

2023 Spindletop Swim and Dive Team Handbook

SwimTopia

This season we are using SwimTopia! Everything you need, including a copy of this guide, can be found there. You can also download the app to get push alerts sent to your phone (make sure you enable notifications from the app). On SwimTopia you can sign out for swim meets your child cannot attend, sign up for volunteer positions, view the practice schedule, a calendar of team events, private lesson information, and find our team apparel store! The SwimTopia website is <https://spindletopbarracudas.swimtopia.com>.

General Meet Information

We have six (6) regular season dual meets, scheduled on Wednesdays. Postponed swim meets are usually rescheduled for Mondays. Meets will always go on unless there is severe weather (thunder and/or lightning). Never assume a meet will be cancelled! If one of the first three meets of the season is cancelled because of bad weather conditions, the meet must be rescheduled. Cancellation or postponement is as follows: If diving cannot be completed by 6:00 pm, it will be postponed. If swimming cannot begin by 7:00 pm, it will be postponed.

Dive meets are in the early afternoon, swim meets follow in the evening and can go as late as 9:30 to 10:00 pm. Below is the typical dual meet schedule; however, this *may be subject to change*. Coaches will announce the proper arrival times prior to each meet on SwimTopia.

DIVING warm ups – depend on the number of divers entered in the meet
 DIVE MEETS start immediately after visiting team warmup
 SWIMMING warm ups – 4:30pm home team, 5:00pm visiting team
 Swimmers who also dived in the meet will report to swim warmups immediately following the conclusion of the dive meet awards/results being announced
 SWIM MEETS start at 5:30pm.

At the end of the season is the Central Kentucky Swim and Dive Conference Championship meet, commonly referred to simply as **CONFERENCE**. ALL ELIGIBLE SWIMMERS AND DIVERS should participate in Conference. It is the culmination of our season and the most fun meet of the summer! To be eligible to participate in the this meet, swimmers have to be in at least two swim meets and divers need to be in at least two meets, one of which has to be dive. The Conference meet takes place during the morning for swim and at different times for each group throughout the day for dive.

Meet Schedule

May 31st: HOME v. Georgetown
 June 7th: AWAY v. LCC
 June 14th: AWAY v. Hartland
 June 21: HOME v. Signature Club
 June 28th: HOME v. WCC
 July 5th: AWAY v. Idle Hour

Central Kentucky Swim and Dive Conference
 Championship Meet

July 9th: Dive
 July 10th: 10&U Swim Prelims
 July 11th: 11&O Swim Prelims
 July 12th: Swim Finals

Other Important Dates

May 15th: First Evening Practice
 May 19th: Team Picnic Night
 May 27th: First Saturday Practice
 Hot Dog Day & New Parent Meeting
 May 29th: Memorial Day, No Practice
 June 10th: Bring a Friend & Cuda Fun Day
 June 22: Picture Day & Kings Island Day
 June 24: Cuda Talent Show/Lost & Found
 Fashion Show
 July 4th: No Practice
 July 8th: Cuda Spirit Day
 & Pre-Conference Dive Party
 July 12: Victory Party
 July 13: Banquet

Parents

To ensure a successful program, parents have the following responsibilities.

1. To take an interest in your child's swimming and/or diving experience and to support him/her emotionally by attending meets.
2. To praise your child when he/she is successful and to comfort them in their moments of disappointment. Make sure your love for them is not dependent on how well they perform.
3. To provide transportation for the athlete to and from practice and to and from meets.
4. To participate in team functions
5. To mark your athlete as "attending" or "not attending" on SwimTopia by the requested deadline for each meet to help coaches with planning entries.
6. **To volunteer at meets.** Each *swim* family is required work *4 half meets (earn 4 points)* during the regular swim season, which does not include Conference. Each *dive* family is required to work at least *2 full dual meets (earn 4 points, 1 meet = 2 points)*. A family with a swimmer and diver is required to earn 4 swim points AND 4 dive points. Parents sign up to volunteer for swim meets on SwimTopia and for dive meets by contacting Kathy Bobadilla. Jobs are assigned different point values, a job working for half a meet = 1 point, working for a whole meet = 2 points. A \$50 fine will be issued per each unearned point. For instance:
 - A family earning 4 points or more is not fined at all
 - A family earning 3 points is fined \$50
 - A family earning 2 points is fined \$100
 - A family earning 1 point is fined \$150
 - A family earning 0 points is fined \$200

Conference: *All families with a child swimming or diving in conference must work.* As hosts of this meet for every team in our conference, there are many jobs to be done and we need lots of help! 50% off of the victory party dinner will be given to each conference worker.
7. To be responsible for your own children before, during, and after they swim or dive at a meet. Age group parents are not babysitters and do not have charge of your swimmer between events. It is not the responsibility of the age group parent to find missing children or track children down before events. Please help the age group parents do their jobs by chaperoning your children and getting them to their meeting area in a timely manner.

