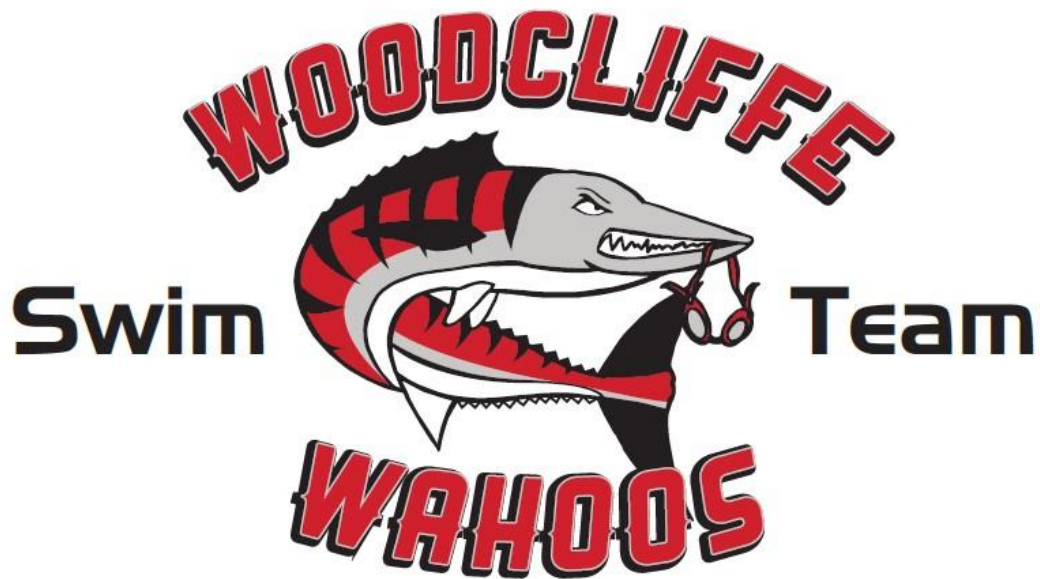


Woodcliffe SWIM TEAM

WAHOOS HANDBOOK

www.thewahoos.com



WAHOOS HANDBOOK

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WAHOOS HANDBOOK

WELCOME

Dear Swim Team Parents

Welcome to the Woodcliffe Wahoos Swim Team! In this handbook, you will find information that will be helpful throughout the summer season. Please read this handbook carefully and keep it handy as a reference.

Every single child is an important part of the Wahoos team. The parents are equally important! Please support your children by giving them a lot of encouragement and by volunteering at meets or at other team functions to ensure the summer season runs smoothly. At each meet, we need at least **20-30 volunteers**. **Therefore, it is required that each family volunteer to work a minimum of five meets in which their swimmer is participating.**

Most importantly, enjoy the season – let's make it fun and worthwhile for our children!

Our Mission

The mission of the Woodcliffe Wahoos Swim Team is to promote spirit, competition and sportsmanship through summer swimming for the entire Woodcliffe community. The swim team is for the kids, about the kids and with the kids. The single, most important aspect of Woodcliffe Wahoo Swimming is fun.

ELIGIBILITY

The Woodcliffe Wahoos Swim Team and PreTeam (Wee Wahoos) Programs are available to all members in good standing of the Woodcliffe Pool and Clubhouse. Swimmers must be 18 years old or younger as of June 1st of the year they want to swim.

REGISTRATION & FEES

Swimmer Registration Fees for Team and Pre-Team are as Follows:

- \$115 for first 2 swimmers and \$110 for all additional swimmers in a Family.
- The Registration Fee includes all Swim Practices and Swim Meets as well as a Team T-Shirt, 2 Team Swim Caps and a Bag Tag
- In order to receive personalized team swim caps and preferred T-shirt size, you must register by **April 22nd**. Registration will remain open after April 22nd but team swim caps will not be personalized and T-shirt sizes cannot be guaranteed.
- All Registration Fees must be paid on line via credit card

TEAM ADMINISTRATION

In order to facilitate the operation of the team, the following are designated for the 2019 swim season:

Swim Team Committee

- A Team Representatives – Beth Hugenberg and Jeff Jarczynski
- B Team Representative – Lori Forcey
- Team Treasurer – Sung Yoon
- Automation - Michelle Lee
- Hospitality/Events – Melissa Hilton

TEAM COMMUNICATION

WEBSITE

The Woodcliffe Wahoos website can be found at: <http://www.thewahoos.com>

The website will provide information for Wahoos families including information on meets, all-stars, team contacts, coaches, division standings, team records, and results.

