pair of clothes
- Seating
  - Some pools do not have extra seating
- Sharpies
  - Used to write down events on the swimmers' hands

# Swim Meet Expectations

- If you will be missing a meet, you need to inform Coach Bri and mark it in the sign-out book by Tuesday of the week you are missing!
- Swimmers are on deck by 7:15 and ready to jump in the pool at 7:30
  - warmups will not wait for you
- During the meet, you are to stay in the team area so that when coaches need to get a swimmer's attention it is done easily and cheer on their teammates.
- We are a team that practices sportsmanship and positivity. Any swimmers who do not practice this will be asked to leave the meet and will have a discussion with coaches about further consequences.
- Before leaving a meet (if the meet is still going on) the swimmer **MUST** check in with a coach to make sure they are no longer needed.
  - Please try to stay for the whole meeting in order to support everyone on the team!!

# General Rules for the Season

- Swimmers cannot miss more than 2 practices a week (unless speaking to a coach) to be able to be eligible for the weekend meet
- If you need to talk to a coach, talk to them before or after practice. Do not talk to them during, as the focus will be on the swimmer and the practice that is going on
  - If you cannot talk to them during those times, reach out using the contact information previously stated.
- If your swimmer or swimmers will not be attending the meet on Saturday, please write in the binder by Tuesday of the week they are not swimming so we do not seat them in the weeks meet
- The only drink allowed on deck at practice will be water
  - This is so that if it spills it will not affect the chemicals in the pool or leave the deck sticky
- No swimmers will be allowed to curse, use foul or offensive language, or have bad sportsmanship
  - As a team we practice exemplary sportsmanship and that applies to ALL swimmers
- Swimmers will stay the entire meet in order to cheer on other team members, help with cleaning up the team area, and replace swimmers in relays if need be.
- If for any reason you do need to leave before you can leave a swim meet your swimmer must check in with the coach to make sure they are not needed and that coaches know they are leaving

# Helpful Links

These are some links that may be useful before the season and during the season.

Prince Mont Swim League

<https://www.princemont.org/>

This is the link to the homepage of the League we as a team are a part of. On this website you can find records, results from previous and current meets, officials' information, and the handbook.

Waves of Westlake

<https://wavesofwestlake.info/>

This is the home page for our team website.

The team is also on Facebook and Instagram.

Instagram Handle - @official\_wow\_swimteam

SwimOutlet

<https://www.swimoutlet.com>

This is the website that is recommended to buy any gear that you need to start the season or throughout the season.

Remind App

<https://www.remind.com/join/wow-swim>

text @wow-swim to the number 81010

This is how coaches will give real-time updates and reminders for swimmers and parents along with email.