

Elyria Country Club Swim Team

Family Information

Welcome to the Elyria Country Club Turtles!

As a new swim team family or a returning family we would like you to feel comfortable with how our practices, swim meets and our team work. Hopefully this will answer some of your questions....

Practices

Three practices are required between meets (Wednesday to Wednesday).
The more practices you make, the more you will improve.

Practice Times offered:

10:00 -11:30 AM Monday, Tuesday, Thursday and Friday.

6:00 – 7:00 PM Monday, Tuesday and Thursday

NO practice on Wednesdays.

It is a team tradition that the swimmers do not come to the pool on Wednesdays. They should be out of the sun, "resting" for the swim meet.

Meets

If you know that your child will not be available to swim in a particular meet, please let Colleen know ASAP. **No later than the day before the meet.** All swimmers will be entered in all swim meets unless coaches are notified.

Colleen can be emailed at swimvb5@aol.com, called at the pool 322-6391, or cell 440-610-0686.

Time to arrive at pool: 5:45 PM

Check In with the coaches. Your child's events will be written on his/her hand with a permanent marker.

To understand the hand markings:

There will be an E, H and L.

"E" stands for Event; "H" stands for Heat; and "L" stands for Lane.

Under these letters will be a number.

For example: your child might have this on his/her hand:

E H L
2 5 3

This means that he/she will be in the second event (race), the 5th in line (heat) to swim, and will line up in lane 3.

*Swimmers should report to their assigned lanes at least 5 events before their event. There will be a coach by each of the team's three lanes. The coach of that lane will line swimmers up in order that they will be swimming.

Warm up: 6:00 PM

Each team will be assigned 3 lanes to warm up in. Swimmers should be swimming and practicing turns. **NOT FOOLING AROUND.** At 6:20, the swimmers will line up behind the starting blocks to practice dives. Swimmers will then go to the team area for a team cheer, then line up behind their assigned lanes for events #1-10.

Meet starts: 6:30 PM (usually conclude by 8:15)

Events and Age Groups:

Swimmers can swim up to 3 individual events and 1 relay in a swim meet. The number of events a swimmer will swim will depend on their skill level.

There are 46 events in a swim meet.

There will be multiple heats of some events to allow all swimmers to participate.

Each age group swims freestyle, backstroke, breaststroke and butterfly.

A swimmer's age is determined by their age as of June 1st.

Age groups:

8 and unders swim 25 yards (1 length) of each stroke

10 and unders swim 25 yards of each stroke

12 and unders swim 50 yards (2 lengths) of free and back, 25 yards of breast and fly.

14 and unders swim 50 yards of each stroke.

16 and unders swim 50 yards of each stroke.

There is a 100-yard Individual medley for the older age groups.

Event #1 and #2 are the Girls and Boys Medley Relays.

The relay consists of four team members each swimming 50 yards.

The older swimmers are usually entered in these relays.

Event #45 and #46 are the Girls and Boys "All Age Group Free Relays". These relays consist of one 8 and under swimming 25 yards, one 10 and under swimming 25 yards, one 12 and under swimming 50 yards, one 14 and under swimming 50 yards, and one 16 and under swimming 50 yards.

Seating: Swimmers must stay in the team area during the swim meet. They should not be running around or sitting with their parents. If swimmers are not in the team area they will miss their events.

Our parents and fans will be assigned to one side of the pool, home and away.

Parent Volunteers: Swim meets can only be successful if parents are willing to help. During the swim meets, home and away, scorers, timers, and runners are needed. Please make sure your family has signed up to help at least once.

Inclement weather... All swimmers must report to the swim meet ready to swim, even if it is storming. A swim meet will not be cancelled or delayed until the official and coaches from each team meet at 6:30. A swim meet will be swum if conditions are safe to do so. (Even in rain.) If there is an approaching weather front, it may be agreed by the opposing coaches and the official to run only the first heat of every event. If weather permits the rest of the heats will be run at the conclusion of event #46.

Concessions/Cocktails: The concession stand and bar are available at all meets, home and away. Some of the clubs offer an after meet buffet.

Doughnut Day: Thursday practices are a fun day for the team. Swimmers participate in relays or a team game. At the end of the practice, the swimmers are treated to doughnuts.

Ribbons: Swimmers will receive ribbons for all of their events swum. Ribbons are a record of the swimmers times. Heat 1 of each event is the scoring heat. Swimmers in heat 1 will receive ribbons for 1st through 6th place. Swimmers in all other heats will receive "participation" ribbons. After the second swim meet, swimmers may be awarded an "improvement" ribbon. These are awarded when a swimmer improves their time. This should be considered the most important ribbon to receive. The day after the meet, ribbons are placed in the swim team crate. There is a file for each swim team family. Swim Team information is also placed in these files. Swimmers should check their files after every practice. The file box is located to the left of the concession stand window.

Championships: The Championship Swim Meet includes all of the teams in our league. A swimmer must have competed in at least **3 swim meets** to be eligible. Only **2 swimmers** from each team can be entered into individual events. Entries are up to the discretion of the coaches. Entries will be based on times, practice attendance, and swim meet participation.

Go Turtles!