SOCIAL MEDIA

Follow us on social media!

- Twitter: @WCFwahoos
- Instagram: @WCFwahoos
- Facebook: Official Woodcliffe Wahoos Swim Team (make sure to “like” us to receive updates)

Don't forget to tag any Wahoos pictures and posts you have - #WCFwahoos

AGE GROUP CATEGORIES

All MCSL meets on Saturdays/Sundays and Wednesday night meets are divided by gender into races for each stroke in the following age groups:

6 and under (Wednesday B meets only)

8 and under

9 and 10

11 and 12

13 and 14

15 to 18

A swimmer's age is determined based on the age of the swimmer on June 1st of the current summer swim season. For example, if Tina Wahoo turned 11 years of age on June 3rd, for the summer she will compete in the 9 – 10 age group as a 10 year old. This is because she was 10 years old on June 1st.

Sometimes a swimmer might "swim up" in an age bracket to help the team earn more points in a meet. If a swimmer "swims up" in a meet, the swimmer must "swim up" in all events for that meet. For example, a 14 year old swimmer swims in the 15 to 18 freestyle in a meet; that swimmer will be required to compete in 15 to 18 events for the remainder of that meet only.

2019 MEET SCHEDULE

League Meet Schedule

	“A” Meets	“B” Meets
	<u>Sat, June 8th: Wahoos Time Trials</u>	
Week 1	June 15 th (Sat) – Rockville (Away)	June 19 th (Wed) – Cloppers Mill (Away)
Week 2	June 22 rd (Sat) – Stonegate (Home)	June 26 th (Wed) – Stonebridge (Home)
Week 3	June 29 th (Sat) – Country Glen (Away)	July 3 rd (Wed) – Waters Landing (Away)
Week 4	July 6 th (Sat) – Tally Ho (Away) July 7 th (Sun) – Relay Carnival (at Country Glen)	July 8 th (Mon) – B Relay Carnival (at Cloppers Mill) July 10 th (Wed) – Lakelands (Home)
Week 5	July 13 th (Sat) – Bethesda (Home) *Senior Recognition	July 17 th (Wed) – Superstars (Home vs. Kentlands & Stonebridge)
Week 6	July 20 th (Sat) – MCSL Division B Championships (at Stonegate)	
Week 7	July 27 th (Sat) – All Star Relays (at Rockville) July 28 th (Sun) – All Star Individuals (at Rockville)	

PRACTICE SCHEDULE AND POLICIES

The practice schedule is located on the team website. Morning practices are held Monday through Friday mornings beginning June 17th. Evening practices are also held Monday, Tuesday, Thursday and Friday. During the first several weeks of the season, while school is still in session, all practices are held in the evening.

May 27th to June 14th					
	Pre Team	8 & Under	9 and 10	11 and 12	13 & Up
Monday	5:00-5:30pm	5:00-5:45pm	5:45-6:30pm	5:45-6:30pm	6:30-7:30pm
Tuesday	5:00-5:30pm	5:00-5:45pm	5:45-6:30pm	5:45-6:30pm	6:30-7:30pm
Wednesday	5:00-5:30pm	5:00-5:45pm	5:45-6:30pm	5:45-6:30pm	6:30-7:30pm
Thursday	5:00-5:30pm	5:00-5:45pm	5:45-6:30pm	5:45-6:30pm	6:30-7:30pm
Friday	5:00-5:30pm	5:00-5:45pm	5:45-6:30pm	5:45-6:30pm	6:30-7:30pm
June 17th to July 19th					
	Pre Team	8 & Under	9 and 10	11 and 12	13 & Up
Monday		10:15-11:00am	9:15-10:15am	8:00-9:15am	8:00-9:15am
	5:00-5:30pm	5:00-5:45pm	5:45-6:30pm	5:45-6:30pm	6:30-7:30pm
Tuesday		10:15-11:00am	9:15-10:15am	8:00-9:15am	8:00-9:15am
	5:00-5:30pm	5:00-5:45pm	5:45-6:30pm	5:45-6:30pm	6:30-7:30pm
Wednesday		10:15-11:00am	9:15-10:15am	8:00-9:15am	8:00-9:15am
Thursday		10:15-11:00am	9:15-10:15am	8:00-9:15am	8:00-9:15am
	5:00-5:30pm	5:00-5:45pm	5:45-6:30pm	5:45-6:30pm	6:30-7:30pm
Friday		10:15-11:00am	9:15-10:15am	8:00-9:15am	8:00-9:15am
	5:00-5:30pm	5:00-5:30pm	5:30-6:00pm	5:30-6:00pm	6:00-6:30pm

- Swimmers shall be on time for practice. This means being on deck and ready to swim 5 minutes before the scheduled start of practice. Practices, while fun, should be serious. This is how you improve! Practice will be held during inclement weather unless thunder and/or lightning have been spotted.
- For parents with children under the age of 11 must remain at the pool during practices or leave them under the guidance of another adult.

