

# WaterWorks Swim Club 2010

## Team Handbook

### Important 2010 Dates

First Practice: Monday, June 7 @ WaterWorks  
June 15 – Team Pictures @ WaterWorks Practice  
June 17 – Redwood @ WWSC (Natatorium)  
June 21 – WWSC @ Hudson Park Estates  
June 24 – WWSC @ Silver Lake CC  
June 25 – Swim-A-Thon fundraiser  
June 28 – Lifecenter Plus @ WWSC (Natatorium)  
July 1 – Maplewood @ WWSC (Natatorium)  
July 5 – Chadd’s Ford @ WWSC (Natatorium)  
July 8 – WWSC @ Fairlawn S&C  
‘B’ Championships: Thursday, July 15 @ Maplewood  
Championships: Saturday, July 17 @ Akron Univ Natatorium  
Awards Picnic: Monday, July 19 @ WaterWorks Park

## WaterWorks Swim Club Board

<b>President</b>	<b>Brian Stratton</b>	<b>330-923-1348 / 330-208-3803</b>
<b>Vice President</b>	<b>Jen Wiseman</b>	<b>330-920-1162</b>
<b>Treasurer</b>	<b>Tom Anderson</b>	<b>330-945-4529</b>
<b>Secretary</b>	<b>Monica Grebb</b>	<b>330-920-3880</b>
<b>At Large - Ribbons / Cards</b>	<b>Kyra Bittle</b>	<b>330-928-1496</b>
<b>At Large - Merchandise</b>	<b>Dana Stratton</b>	<b>330-904-0984</b>
<b>At Large - Meet Secretary</b>	<b>Trish Dirker</b>	<b>330-945-4598</b>
<b>At Large - Website</b>	<b>Christina Drybola</b>	<b>330-622-1156</b>
<b>At Large – Awards Picnic</b>	<b>Lynda Anderson</b>	<b>330-945-4529</b>

Head Coach: Dale Craddock 330-697-6327  
[dcraddock@ameritech.net](mailto:dcraddock@ameritech.net)

Assistant Head Coach: Cathy Spicer 330-472-7529

Assistant Coach: Dawn Durbin 330-208-6766

Assistant Coach: John MacMillan 330-603-6967

### A Note from the Board ...

WaterWorks Swim Club (WWSC) is a member-funded, board-run organization and is not governed by the Water Work Aquatics Center, the City of Cuyahoga Falls or any other organization. The Board members are elected by the membership to hire the coaches, interact with the City of Cuyahoga Falls, manage the club's finances, and help the team stay organized in its activities outside of the pool. Please feel free to contact any WWSC Board Member regarding the club.

This handbook is designed to answer any questions or concerns you may have about what happens at practices, dual meets, championship meets, or questions about the League and its rules.

The WaterWorks Swim Club is a member of the Akron Metropolitan Swim Association (AMSA). Meets are held against the other teams in AMSA. All dual meets will be on **Mondays** and **Thursdays** and the Championship Meet is on a Saturday in July. There is a swim meet schedule in this handbook. Maps with directions to away meets are posted on the website.

**See our Team Website at <http://www.waterworkssc.com>**

**Questions? E-mail Brian Stratton: [brian\\_stratton@hotmail.com](mailto:brian_stratton@hotmail.com)**

## Registration

After holding fees for three years, the club is raising fees by \$10 for the 2010 season to \$135\* per swimmer and \$125 for each additional swimmer (sibling) for the season. These fees are used to pay for pool time, coaching, liability insurance, and to operate the club. Each swimmer who completes the season will also receive a team t-shirt, ribbons for events at meets, and a trophy at the picnic in July.

*\* If your swimmer is participating in the CFYN Summer Long Course Program, then you can register with the Water Works Swim Club for \$50.*

The club is not affiliated with the City of Cuyahoga Falls. WaterWorks park membership passes are not required to be a member of the club. Conversely, club membership does not include membership to Water Works park.

Open registration for new members will be held Sunday, April 25 in the Erie Room at the Cuyahoga Falls Natatorium.

Team Suits will be fitted and available for purchase directly from CAS at this registration session. A separate check will be needed for suit purchase and made payable to CAS for approximately \$26 (boys) and \$35 (girls). Suits are not included in the registration fee.

New swimmers: A Water Works Swim Coach must sign your registration form after you have been evaluated in order for the registration process to be complete. A swim test is required for all new swimmers age 12 and under. Swimmers 12 and over will be evaluated at the coaches discretion. Please bring a swim suit if being evaluated.

New members will be accepted at the coach's discretion and will be based on a number of factors, including the team's need for your swimmer's age group, and your swimmer's ability. Conditional registrations will be taken with the understanding that fees will be collected only upon acceptance onto the team.

## Members Meeting

There will be a Member's Meeting on Sunday May 23<sup>rd</sup> at 4:00pm at the Cuyahoga Falls Natatorium to discuss the summer session and address any questions.

# WWSC Volunteer Policy

Running a swim meet takes many volunteers. In order to make the home meets go smoothly and give the volunteers breaks, it is required that each family sign up to help. **Each family is responsible for signing up to help with two home meets.** Sign up sheets will be available at registration and again at the Members' Meeting.

