

# Aberdeen Rays Swim Team



## Handbook

## **About the Team**

The Aberdeen Rays Swim Team is a competitive, co-ed swim team consisting of swimmers ages 4 to 18. We are based in Saint Johns, Florida and serve the Aberdeen community. We compete against other swim clubs in the local areas and a member of the First Coast Summer Swim League. Swimmers of any level are welcome, but each swimmer must be able to swim at least one length of a 25-yard/meter pool unassisted.

## **Mission Statement**

The Aberdeen Rays Swim Team encourages growth and improvement in the sport of swimming through consistent practice, engaging in the teaching of our coaches and a belief in a positive winning attitude. It is our belief that our team will win not just in water but more importantly win in life.

## **Philosophy**

The Aberdeen Rays Swim Team is dedicated to educating and developing swimmers into the best swimmer they can be. Our goal is to foster a love for swimming through education and teaching healthy lifestyle choices to every participant. Whether their future includes laps for fitness as a lifetime swimmer or Olympic level competition; this team provides a great opportunity to introduce the sport of swimming without undue pressure. The focus of the team is building strength, bettering their times, while having fun and making lasting friendships; winning isn't the only driving force.

## **Rain & Weather Concerns**

We will almost always swim in the rain; at practices and at meets. In the event of thunderstorms and/or lightning, practice or meets may be, postponed and even cancelled.

For the most up to date information, please contact the Aberdeen Amenity Center either by phone, email or social media. We will have necessary and current information for our participants.

**Phone:** 904- 217-0925

**Email:** [amenitycenter@aberdeen.comcastbiz.net](mailto:amenitycenter@aberdeen.comcastbiz.net)

**Twitter:** AberdeenCDD

**Facebook:** AberdeenAmenityCenter

## **Parent Volunteer Info**

The operation and facilitation of the Rays Swim Team is a combined effort by the coaching staff and parent volunteers. Parents are required to participate and volunteer in a variety of positions to allow the swim team to run effectively and efficiently. No experience is required!

The First Coast Summer Swim League (FCSSL) requires all teams to provide volunteers for all dual/tri meets, both home and away, including championships. Per child we require at least 7-8 ½ shifts per child. We will also have a "multiple child discount" for swim meets. We also split the shifts for a meet to allow our families the opportunity to not have to work the full swim meet time and to share the spot to allow time to be spent with your favorite swimmer.

During championships, the amount of volunteer shifts will be assigned to us from the FCSSL, depending on the number families attending Championships. This will be addressed later in the season.

We ask that our families please be accountable and do their fair share of volunteering, so the responsibility of these duties do not fall on the same families throughout the season. Thank you in advance for your cooperation.

-When you register your child for the swim team we will collect a 2<sup>nd</sup> check in the amount of \$50 per family to be held throughout the season, uncashed and postdated to July 16th.

-Once you have completed all assigned volunteer shifts we will return the check to you.

-If you fail to complete the necessary volunteer shifts we will cash your check.

### **Parent Volunteer Positions** – Home or away / per meet:

- 6-Timers (2 shifts)=12 total
  - There will be 2 timers in each lane – preferably one from each team. One will have a clipboard and a pencil to write on the cards. Timers start their watches upon the starting signal and stop their watches as the swimmer touches the wall. Timers include **BOTH** times on the card. After the race, wait for runner to get the cards to the computer person. Each team brings their own watches.
- 1-Head Clerk of Course (2 shifts)=2 total
  - This is the person that hands out the cards to the kids and places them in their heats. This person will attend the Scratch Meeting and remove scratched swimmers and enter any additional swimmers. The Ready Bench Helpers will crowd control the children. All cards will be ready to go with the heats and lanes on them prior to the meet. Any add-ons will be put in the first heat and cards will be pulled for the scratches
- 2-Ready Bench Helpers (2 shifts)=4 total
  - These people are helping the Head Clerk of Course at the Ready Bench area. While the Head Clerk is passing out the cards, you will be seating kids, helping locate swimmers and crowd control. You will be escorting the kids to the end of the pool and keeping them in order.
- 2-Runner (2 shifts)=4 total
  - Runners will relay the event cards from swimmers to timers or timers to Computer Official. They gather the cards after each heat and take them to the appropriate individual.
- 1-Starter (1 shift)=1 total (Home Meets Only)
  - Announces upcoming heats, announces when swimmers need to get to the clerk of course and starts each race.
- 1-Official (same person for all meets)=1 total
  - Watches each race to determine if anyone is not doing the right stroke or illegal turns.
- 2-Concessions (1 shift)=2 total (Home Meets Only)
  - Sells food, drinks and swimming equipment.
- 1-Awards/Computer Helper (same person for all)=1 total
  - Works with computer official to get a race records entered and coordinates the awards to be handed out to both teams.
- 1-Volunteer Coordinator (same person for all)=1 total (Seasonal volunteer position)
  - Works with parents to coordinate volunteer schedule throughout the season.  
**(not required to volunteer for any meets)**