TIME TRIALS

Time Trials is our first “meet” of the season, although it really isn’t a meet and times are not official. This meet is solely for Woodcliffe Wahoos swimmers. The purpose of Time Trials is to establish times for each Wahoos swimmer prior to the first Saturday meet. These results will assist the coaches in setting the lineup for the first MCSL meet of the season. Time trials will take place the Saturday before the first MCSL meet. Swimmers are expected to swim all the events for which they are eligible. This is the only meet where a swimmer can swim all four individual strokes plus the Individual Medley. Time Trials is a great practice opportunity for swimmers and officials prior to kicking off the first meets of the season.

SWIM LEAGUES

The Wahoos participate in 2 Swim Leagues – MCSL and Seneca B League. The Montgomery County Swim

League (MCSL) is a competitive league that holds meets on Saturday mornings referred to as “A Meets.” The Seneca B League holds non scored meets on Wednesday nights referred to as “B Meets.”

Montgomery County Swim League (MCSL)

The Montgomery County Swim League (MCSL) is made up of approximately 90 teams located throughout Montgomery County, MD. These teams are divided into 15 divisions (A through O), with 6 teams assigned per division. “A” Division is the most competitive and “O” is the least. Teams are assigned to divisions based on points scored the previous season. The league began in the late 1950’s “to encourage informal, friendly team competition during the summer, within a fair and wholesome environment, in order to develop athletic skills, encourage sportsmanship and teamwork, and foster an appreciation of the relationship between effort and success.” Additional information regarding MCSL can be found by visiting their website at www.mcsl.org.

The Wahoos are in Division A and will have meets with the following Swim Teams: Rockville, Stonegate, Country Glen, Tally Ho and Bethesda

Seneca B League

The Seneca B league has the following Teams: Kentlands, Stonebridge, Cloppers Mill, Waters Landing, Lakelands.

MEETS

For a swimming week (Saturday through Friday), a swimmer is eligible to swim any combination of the following events:

- An individual stroke event including IM only once per week in either an MCSL or Wednesday night meet but NOT in both.
- A total of 3 individual stroke events and one IM per week. Individual strokes include Freestyle, Breaststroke, Butterfly and Backstroke

There is no “A” team or “B” team, in fact many swimmers swim in both MCSL “A” and Wednesday “B” meets. **There is one team – The Woodcliffe Wahoos Swim Team!** So, what are these meets and all the other meets you might ask? The following describes each of the meets that the Wahoos compete in over the course of the summer.

MCSL “A Meets”

MCSL meets are also known as Saturday meets. MCSL meets take place on Saturday mornings for five consecutive weeks against the other five teams in the respective MCSL division which the Wahoos are in. Woodcliffe coaches decide who will be in the MCSL meet lineup based on the times that Wahoos swimmers swam during the current summer season. In addition, a swimmer’s practice attendance and attitude may be taken into consideration. Meet lineups are made entirely at the coaching staff’s discretion and may change from week to week. A swimmer in a MCSL Meet may participate in a maximum of five events total (including IM and relays) and may not swim in more than 3 individual strokes. Possible combinations include:

- 3 individual strokes, individual medley (IM) and 1 relay
- 2 individual strokes, individual medley, 2 relays
- 3 individual strokes and 2 relays

The Woodcliffe coaching staff will determine which events a swimmer will swim and who will swim in the relays.

Swimmers can score points for the team in individual events by placing 1st through 5th and in relays by placing 1st through 3rd. Individual events are scored 6-4-3-2-1-0, while relay events are scored 8-4-2-0.

Swimmers receive ribbons for the first 6 places in individual events and the top 3 places in relays. Duplicate ribbons are given in the case of ties.

Wednesday Night “B Meets”

“B Meets” take place on Wednesday evenings in a league comprised of five other MCSL teams located throughout The league was organized to provide for **all** swimmers on the teams an opportunity to swim in organized meets weekly. Swimmers wishing to swim during a Wednesday night meet must sign up in advance of the meet on the Wahoos Site. **Swimmers must sign up by Sunday night of that week in order to be included in the lineup for that Wednesday night meet.** The Wednesday night meets are automated, just like the MCSL meets. Therefore, ***no late entries OR “deck entries” will be accepted.***

Eligibility to swim in the Wednesday night meets is as follows:

- All swimmers must perform a “legal” stroke to participate
- A swimmer is not eligible to swim in a Wednesday night meet (i.e. for place/ribbon) if he/she scored in two or more events on the previous Saturday in his/her age group. This swimmer would only be eligible to swim exhibition.
- If swimming exhibition, the swimmer may only swim in one of the two off-strokes and/or IM (if not swum for the week), if lanes are available.