Private Lessons Private lessons are available by reservation from our qualified coaching staff. Classes are available for children and adults who need to learn to swim and dive, who want to become more comfortable in the water, who want to improve their technique, or just have some one-on-one instruction to improve their skills. Lesson Cancellation Policy: Full refund if cancelled 24 hours before, 50% refund if cancelled 12 hours before, no refund if canceled less than 12 hours before lesson.

Swim Sign up for swim lessons at <https://calendly.com/spindletopswimlessons>. If you have any questions, email Coach Riette at swimlessons@spindletophall.org. Rates: \$20 per half hour for one individual swimmer.

Dive Private lessons are available for diving. Contact Head Dive Coach Jamie Palumbo at jpalambo@spindletophall.org or Assistant Dive Coach Kyndal Knight at kyndalknight@gmail.com. Rates: \$30 per half hour lesson with Jamie, \$15 for each additional diver. \$25 per half hour lesson with Kyndal.

Dive Clinics will be offered by two-time Olympian Jules Vincent. Contact Jules at julesvincent10@outlook.com. Rates: \$50 for 1 two-hour session. 6 maximum in the group.

For more info on SWIM meets see pages 3-5, for more info on DIVE meets see page 6.

What to Expect at a Swim Meet

Swim meets can be both exciting and confusing. There is a big learning curve associated with swimming and diving and meets can seem overwhelming. Please feel free to approach any board member or veteran parent with any questions you have.

- **Be Early** It is best to arrive about 15-20 minutes before warm-ups begin. This gives swimmers time to check in and set up with their age group.

- **Warm up** All swimmers will do a team warm-up. Coaches will gather swimmers to the pool deck. The home team will warm up first and visiting teams will follow.

- **Swim All Your Races** The coaching staff believes in the philosophy of “everybody swims, everybody wins.” Coaches enter swimmers in as many events as are offered to encourage the full development of the swimmer. This adds both to the individual’s long-term success and the team’s success. Many times, a swimmer will surprise themselves in an event they did not previously consider one of their “best events.”

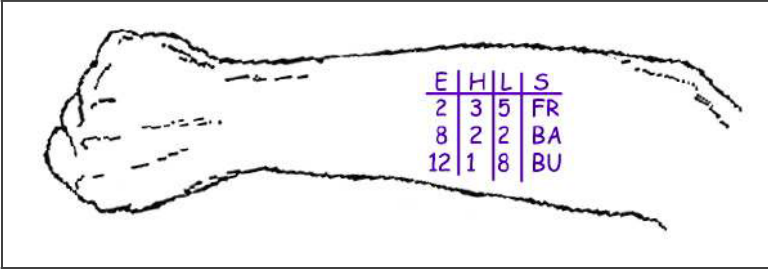
- **Relays** Coaches may not decide who will swim on relays until they know who is present at the meet. Do not leave a meet without double checking with a coach to find out if your swimmer is on a relay at the end of the meet.

- **Team Etiquette** We are proud to be a swim and dive team with a reputation for sportsmanship. We feel that behavior of the athletes and parents are a reflection of our club and also our history. Our coaches place great emphasis on sportsmanship and etiquette during meets, appropriate behavior is required at all times. In short, our athletes and parents are expected to be good sports, to be respectful and gracious, and to clean up after themselves at home and away meets.

- **What to Bring** Packing properly for a swim meet is very important. Your child will need two towels (one to use and one to sit on), goggles (label these and keep up with them), dry clothes (flannel pants and hooded sweatshirts are favorites) for after the meet, water for hydration, and suit and cap. Many kids also bring games or electronics that can be played between events. Your children must keep up with their own belongings. The lost and found is always overflowing after a meet; double check your things before you leave after the meet’s conclusion. The team area is outside of the pool area so you may also want to bring chairs.

- **Heat Sheets & Lane Assignments** Heat sheets will be on SwimTopia, as available, ahead of the swim meet. These will be posted in various places around the facility for swimmers to see. It is ultimately the swimmer’s responsibility to be in the right place at the right time, but the age group parent will help the 10 and under swimmers. QR Codes will also be posted for parents to scan and access the heat sheet on their phones.