## FCSSL Meet Events

Length of course by age group are as follows:

|                          |   |
|--------------------------|---|
| 6 & Under                | 25 Free, 25 Back, 100 Free Relay  |
| 8 & Under:               | 25 Free, 25 Back, 25 Breast, 25 Butterfly<br>100 Free Relay, 100 Medley Relay                   |
| 9 & 10:                  | 50 Free, 50 Back, 50 Breast, 50 Butterfly<br>100 IM, 100 Free Relay, 100 Medley Relay           |
| 11 & 12, 13 & 14, 15-18: | 50 Free, 50 Back, 50 Breast, 50 Butterfly, 100 Free<br>100 IM, 200 Free Relay, 200 Medley Relay |

- Order of Events (See Appendix A for Details) Individual Medleys (IM), Free Relays, Fly, Back, Breast, Free Individuals, Medley Relays - All Events Alternating, Girls then Boys.
- A Swimmer may enter a maximum of four (4) events per meet, including Champs:
  - 3 Individual Events & 1 Relay
  - OR**
  - 2 Individual Events & 2 Relays

## Relay Information

4 Swimmers per relay: 6 & Under, 7&8, & 9&10 – 1 **Length** Per Swimmer  
11&12, 13&14, 15-18 – 1 **Lap** Per Swimmer

Freestyle Relay: All Swimmers swim Freestyle

Medley Relay: 1<sup>st</sup> Swimmer – Back; 2<sup>nd</sup> Swimmer – Breaststroke; 3<sup>rd</sup> Swimmer – Butterfly; 4<sup>th</sup> Swimmer – Freestyle

- May only enter enough relays to fill one (1) heat. If a pool has 6 lanes, then each team in a dual meet may enter up to 3 relays. If a pool has an uneven amount of lanes, 1 lane will remain open.
- You may swim a child up to fill a relay if your older age group only has 3 kids that day and needs another swimmer. That child swimming up would remain in their own age group for their other events. This is designed for smaller teams to field a relay, not an age group to make a 2nd or 3rd relay.
- The above swimmer may not have just done their own age group's relay or get out and do another relay, keep in mind the four (4) event rule must still apply.
- During Championships, your entire age group for each relay is an alternate, as long as they are eligible according to the "1/4 of the league meets conducted" rule. (If both teams show up and weather prevents the meet from occurring, it will be considered "a meet conducted.")

## Awards

Ribbons will be awarded to the top eight finishers in each individual event and to the first place relay teams, which usually results in every swimmer winning at least one ribbon at each meet. Should any swimmer fail to win a ribbon, the team awards them "participation" ribbons for their effort. Ribbons are available throughout the practice week following each dual meet.

## **FCSSL Championships**

The largest meet at the end of the swimming season. This meet is held at Cecil Field Aquatics Center. The meet has 2 separate pools running side by side meets. The swimmers are divided by age to a specific pool for their events. Swimmers that swim in 3 meets during the regular season will be able to compete in Championships.

Swimmers can choose to compete at this meet; it is not mandatory. The meet is a great way to be introduced to all the teams for the league and compete against everyone else in their age group in both individual events and relays. It is a long day; but a **ton** of fun to watch and participate in. More information will follow at the end of the season.

## **Additional Information for Swim Meets**

- Some meets charge for programs or heat sheets. There are also snack bars available that your swimmer may want to take advantage off. It is recommended that you bring some cash.
- Bring a Sharpie marker to write your child's/children's events on their arm or hand for easy reference. A pen or high-lighter is also useful to mark where and when your child is swimming.
- Spectator seating at swim meets are mostly bleachers or pool chairs. If you want some cushion or back support, bring a stadium seat or your own fold-up chair.
- If you want to take pictures, keep in mind that the flash from the cameras interferes with timing and starting equipment so they are prohibited during starts.
- Swimmers need to stay hydrated and eat during meets. Pack protein and high-quality carbs, not junk foods. Water bottles are necessary. Gatorade/Powerade is another good choice to stay hydrated.
- You may be walking on tile floors, wear shoes that will help keep you sure-footed. Your swimmers will need appropriate shoes as well.
- It can get very warm and humid at swim meets .Wearing layers is a good idea for you and your swimmers. Your swimmers should have warm up clothes to wear in between their events too. Swimmers will also require at least more than one towel to get them through a swim meet.
- Be prepared for some down time between events. If you have children and they may need to be entertained consider bringing blankets for them to sit on, outside the pool area. Here you can give them activities to occupy them. Plan on needing more entertainment than you.
- Do not plan for your child to sit with you and your family. Swimmers belong with their team during the meet.
- If you are going to be late or can't make it to the meet for any reason, call the coach! You should keep the coach's cell phone number handy. Punctuality is a virtue. Warm ups for the majority of our swim meets begin a half hour before the meet is set to begin. Please arrive 15 minutes before the start of warm ups so everyone can get settled.