Additional general information regarding Wednesday night meets:

All Wednesday night meets begin at 6:00 pm. The home team will warm up between 5:10 and 5:30 pm while the visiting team warms up between 5:30 and 5:50 pm. For home meets, Woodcliffe will warm up between 5:10 and 5:30 pm.

Stroke and Turn judging and all other rules for the meet shall follow MCSL guidelines. These meets are intended to be fun, but are still structured. To insure a smooth running meet, parent volunteers are needed in the same positions as a MCSL meet.

Our Wednesday night league has four scheduled dual meets, a Relay Carnival and a Superstars meet.

Wednesday night meets are not scored. Therefore, no scores for Wednesday night meets are announced at the meets or afterwards.

Ribbons are awarded up to 6 places.

There are no relays in the regular dual Wednesday night meets.

MCSL A Meet Division - Relay Carnival

The Division Relay Meet (relay carnival) is scheduled anytime within a “window” established by MCSL. The meet is exclusively relays. The order of events can be found at the end of this handbook. Except for the graduated freestyle and open medley events (Relay events #1, 2, 8 and 9), teams that place first at the division relay carnival and which do not include swim ups will swim at the MCSL All-Star Relay Meet at the end of the year. Other teams may be invited based on their times. The graduated freestyle and open medley relays are swum at all dual meets and at the divisional championship, these relays will be selected for the MCSL All-Star Relay Meet based on the relay team with the best time over the season within the division.

Wednesday B Relay Carnival Meet

The Wednesday night league Relay Carnival is divided into two meets of three teams each. This meet is made up of 26 relay races. A swimmer is eligible to swim in this meet if he/she did not participate in the Division Relay Meet or in only one event at the Division Relay Meet.

MCSL A Meet Divisional Championship Meet

The Divisional Championship meet is held the Saturday after the last dual meet. All six teams in the division will compete. The meet is rather long; there are two heats of each individual event and one heat of each relay event for a total of 96 heats. Each team can enter no more than two swimmers per event.

Wednesday B Superstars Meet

The Superstars meet is a tri-meet held at the end of the Wednesday night league season. The rules for the Superstars meet are a little different from the normal Wednesday night meet as follows:

A swimmer is NOT eligible to swim in this meet if he/she will be swimming in two or more events at Divisionals. All other swimmers are eligible to swim in Superstars.

A swimmer cannot swim any event which they will be swimming at the MCSL Divisional meet. A swimmer must already have a time in the event they will swim.

No exhibition swims will be allowed.

This meet has ribbons up to 12 places; no heat ribbons will be given. Participant ribbons will be provided at this meet.

A swimmer must already have a time in a stroke in order to swim that stroke for Superstars. In other words, a swimmer must have swum a stroke in a previous meet in order to swim that stroke for Superstars (no NTs).

A swimmer is limited to 2 stroke events and IM. If a swimmer is entered in one Divisional event, he/she may not swim that event at Superstars, and the total Divisional event plus Superstars events may not exceed 3 stroke events and IM.

There will be no relays.

Meet begins at 5:30 p.m. with warm ups starting at 4:30pm.

MCSL Coaches Invitational Long Course Meet

This is an individual meet held after the 3rd dual meet of the MCSL season occurs. The fastest 8 swimmers (plus two alternates) in all of MCSL from each age group for each individual event are invited to swim. The meet is swum in a long course pool (50 meters) at the Rockville Municipal Swim Center; with each race being twice the length of what the regular season event, for example, a 25M freestyle short course qualifier will swim a 50M freestyle long course race. Swimmers are allowed to swim in a maximum of two individual events.

MCSL All-Star Meet(s)

This is the last meet of the MCSL season consisting of the Individual All-Star races on Sunday and the All-Star Relay races on Saturday. The fastest 16 swimmers (and three alternates) in all of MCSL from each age group for each individual event are invited to swim. Swimmers are allowed to swim in a maximum of two individual events. The top relay team from each relay race (except for the 14&U Freestyle Relay and Open Medley Relay) in the Division Relay Meet will represent the division at the All-Star Relay Meet.

