

2018 CARLYLE LAKERS SWIM TEAM HANDBOOK & BY-LAWS

Carlyle Lakers Swim Team is a competitive swim team involved in the Shawnee Swim Conference. Other teams in our Conference include: Nashville Blue Racers, Red Bud Waverunners, Pinckneyville Dolphins, Sparta Stingrays and Millstadt Dolphins.

Who is eligible?

- Anyone living in Clinton County and between the ages of 6 and 18 years old. Exceptions on ages under 6 are up to the coach's discretion. The child will be taught the strokes and is expected to be able to swim the length of the pool. If the child is unsure whether or not he/she wants to be on the swim team, the first week can be a trial week. If a refund is requested, the swimmer must relinquish their pool pass before receiving the refund. No refunds will be given for swimsuits or team gear ordered.

Desirable Characteristics of Carlyle Swim Team Members:

- Coachable – willing to listen and apply the skills that are taught.
- Respectful – of the coaches, officials and other swimmers of the swim program.
- Confident – convinced of their own self-worth and eager to use their talents and abilities.
- Dedicated – ready to make a solid effort and always give 100%. Eager to be the best they can be.
- Enthusiastic – the most spirited participant at the swim meets. Excited about facing challenges both in practice and competition.
- Goal-Directed – purposeful participants in all situations. Mindful that it is important to be well-rounded and to strive for success in all areas of life.
- Honest – truthful and honorable. Proud to be recognized for their sportsmanship.
- Positive – always willing to try and give every situation their best effort.
- Proud – Satisfied with only achieving their full potential. Proud of both their individual achievements and those of their teammates.
- Responsible – dependable and reliable. Eager to fulfill their obligations as a team member. Be present and on time for practices and meets.
- Understanding – considerate of other people at all times.

Registration:

- Held at the Case-Halstead Library in April, or online via the team website mid-April through May. Times and dates will be announced.
- Registration forms and payments are required upon registering, fees will vary as conference dues/City rates increase.
- Expenses outside of registration could include swim suits, team gear, and pictures.

Practices:

- Begin June 1st at the Carlyle City Pool.
- Monday through Thursday from 10:00 – 11:00 AM and 7:00 – 8:00 PM. No practices on Friday.
 - Swimmers age 13 and over may stay for additional practice until 8:30 PM during the evening practices.
 - New swimmers are asked to attend practices from 11:00 – 11:45 AM, Monday through Thursday for the first 2 weeks (through June 14).

- One practice per day is recommended. A second practice is optional.
- Equipment needed: Swimsuit (Team suits may be ordered online and a link will be emailed out), goggles, optional swim cap, sunscreen, and a towel. Backpacks are convenient to use and make it easier to carry gear for meets and practices.
- Taught at practice: Strokes – Breaststroke, Backstroke, Butterfly, and Freestyle. Dives, turns, disqualification rules, and any other areas related to the sport of swimming will also be taught.
- Attire: swimsuits should be appropriate for practice – no bikinis; if there is a chance that any part of the suit will fall off don't wear it.
- There will be practices and meets in the rain; practices and meets will be cancelled if there is thunder and lightning.

Swim Meets:

- The team swims two meets against each team in our conference. One is at home, the other is away. Non-conference meets may also be scheduled. These meets are great practice.
- What to pack: Suit, towel, sunscreen, goggles, swim cap, money for concessions, healthy foods, and warm clothes for cold meets. The Carlyle Lakers swim team is not responsible for lost or stolen items. If the item is of value or can easily be damaged or stolen do not bring it.
- The meets will last approximately three hours each.
- The only people allowed in the bullpen are the swimmers and workers. All team members are expected to sit in the bullpen and cheer for the other swimmers.
- No swimmer is allowed to leave the bullpen without permission of the bullpen workers.
- Show up for all meets regardless of weather. It may not be raining where the meet will be held.
- Coaches may enter up to 3 swimmers per event to swim for meet points. Exhibition heats may be added to events in order to allow swimmers to be evaluated for future placement. Swimmers may be selected to participate in a maximum of three individual events and two relays.
- Swimmers are placed in the races based on their age and abilities.
- Order of events for a meet: Medley Relay, Individual Medley, Backstroke, Breaststroke, Butterfly, Freestyle and Freestyle Relay. Medley Relay stroke order: Backstroke, Breaststroke, Butterfly, Freestyle. Individual Medley stroke order: Butterfly, Backstroke, Breaststroke, Freestyle.
- The swimmer must let the coach know at least 48 hours in advance if unable to attend a meet.
- To RSVP for a swim meet you must go the Carlyle Lakers Website: <http://carlylelakers.swimtopia.com/> at least 48 hours prior to the meet. Click on the calendar tab, then click on the date you want to RSVP for and enter your email address you used to register with. You can then RSVP yes/no whether your child/children will be attending a meet.
- Preparation instructions:
 - Night prior to a swim meet – eat high carbohydrates such as pasta or breads; get a good night's sleep.
 - Day of a swim meet – eat a light breakfast such as fruit and cereal and/or a light lunch.
- Warm ups are 30 minutes before each home meet and 15 minutes before each away meet. Arrive at the pool 15 minutes before warm-ups (45 min. before a Home Meet; 30 min. before an Away Meet.)