Parents should bring a black sharpie marker to help younger swimmers write their events, heats, and lane numbers on their arms. It is also helpful to the age group parent if a young swimmer’s name and age is written on their back on their upper right shoulder. The heat sheet will tell you



E	H	L	S
2	3	5	FR
8	2	2	BA
12	1	8	BU

E = Event
H = Heat
L = Lane
S = Stroke

the order of events and what heat and lane your swimmer will be in. Prior to the start of the meet, mark your swimmer’s arm with event number, heat, lane number, and stroke.

Stroke Abbreviations

MR- Medley Relay

F- Freestyle

B- Backstroke

BR- Breaststroke

BU- Butterfly

FR- Freestyle Relay

What is a Heat Sheet?

This is a printed listing displayed before and during a meet that tells swimmers what events they will compete in. It also defines the swimmer's heat and lane assignment per event. Lanes are typically assigned based on seed times, with the fastest swimmers in the center of the pool. Events are listed in order, usually alternating girls and boys events.

Sample individual event from a heat sheet:

Event number	Event 21 Girls 6 & Under 25 SC Meter Freestyle				
Heat number	Lane	Name	Age	Team	Seed Time
	Heat 1 Finals				
	1	Nolasco, Katy	6	LAKY-OH	XNT
	2	Reed, Abbie	5	LAN-OH	XNT
	3	Glossner, Gabrielle	5	LAKY-OH	X39.43
	4	Carlin, Emilee	5	LAN-OH	XNT
	5	Yanzsa, Sarah	6	LAKY-OH	X36.28
	6	Charles,, Cecilia	6	LAN-OH	XNT
	Heat 2 Finals				
	1	Maushart, Jaclyn	6	LAKY-OH	31.59
	2	James, Audrey	5	LAN-OH	NT
	3	Downs, Abigail	6	LAKY-OH	26.75
	4	Miller, Anna	5	LAN-OH	NT
	5	Decker, Isabelle	5	LAKY-OH	26.37
	6	Schueler, Delaney	6	LAN-OH	NT

Seed Time is the fastest a swimmer has swum an event prior to the submission of entries for the meet. *NT* means that no seed time has yet been recorded for that swimmer, meaning the swimmer has not competed in that event or was previously disqualified. An *X* in front of the seed time means the swimmer is swimming an *exhibition* heat. In exhibition heats,

swimmers receive a time but do not score points for the team. Exhibition heats are performed so more swimmers can participate in events although swimmers are limited to the number of event entries for points. This is a valuable opportunity to get a legal time for championship eligibility or achieve one's personal best.

All swimmers ages 10 and Under swim 1 length of the pool, 25 meters. 11 and Overs swim 2 lengths, down and back, or 50 meters. 10 and Unders start from the side with the wooden blocks and 11 and Overs starts from the other side with the regular blocks, where the timers are.

Sample relay event from a heat sheet:

Heat number	Event 4 Boys 9-10 200 SC Meter Medley Relay			
Lane number	Lane	Team	Relay	Seed Time
	Heat 1 Finals			
	1	LAKY-OH	D	NT
		McDonnell, Alex, 10	Wilson, Tim 10	
		James, Benjamin 10	Martin, Justin 9	
	2	LAKY-OH	B	3:37.47
		Collins, Tyler 9	Littig, Matthew 10	
		Hawkins, Garrett 9	Anderson, Brady 10	
	3	LAN-OH	A	NT
Swimmer 1		Wolf, Nicholas 10	Miller, Keith 9	
Swimmer 3		Anthony, Rvan 10	Carlin, Chris 9	
	4	LAKY-OH	A	3:13.97
		Sepela, Jacob 10	Martin, Tommy 10	
		Lasance, Eric 9	Phillips, Tyler 10	
	5	LAN-OH	C	4:03.89
		Livznage, Ransika 9	Rainford, Alex 10	
		Shorten, Zach 9	Riggs, Conner 9	

Medley Relay order:

- 1) Backstroke
- 2) Breaststroke
- 3) Butterfly
- 4) Freestyle

For swimmers, age 10 and under, swimmers 1 & 3 enter the water from one end of the pool (where the timers are located) and swimmers 2 & 4 at the opposite end of the pool.