MEET LINEUP

What a child swims in the Saturday MCSL meet or the Wednesday night meet or both generally depends on the top times for all the Wahoos swimmers from all the previous swims up to that week.

It is essential for the coaches to know which swimmers are available for each and every meet. If your swimmer is going to be away, you must sign into the site and indicate your swimmer will not attend.

Verbal notifications are often forgotten when coaches are told on a busy deck.

Lineup changes/substitutions for MCSL meets are extremely limited. Many times a no show at the MCSL meet will result in the lane being left empty and the Wahoos losing potentially valuable team points for that meet.

VOLUNTEERS

The Woodcliffe Wahoos Swim Team is a parent run organization. Without the active and full support of **ALL** Wahoo parents, a meet cannot take place. A home swim meet requires 30 Wahoo parent volunteers to help make it successful, while an away meet almost 20 Wahoo parent volunteers. Time Trials is a great place to learn about volunteer positions – we need almost 60 parents to help the day of Time Trials.

The Wahoo's summer season requires

almost "650 volunteer shifts" and "2000 points" to run all the Meets and Pep Rallies.

It is required to volunteer 12 points for each swimmer (24 points per family) Most meet shifts are 4 points and ½ meet shifts and social events are 2 points. No experience is necessary for most of the volunteer roles; veteran Wahoo parents will help walk you through the process. Although, most volunteers are needed at our meets, we also need volunteers for our socials events which also count towards a family's volunteer commitment.

We are offering a few ½ meet timing and concession slots at B Meets for parents with young kids and/or with swimmers that do not swim the entire meet. These are ½ session credits (2 points). The ½ shifts are a lot harder to manage and its imperative no one leaves their position without a "warm turn over" to the next person (ie giving a stopwatch to the next person or confirming the next person is actually in snack shack)

This Year the Wahoos will recognize those with the highest Volunteer hours throughout the summer and at our Banquet.

Counselor in Training (CIT) – 13 and Older

CIT's are responsible for assisting the coaching staff with day-to-day activities of the pre-team and the younger swim team age groups.

CIT's are eligible to earn Student Service Learning (SSL) hours for their work.

Responsibilities and expectations:

- Assist Wahoos coaching staff with pre-team and 8 & under practices.
- Attend all Wahoos B meets: dual meets, relay meet, and superstars meet. Assist coaching staff and clerk-of-course in organizing swimmers for their heats.
- Attend other swim team events – spirit events, swim team committee or parent meetings -as requested.
- Interact with parents, swimmers, fellow coaches – on the Wahoos team and those of other swim teams - in a professional manner.
- Build positive team spirit, unity and sportsmanship.

Qualifications:

- Minimum of 3 years of summer swimming experience.

- Must have successfully completed 8th grade.
- Strong ability to work as a team with other coaching staff.
- Available to work every pre-team and 8 & under practice from May 30, 2017 – July 21, 2017.
- Enthusiasm for summer swimming and a positive, encouraging attitude.

SSL Hours - 6th Grade and Older

There will be opportunities during the Swim Season and Meets for our Swimmers to earn SSL hours. Please see volunteer section noted by “**SSL jobs available.**” SSL Jobs are in high demand and a privilege. It is expected that SSL volunteers show up (on time) and be prepared to volunteer the time they committed. All hours need to be recorded to receive an end of Season certificate

Parent Meet Volunteers - MCSL Certified Officials (Training Required)

We are always in need of Trained Officials. You do not need to be a swimmer yourself to be an effective official. MCSL provides training for meet officials. It’s a great way to learn more about the sport while supporting your swimmer! Every single meet (MCSL or Wednesday night) requires starters, stroke and turn judges and referees who have been previously trained and certified at an MCSL clinic. It is strongly urged that as many parents as possible attend at least one clinic. Clinics last approximately 2 to 3 hours. Information can be found on the MCSL website, www.mcsl.org.

Referee – The referee is the chief official for the swim meet. They are responsible for the conduct of the meets and are the final authority on the interpretation and enforcement of all swimming rules. They need to be thoroughly familiar with all applicable MCSL rules, meet procedures and duties of all meet officials.

Starter – The starter has complete control over the swimmers from the time the referee signals the start of the race until after a fair start has been made. The starter will call the swimmers to their start position, get them set and then start the race. Starters also indicate whether false starts have occurred.

Stroke and Turn Judge – Stroke and Turn Judges ensure that the rules relating to the stroke, turn, kick and finish designated for the event are being observed. These judges are responsible for watching swimmers for disqualifications (DQs) in stroke technique during each race and reporting DQs to the meet referee.