- Meet point systems: the team scores points based on where the individual swimmers and relay teams place. The team with the most points at the end of the meet wins. As individual as it may seem, this is a team sport. It takes 100% effort from everyone to be successful as a team.
- Swimmers will receive ribbons for specific races.
- Lanes: the home team has even numbered lanes and the away team has odd numbered lanes.
- Each race number is called by the announcer. Swimmers are required to listen for the announcer to announce their race in order to line up.
- Age groups: 6 years old and under, 8 years and under, 9-10 year olds, 11-12 year olds, 13-14 year olds and 15 years and up.
- Exhibition races are races for swimmers whose times are not yet fast enough to compete in a scored heat. These races do not count for points.
- Disqualifications: reasons for being disqualified will be taught at practices.
 - 6 and under – none for the entire season.
 - 8 and under – none until after July 1st.
 - 9-18 years can get disqualified at any time during the season.
- Strokes for each age group and length of each stroke:
 - 6 and under swim backstroke and free style at 25 meters.
 - 8 and under swim all four strokes at 25 meters.
 - 9-10 swim all the strokes at 25 meters plus IM at 100 meters.
 - 11-12 swim all the strokes at 50 meters plus IM at 100 meters.
 - 13-14, 15-18 swim all the strokes plus IM at 100 meters, butterfly at 50 meters.
- All swimmers are expected to clean up the bullpen after every meet.
- When the meet is over, do not leave without telling the bullpen workers; the coach may call a meeting in the bullpen at the completion of the meet.
- Swimmers must display good sportsmanship at all times.
- Disrespect toward the coach, adults, or team members will not be tolerated.
- The bullpen parent will not come and find you for your race; if you are not in the bullpen you will miss your race.
- No horse play, messing around, booing or name calling, rough housing, towel snapping, throwing equipment or food, back talking, foul language, or any other improper behavior at meets or practices.
- Discipline: 1st offense – verbal warning, 2nd offense – make parents aware of the problem, 3rd offense – asked to leave that meet or practice, 4th offense – banned from next meet.

Conference Championship Meet:

- Swimmers will be selected based on the child's age and abilities; not everyone will be permitted to participate in this meet.
- Only 2 team swimmers per individual events are allowed.
- Must attend (4) conference meets to qualify for the conference championship meet, with the exception of an injury or doctor's excuse.
- Practice during the week prior to the conference championship meet is only for those participating in the meet.
- Those who do not qualify for the conference championship meet are encouraged to attend and cheer for their teammates.

Parent Responsibilities:

- The Carlyle Lakers is a parent-run organization. Without the parent volunteers, the team would cease to exist.
- All parents are required to work the meets.
- Jobs: attend parent meetings, bullpen, timer, runner, follow through (put swimmers into appropriate lanes), set up/tear down, 50/50 drawing, score keeper, starter, announcer, fundraisers, etc. You can sign up to volunteer the same way you RSVP for a swim meet by going to the Carlyle Lakers website: <http://carlylelakers.swimtopia.com/> and clicking on the date of the event and the volunteer tab.

Team Gear and Pictures:

- Optional team sweatshirts, t-shirts, and pictures will be available for purchase during the season.

Fundraising:

- The swim team is solely funded by one fundraiser. All swimmers are required to participate in the fundraiser, or pay a fundraising fee of \$35.
- If your child is not represented in the fundraiser, the fee must be paid before the first meet.

Communication:

- “Mail” boxes (file folders) are used for communication with swimmers. Letters with swim team information, fundraising, order forms and ribbons will be placed in the boxes. Swimmers should check their folders periodically.
- Parent emails: please provide your email address during registration. A lot of communication is done via email.
- Text messages: please provide a cell number for texting communication by the coaches/board. Text messages may be used on occasion; for example, weather-related issues may cause cancellation/postponement of a practice or meet. We use the REMIND app.
- You can also join the Carlyle Lakers Swim Team group on Facebook. This is a closed group, for swim team family members only.
- Mailings could be utilized as the board sees necessary.

Spring Warm-up and other Clinics:

- Centralia Recreation Complex offers a spring warm-up to get the swimmers in shape for the swim season and various stroke clinics throughout the year. The clinics are optional, but recommended.
- Any opportunities for improvement are encouraged.