Swim Meet Volunteer Positions

The following positions do not need any special certifications

- Timers: Assigned to one lane, time each race with a stopwatch
- Recorders: Assigned to one lane, write down the times recorded by the timer in each race
- Finish Recorder: writes down the order of finish from each heat for the scorers.
- Ribbons: distribute ribbons to swimmers after each race
- Clerk of Course: ensures swimmers are in the correct lanes and heats prior to race
- Age group parents: for swimmers age 10 and under, an age group parent will work to gather and bring the swimmers to the clerk of course. The age group parent will assist with ensuring younger swimmers are in the correct lanes and heats prior to the race. Age group parents have signs and established areas where they gather their groups. Age group parents should coordinate with other parents of children in their age group to provide activities for the children between races (usually about 45 minutes).
- Meet set up/take down: home meets only, from 1:00-3:00pm on the day of the meet.
- Runner: assists at the score table and fills in as necessary for other position breaks.

The following positions require special training or certification

- Stroke and Turn judge: judges legality of strokes during races
- Starter: starts each heat using official starting system
- Scorer: completes computer scoring of swim and dive meet
- Finish Judge: determines order of finish for each heat.

*If you are interested in becoming certified in one or more specialty areas,
contact Russ Thomason at kycuda@twc.com*

Stroke & Turn Officials Training Clinics

May 23rd & May 30th at Spindletop

What to Expect at a Dive Meet

When arriving for a dive meet, divers must check in with the coaches and confirm their dives for the meet.

-Dives for each age group

8 & U 3 dives 1 Voluntary – 101 (with D.D. = 1.8 for all positions) - and 2 optionals coming from two different categories. If dive 201 is used as one of the optionals, it will be assigned the normal degree of difficulty as designated by F.I.N.A. (adopted 6/4/07)

Optional – any other dives, different from dives 101 and 201*

9-10 4 dives 2 Voluntary - 101 and 201 (D.D.= 1.8 for all)

Optional – any other dives, different from dives 101 and 201*

11-12 5 dives 2 Voluntary - 101 and 201 (D.D.= 1.8 for all)

Optional – any other dives, different from dives 101 and 201*

13-14 5 dives 2 Voluntary - 101 and 201 (D.D.= 1.8 for all)

3 Optional – any other dives, different from dives 101 and 201*

15 & Over 5 dives 2 Voluntary - 101 and 201 (D.D.= 1.8 for all)

3 Optional – any other dives, different from dives 101 and 201*

Dive Meet Volunteer Positions

The following positions do not need any special certifications

- **Announcer:** Announces the order of divers before each age group competes. Prior to each dive, reads the diver's name, the dive number, the dive letter, the degree of difficulty and the diver on deck, then passes the dive sheet to the recorder. Following dive, announces judges' scores (in the same order every time throughout the meet). At conclusion of meet, announces results and team scores.
- **Recorder:** Writes all 3 or 5 judges scores (put a line above the number to represent $\frac{1}{2}$), crosses out the high and low score with 5 judges, then adds the 3 scores together and writes it in the TOTAL box. Passes the sheet to the Calculator.
- **Calculator:** Multiplies the number in the TOTAL box by the number in the DD box and writes that sum to the line on the right side of the sheet under where it reads TOTAL AWARD. Each consecutive dive will be added to the previous total to keep a running score.
- **Checker:** Looks at the dive sheets to check over all math. If there are none, will turn sheets over in a pile, always keeping the sheets in the same order. If there is a difference, identify the difference and make the necessary correction(s). If there is a question in the judges scores, then the Master Scorer will be asked for the judges scores for correction. Will pass the stack of sheets to the announcer at the end of each round.
- **Master Scorer:** Writes all 5 judges scores in the same order they are announced every round. Will tell the Recorder, Calculator, or Checker the scores whenever asked.
- **Ribbons:** Write the names and scores on each ribbon after the sheets have been put in order in each age group.
- **Hospitality:** Will get a pitcher of water with ice and cups (usually from the Tiki or barn) and make continuous rounds to the judges and table workers, asking if they need a refill. This position will only be needed during the actual competition of the event but must continue to make rounds until both boards have finished their competition.

The following position requires special training

- **Judge:** Scores each dive based on CKSDC Judge's Scale.

Contact Kathy Bobadilla for questions about Dive Meet Volunteer Positions

Phone: +1 (608) 444-3420

Email: grindzies5@gmail.com

Dive Judge Training Clinics

May 23rd & May 30th at Spindletop

Glossary of Swimming Terms

Blocks – The starting platforms located behind each lane. Using the block is optional, although all swimmers are encouraged and taught to use it.