Meet Volunteer Positions	Time Trials	Saturday A Meets		Wednesday B Meets	
	Home Meet	Home Meet		Home Meet	Away Meet
Volunteer Position	Number Needed	Number Needed	Number Needed	Number Needed	Number Needed
Referee	1	1	0	1	0
Administrative Referee	1	0	1	0	1
Starter	1	0	1	0	1
Stroke & Turn Judge	10	2	2	2	2

Other Meet Volunteers

Other volunteer positions which require no MCSL certification and training include:

Announcer – HOME MEETS ONLY - Will announce the events of the swim meet and the swimmers, when swimmers need to go to Clerk of Course to check in for their race, when timers need to move to the opposite end of the pool, announces any records, All-Star times and score of the meet. The announcer will also play music before, after and during breaks in the meet.

Automation /Computer Operator/ Scorer – Consists of several roles including verifier and computer operator. Automation is responsible for entering race times, scoring the meet, producing and posting results, producing ribbon labels, and finally reporting results to the division automation liaison. Automation volunteers sit in the shade on the deck of the pool or in the Club House (if it rains). Computer Operator (Entering Times) requires minimal training and verifying scores requires no training. *MCSL holds training for Computer Operators for those interested in May* (you can also learn on the job at Time trials and early meets)

Timer – Will use a stop watch to accurately time the swimmer in their assigned lane from start to finish. Will record all the times on the time card and hand to head timer or runner. There are 3 timers in Every Lane.

Head/Assistant Head Timer are experienced timers that act as a backup for timers if lane timers experience technical mishaps during races

Clerk of Course – Will assist in checking in swimmers prior to their event and instruct them as to which lane and heat they will swim in. They will also direct the swimmers to the staging area to await their events. This volunteer position is for an individual that does not get flustered by chaos and lots of kids. It helps to know many of the swimmers but if you are new, it is also a great way to get to know all the swimmers.

Runner – Collects the time sheets/cards from the head timer or timers and turns them in to automation. Will also collect the DQ slips and turn them in to automation. *(SSL jobs available)*

Concessions – HOME MEETS ONLY - Sells food, drink and team spirit wear at all home meets throughout the season. The proceeds from the concessions sales go directly to the Woodcliffe Team to support operations. Our home meets will also need a Grill Master to make Burgers and Hot Dogs. *(SSL jobs available)*

Ribbon Writer – Prepares the ribbons for swimmers by attaching labels (received from automation) to the appropriate ribbon. Ensures that each team receives their award ribbons at the end of the meet. *(SSL jobs available)*

Setup/Breakdown Crew – HOME MEETS ONLY – Responsible for setting up equipment (backstroke flags, lane markers, speakers, etc.) at the pool prior to the meet and after the meet breaking down the equipment. Will move tables, chairs, etc., before and after the meet. This position is only required at home meets. *(SSL jobs available)*

Other Non Shift Volunteers Needed

End of Year Banquet
Parent Party
Pep Rallies

SOCIAL ACTIVITIES

Throughout the course of the season, the Wahoos hold many social activities for all the swimmers and their families. Parent volunteers are needed for several of these activities as well. These activities include:

Friday Night Pep Rallies

Friday Night Themed Pep Rallies are when Wahoos swimmers and families will gather at the pool, share a meal, and prepare for the Saturday morning meet the next day. Themed food is available for a small fee. Pep rallies take place every Friday night at 6:00pm immediately preceding Saturday meets.

13 and Up Events Special events are planned throughout the season for our 13 and up swimmers.

Parents Party

A fun night for Wahoos parents to get together and get to know each other.

AWARDS BANQUET

Upon completion of the season (always after the Divisional meet has occurred), The Wahoos hold an end of the year awards banquet. All swimmers and their families are invited to attend and are strongly encouraged to do so. Swimmers attend for free. A fee is charged to non-swimming family members. The top 3 point earners in each age group (boys and girls separate) will receive awards. All other swimmers will receive awards based on the motivational awards program (*see below*).

MOTIVATIONAL AWARDS SYSTEM

Each Wahoos swimmer will receive one award at our awards banquet based on the motivational times below. Swimmers achieving a 1 star time in at least 1 stroke will receive a large medal. Swimmers who achieve a 2 star time in at least on stroke will receive a small trophy. Trophies increase in size as the stars increase. Swimmers receive an award based on their best stroke (the highest star). Swimmers who are not able to achieve a 1 star time will receive a participation medal. Our goal is to motivate each swimmer to continue to improve at his/her own level.