## During the Meet

- Use your pen or pencil to record the time your swimmer achieves in each event they swim on the heat sheet. Your swimmer can use this information to assess their performance in the meet.
- During the meet your child will be staged before their events. This means parent volunteers will give them a card with their event, heat and lane information, and they will be seated to be taken out to the blocks. They will have plenty of guidance as far as getting to where they need to be once they have received their cards.
- Be prepared for hearing that your swimmer has “DQed” or disqualified. By the third meet of the season all swimmers are subject to being held to a standard of rules for each stroke. These standards will be given to the parents for reference.
  - The individuals surrounding the deck are the officials who’s primary responsibility is to uphold the rules of swimming a particular stroke.
  - If any infraction occurs it is recorded as a disqualification from that stroke and from the event. One of their jobs is to make sure the swimmers follow the rules, such as swimmers only are to use dolphin kicks during butterfly events. When a swimmer is disqualified, this means the swimmer is not eligible to place for the event and their time is not recorded.
  - Most officials will talk to younger children after they have been disqualified to explain what happened .Coaches will also address the problem as well and begin taking steps to fix it during practice.
  - This is not to be considered “looking for something wrong” but finding the error so that it can be corrected for future events.
- Cheer for our team, their team, cheer loud and often! Everyone gets wrapped up into the meet and loves the “roar” of the crowd; especially the swimmers. Just remember that swimmers need to be able to hear the start so be sure to be quiet at this point. Once they have entered the water, go ahead and show them your support!

**APPENDIX A**  
**ORDER OF EVENTS FCSSL SWIM MEETS EVENTS**

| <b>Girls Event #</b> | <b>Event</b>                            | <b>Boys Event #</b> |
|----------------------|---|---------------------|
| 1                    | 10 & Under / 100 Yard Individual Medley | 2                   |
| 3                    | 11 & 12 / 100 Yard Individual Medley    | 4                   |
| 5                    | 13 – 14 / 100 Yard Individual Medley    | 6                   |
| 7                    | 15 – 18 / 100 Yard Individual Medley    | 8                   |
| 9                    | 6 & Under / 100 Yard Freestyle Relay    | 10                  |
| 11                   | 7 & 8 / 100 Yard Freestyle Relay        | 12                  |
| 13                   | 9 & 10 / 100 Yard Freestyle Relay       | 14                  |
| 15                   | 11 & 12 / 200 Yard Freestyle Relay      | 16                  |
| 17                   | 13 – 14 / 200 Yard Freestyle Relay      | 18                  |
| 19                   | 15 – 18 / 200 Yard Freestyle Relay      | 20                  |
| 21                   | 8 & Under / 25 Yard Butterfly           | 22                  |
| 23                   | 9 & 10 / 50 Yard Butterfly              | 24                  |
| 25                   | 11 & 12 / 50 Yard Butterfly             | 26                  |
| 27                   | 13 – 14 / 50 Yard Butterfly             | 28                  |
| 29                   | 15 – 18 / 50 Yard Butterfly             | 30                  |
| 31                   | 6 & Under / 25 Yard Backstroke          | 32                  |
| 33                   | 7 & 8 / 25 Yard Backstroke              | 34                  |
| 35                   | 9 & 10 / 50 Yard Backstroke             | 36                  |
| 37                   | 11 & 12 / 50 Yard Backstroke            | 38                  |
| 39                   | 13 – 14 / 50 Yard Backstroke            | 40                  |
| 41                   | 15 – 18 / 50 Yard Backstroke            | 42                  |
| 43                   | 8 & Under / 25 Yard Breaststroke        | 44                  |
| 45                   | 9 & 10 / 50 Yard Breaststroke           | 46                  |
| 47                   | 11 & 12 / 50 Yard Breaststroke          | 48                  |
| 49                   | 13 – 14 / 50 Yard Breaststroke          | 50                  |
| 51                   | 15 – 18 / 50 Yard Breaststroke          | 52                  |
| 53                   | 6 & Under / 25 Yard Freestyle           | 54                  |
| 55                   | 7 & 8 / 25 Yard Freestyle               | 56                  |
| 57                   | 9 & 10 / 50 Yard Freestyle              | 58                  |
| 59                   | 11 & 12 / 50 Yard Freestyle             | 60                  |
| 61                   | 13 – 14 / 50 Yard Freestyle             | 62                  |
| 63                   | 15 – 18 / 50 Yard Freestyle             | 64                  |
| 65                   | 13 – 14 / 100 Yard Freestyle            | 66                  |
| 67                   | 15 – 18 100 Yard Freestyle              | 68                  |
| 69                   | 8 & Under / 100 Yard Medley Relay       | 70                  |
| 71                   | 9 & 10 / 100 Yard Medley Relay          | 72                  |
| 73                   | 11 & 12 / 200 Yard Medley Relay         | 74                  |
| 75                   | 13 – 14 / 200 Yard Medley Relay         | 76                  |
| 77                   | 15 – 18 / 200 Yard Medley Relay         | 78                  |
| 79                   | Coaches & Parents Relays!               | 80                  |