Circle Seeding – A method of seeding swimmers when they are participating in a prelims/finals event, used at our CKSC Championship meet

Circle Swimming - Performed by staying to the right of the black line on the bottom of the pool.

Clerk of Course - The person(s) responsible for getting swimmers to heats and lanes for competition.

Consolation Heat - The swimmers who finished 9-16 in the preliminary session and will swim again.

DQ (Disqualified) - Occurs when a swimmer commits an infraction against the USA Swimming guidelines. DQ swimmers are not eligible for awards, nor can their time be used as an official time.

Drill - An exercise involving a portion or part of a stroke used to enhance overall stroke technique.

Dual meet - A meet where there is a head-to-head competition between two teams.

False Start - Occurs when a swimmer is moving during the start of a race, leaving before the signal to do so.

Finals – The session of a meet for which one must qualify by swimming fast enough in the preliminary session.

Final Heat - The fastest 8 competitors from the preliminary session, which compete in the Finals.

Flags - Used for backstroke to signal the swimmers that the wall is coming up. These flags are placed 5 yards or 5 meters from the wall.

Heats - A division of an event in which there are too many swimmers to compete at one time.

Heat Sheet - A listing of all swimmers, broken down into heats with lane assignments and event numbers.

Pace Clock - Clock used to check pace or to maintain intervals put forth by the coach in practice.

Prelims - Short for preliminary. Races in which a swimmer can qualify for the Finals.

Psych Sheet - A printed ranking of the competitors in each event.

Ribbon Distributor – The volunteers responsible for passing out ribbons at the conclusion of each heat.

Referee - Swimming official whom has the authority over all other officials at the meet.

Scratch - To withdraw from an event in a competition.

Seeded Times - The time a swimmer uses to enter a meet. These times determine in what heat and lane you will be seeded.

Split - The time recorded for each part of a swim.

Sprint - Describes the races short in distance. In training, it refers to going as fast as possible on a particular swim.

Starter – The official at a meet responsible for initiating the beginning of a race. He/She also calls the competitors to the starting blocks.

Streamline - The position used to gain maximum distance and speed after the start and off each wall following the turn.

Stroke Judge – A certified official who determines the legality of a swimmer's stroke. This individual has the power to DQ a swimmer because of improper technique.

Timer – The volunteers sitting behind the starting blocks/finish end of the pool, who are responsible for getting watch times on events.

Touch Pad - The large sensitive board mounted on the wall, which when hit, triggers the electronic timing system to stop at the end of a race.

Warm Down - Low intensity swimming used to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

Warm Up - Low intensity swimming used to get muscles loose and warm, in addition to increasing heart rate and respiration.

Glossary of Diving Terms

Approach: Steps a diver takes to the end of a springboard or platform before take-off.

Back dive: A dive where a diver takes off with his back to the water, and spins backwards in the air.

Baulk: A false start to a dive, i.e. a restart.

Crow-hop: When a diver is performing a dive from the end of the board (back or inward) and their toes leave the board and then come back in contact with the board at any time; a bounce before your jump. This causes an automatic 1-3 point deduction from each judge's score.

Degree of difficulty (DD): The difficulty of a specific dive that measures the difficulty of a specific dive and is factored into the total score after the judges give their scores. The degree of difficulty is based upon a mathematical formula.

Entry: The end of a dive when the diver enters the water. The entry should be vertical. Ideally, the diver should create little or no splash.

Free position: A combination of straight, pike or tuck positions used only in twisting dives.

Forward dive: A dive where the diver starts from a position facing the water.

Hurdle: The last part of a diver's approach to a forward facing take-off, where the final step starts from one foot and ends on two feet before leaving the board.

Inward dive: A dive where the diver begins with their back to the water and, during the execution, rotates toward the board.

Layout: A diving position where a diver's body and legs are straight, the feet are together, and the toes are pointed; also called "straight".

Pike: A diving position where the body is bent at the hips, the legs are straight, and the toes are pointed.

Reverse dive: A dive from a forward facing take-off where the diver jumps upward and outward, then rotates backwards, also sometimes called "gainers".

Rip: The ideal entry that creates little splash, named for its ripping sound as the diver enters the water.

Somersault: The full rotation of the body on an imaginary horizontal axis through the hips.

Take-off: A diver's lift-off from the board.

Tuck: A diving position in which the body is bent at the waist and knees, with the thighs drawn tightly to the chest and the heels pulled close to the buttocks. The legs should be kept together and the toes pointed.

Twisting dive: Any dive that includes a twist with the legs together and the toes pointed at all times