8 & Under Girls	25 Free	25 Back	25 Breast	25 Fly
1 Star	28.50	37.50	38.00	35.00
2 Star	26.50	34.50	35.00	32.00
3 Star	24.00	31.50	32.00	30.00
4 Star	22.00	28.50	29.00	28.00
All Star	19.20	24.45	26.60	23.40

8 & Under Boys	25 Free	25 Back	25 Breast	25 Fly
1 Star	28.25	37.00	37.50	34.50
2 Star	26.25	34.25	34.75	31.75
3 Star	23.75	31.25	31.50	29.75
4 Star	21.75	28.00	28.75	27.75
All Star	18.85	24.00	26.00	23.20

9-10 Girls	50 Free	25 Back	25 Breast	25 Fly
1 Star	49.50	31.00	33.00	30.50
2 Star	48.00	27.75	31.50	27.00
3 Star	45.00	24.75	28.00	24.00
4 Star	41.50	22.70	25.50	21.50
All Star	36.35	20.40	22.25	18.60

9-10 Boys	50 Free	25 Back	25 Breast	25 Fly
1 Star	49.25	30.50	33.00	30.00
2 Star	47.50	27.25	31.50	26.75
3 Star	44.50	25.00	28.00	23.50
4 Star	40.50	23.00	25.50	21.25
All Star	35.80	20.10	22.25	18.70

11-12 Girls	50 Free	50 Back	50 Breast	50 Fly
1 Star	44.00	56.50	58.00	54.50
2 Star	41.00	53.50	55.00	49.00
3 Star	38.00	49.00	52.00	45.00
4 Star	35.00	44.50	47.00	42.00
All Star	32.70	39.00	43.40	37.20

11-12 Boys	50 Free	50 Back	50 Breast	50 Fly
1 Star	43.75	55.50	57.75	54.00
2 Star	40.75	53.25	54.75	48.75
3 Star	38.00	48.50	51.75	44.75
4 Star	35.00	44.00	46.75	41.50
All Star	31.40	38.10	43.30	36.30

13-14 Girls	50 Free	50 Back	50 Breast	50 Fly
1 Star	42.50	54.00	56.00	53.50
2 Star	39.00	51.00	53.00	49.00
3 Star	36.50	47.50	49.50	45.00
4 Star	33.80	42.30	44.50	39.00
All Star	31.00	36.30	41.20	34.10

13-14 Boys	50 Free	50 Back	50 Breast	50 Fly
1 Star	41.50	53.00	55.00	52.50
2 Star	38.50	50.00	51.00	47.50
3 Star	34.50	47.00	47.00	44.00
4 Star	31.50	42.00	42.60	37.00
All Star	28.40	34.30	38.20	32.00

15-18 Girls	100 Free	100 Back	100 Breast	50 Fly
1 Star	1:31.00	1:51.00	1:56.00	47.00
2 Star	1:25.00	1:45.00	1:52.00	44.00
3 Star	1:20.00	1:39.00	1:47.00	41.20
4 Star	1:13.00	1:27.50	1:34.50	36.00
All Star	1:04.60	1:15.00	1:25.00	33.00

15-18 Boys	100 Free	100 Back	100 Breast	50 Fly
1 Star	1:25.50	1:39.00	1:44.00	41.00
2 Star	1:17.00	1:35.00	1:40.00	37.50
3 Star	1:09.00	1:27.00	1:33.00	35.00
4 Star	1:03.80	1:16.00	1:24.50	31.80
All Star	58.00	1:08.00	1:16.25	29.20

Girls IM	12 & Under	13-14	15-18
1 Star	1:50.00	1:44.50	1:40.00
2 Star	1:47.00	1:39.00	1:35.50
3 Star	1:41.00	1:32.00	1:29.00
4 Star	1:31.50	1:27.00	1:23.40
All Star	1:21.00	1:17.60	1:14.00

Boys IM	12 & Under	13-14	15-18
1 Star	1:50.00	1:42.50	1:29.00
2 Star	1:47.00	1:38.00	1:23.00
3 Star	1:41.00	1:31.00	1:19.00
4 Star	1:31.00	1:23.30	1:14.00
All Star	1:20.00	1:12.60	1:07.00