- **Timers:** A total of sixteen (16) are needed for each home meet – two for each lane, plus four relievers. You will be shown how to use the watches at the beginning of the meet. Timers get the best seat in the house!
- **Runners:** Three (3) runners are needed for each home meet. Runners collect the event cards from the timers and the finish judges and take them to the scorers' table.
- **Scorers:** Three (3) scorers are needed for each home meet. Some experience is helpful; however, you can be trained if needed. Scorers tally points to respective swimmers and teams.
- **Event Cards:** One (1) person is needed to place labels on index cards so timers can record swimmer's times during the meet.
- **Ribbon Workers:** Three (3) ribbon workers are needed for each home meet. Ribbon workers take the tallied score sheets from the scorers and use them to fill out the labels on the back of the ribbons. Ribbons are completed in time to go home with the visiting team's coach.
- **Event Keeper:** One (1) event keeper is needed at each home meet. The event keeper updates the event numbers for swimmers and spectators to see.
- **50-50 Raffle:** One (1) raffle worker is needed to sell tickets for the 50-50 raffle.
- **Meet Set Up and Clean Up:** Two (2) volunteers are needed to set up and tear down for each home meet. This crew is responsible for the lane lines, sound system, and scoring / awards tables. **The set-up crew needs to be at the pool by 4:40 pm,** so the coaches can concentrate on the arriving swimmers.
- **Age Group Coordinators:** One (1) 9-10 boys volunteer, one (1) 9-10 girls volunteer, one (1) 8 & under boys volunteer, and one (1) 8 & under girls volunteer are needed to help the coaches organize the younger swimmers in preparation for their events

**Please note that if you have not signed up for a position you will be assigned a job.** If you cannot make the date for which you signed up or have been assigned, please find a substitute.

# Practice Information

Summer Practice Begins June 7<sup>th</sup>

## **11 & Over (Advanced Swimmers)\*\***

In the Water 6:45 – 9:00 am  
Dryland Exercises 9:00 – 9:20 am

## **10 & Under (Novice/Intermediate)**

Dryland Exercises 8:30 – 9:00 am  
In the Water 9:00 – 10:00 am

***\*\*PRACTICE LEVELS ARE DECIDED BY THE COACHES' \*\****

**Please note:** WaterWorks Family Swim Center requires that all Swim Team members leave the pool after practice. ***No exceptions!*** Even if you plan to stay when the park opens to the public, you must leave and re-enter through the main gate with your pass or daily admission ticket.

**For safety reasons, siblings of Swim Team participants who are in the pool area during practice should have parent supervision at all times.**

## **Swimmers' Supply List**

Each swimmer must bring the following items to practice every day:

- Swim suit
- Shorts, t-shirt, and **tennis shoes for dry land exercises suitable for running**
- Towel(s)
- Swim cap for long hair
- Goggles
- Kickboard, fins, and paddles (if you have them)
- Water bottle

**Please label everything with your swimmer's name!**

# Practice Policy

## Attendance:

- Arrive ten minutes early and be prepared for practice.
- Swimmers must make at least **three** practices a week in order to swim in the meets. Those swimmers who also swim long course should attend at least **one** practice a week at WaterWorks. (Exceptions are illness, or family or church obligations. A letter must be given to one of the coaches regarding the reason for not attending the minimum number of practices.)

## Practice Rules:

### Parents:

- If you have a question, it needs to be asked before or after the practice. For the safety of the swimmers, please avoid interrupting the coaches during practice.
- Refrain from “coaching” your child during practice time.
- Parents need to be at the pool 15 minutes prior to the end of the practice to pick up swimmers.
- Check mailboxes and bulletin board every time you come to practice. This is your way of getting important information regarding the Team, Newsletters, and Award Ribbons following a Meet. You may also request your swimmer to check.

### Swimmers:

- Listen to the coaches at all times
- Perform every task to the best of your ability
- Ask questions
- Set measurable goals
- Work together to acquire a team attitude

## Swim Meets

- All swimmers need to sign the Meet Sign-up Book in order to be put in the line-up for each meet. You must sign up by Monday for Thursday meets, and by Thursday for Monday meets. **If you don't sign up, you will not be in the meet lineup.** If you know in advance that you will be unable to attend any meet, please mark “NO” for that meet date. See Coaches for the Meet Sign-up Book at practice.
- Meet lineups will be posted on the website the morning of the date of the meet. Please understand that there may be last minute changes to these lineups.
- Printouts of final lineups will be posted by the coaches at each meet. Even if you have checked the website earlier in the day, please confirm at the meet in case of any changes.

- If you are unable to attend a meet that you signed up for, notify your coach in writing within 48 hours of the meet if possible. In the event of an emergency, or last minute illness, please call any available Coach.
- If a NO SHOW occurs, that swimmer may not be allowed to participate in the next meet.
- All swimmers must check in with their coach by 4:50 p.m. at home swim meets, and 5:20 p.m. at away swim meets. Those swimmers not checked in by the above times will be considered NO SHOWS and will be removed from the lineup.
- Please bring a pen to write events on your swimmer's hand prior to the start of the meet.
- The first heat in each event is the scoring heat. Exhibition heats will be run following the scoring heat.
- Please remember to be courteous, and clean your area of trash following meets, at home or at an away pool.
- Do not leave early from the meet, even if your child is not entered in the final relays. Sometimes changes must be made to the final relays and your child may be needed!

## **Championships**

- The top four WaterWorks swimmers in each individual event for each age group will be entered at "A" Championships. Check with your Coach after the last dual Meet to see if you make "A" Championships.
- All swimmers not qualifying for "A" Championships will be eligible for "B" Championships held the Thursday prior to "A" Championships.
- Notify your Coach by Tuesday, July 6<sup>th</sup> in writing if your child is unable to attend Championships.

## **Important AMSA Rules**

- Swimmers must swim in three (3) dual meets in order to qualify for Championships.
- Individual swimmers may swim in four (4) events at dual meets and Championships, provided that one event is a relay. No swimmer may ever swim in four (4) individual events at any meet.
- Relay events cannot include more than two (2) boys.
- When we travel to another pool, we must abide by their rules and policies.
- A complete copy of AMSA rules will be available at your request.