ORDER OF EVENTS – DUAL/DIVISIONAL MEETS

Boys	Girls	Age Group	Event
1	2	12 & U	100M Individual Medley
3	4	Open	200M Medley Relay
5	6	8 & U	25M Freestyle
7	8	9 - 10	50M Freestyle
9	10	13 - 14	50M Freestyle
11	12	11 - 12	50M Freestyle
13	14	15 - 18	100M Freestyle
15	16	13 - 14	100M Individual Medley
17	18	8 & U	25M Backstroke
19	20	9 - 10	25M Backstroke
21	22	15 - 18	100M Backstroke
23	24	11 - 12	50M Backstroke
25	26	13 - 14	50M Backstroke
<i>Ten Minute Break</i>			
27	28	15 - 18	100M Individual Medley
29	30	8 & U	25M Breaststroke
31	32	9 - 10	25M Breaststroke
33	34	11 - 12	50M Breaststroke
35	36	13 - 14	50M Breaststroke
37	38	15 - 18	100M Breaststroke
39	40	8 & U	25M Butterfly
41	42	9 - 10	25M Butterfly
43	44	11 - 12	50M Butterfly
45	46	13 - 14	50M Butterfly
47	48	15 - 18	50M Butterfly
49	50	One from each age group except 15 - 18	<u>175M Freestyle Relay</u> 2 lengths 9 - 10, 2 lengths 11 - 12 2 lengths 13 - 14, 1 length 8 & U

SENECA B LEAGUE 2019 GUIDELINES & SCHEDULE

The Guidelines and Schedule for 2019 are available on our website.

FREQUENTLY ASKED QUESTIONS

1. How old are the kids on the Wahoos team?

Swimmers on the Wahoos range from as young as 4 years old to 18 years of age.

2. How long is the season?

The season typically runs the entire months of June and July.

3. How does the Head Coach decide who swims on Saturday and on Wednesday?

Generally the three (3) fastest times in each event for each age group will swim in the meet on Saturday except for the Freestyle, where the top six (6) fastest times will swim. All other swimmers will generally swim in the meet on Wednesday. In some cases, a swimmer will swim in both meets for the week.

The Coaches will put a swimmer in an event where they feel the team will get the most points for the meet. This may not necessarily be the swimmers best event. Relay participants at a Saturday meet may not be decided until midway through the meet.

4. How are lane assignments determined for each event?

In events with more than one heat, the swimmers with the slower times will swim in the first heat. The fastest swimmers swim in the last heat. Within a heat, for a dual meet, the home team will swim in either the odd or even lanes, while the visiting team will swim in the other lanes. The visiting team will pick which lanes they want to swim in (even or odd) prior to the meet.

5. What is an IM?

IM's are Individual Medleys. An IM will consist of the swimmer swimming all four strokes in the following order: Butterfly, Backstroke, Breaststroke, Freestyle. Each stroke is swum the same distance.

6. Can my child leave the meet once he/she has completed all their events?

All swimmers should try and stay until the end of the meet to cheer on all of their teammates. The final race for the MCSL meets on Saturday is a relay race. Please do not leave because your child may be asked to swim in this relay.

7. Do the swimmers get ribbons?

Depending on the meet, place and time the swimmer finishes will determine if they get a ribbon. For MCSL meets, the top 6 places awarded place ribbons. For Wednesday night meets, the top 6 places are awarded place ribbons while the other swimmers receive participation ribbons. At some special meets, such as the Superstars meet, the first 12 places are awarded ribbons.

8. Can a swim meet or practice be "rained out"?

Swim meets are not postponed by rain, only by thunder and lightning. Even if it is raining you should still show up at a meet until it is called off and you have been notified not to go. If it begins to thunder and lightning during the meet, the meet will be delayed for one hour period starting from the time the last lightning was observed. If it does not appear that it will blow over, the meet will be postponed until another mutually agreeable time for both teams. If the meet is partially completed when interrupted by weather, only the events not yet performed because of the weather will occur on the makeup day.

Inclement weather policy – Please remember that swim team practice is ON in the rain if there is no lightning!

9. How will I find out about team events and other team news? How can I communicate with the coaches or other parents?

The primary form of communication for the Wahoos team is via email. The team email address is WCFwahoos@gmail.com. Information will also be posted on our website and social media accounts.

10. Are all the swimmers required to wear the team suit?

Team suits are not required but are highly encouraged. If your swimmer has a matching team suit then they will feel like they are part of the team. It also makes it easier for the coaches during meets if all our swimmers are in team suits. We ask that a swimmer at least wear a suit that is a combination of black, red and/or white

11. What time does the team get together prior to the meet?

It depends on whether it's a home meet or away meet. For a home meet, the Wahoos warm up first. The coaches/ reps will notify swimmers what time they need to be at the pool, typically it is 90 minutes prior to the meet start. For an away meet, the Wahoos will warm up last so we need to be at the away pool approximately 1 hour prior to the meet start. Additionally, before a Saturday morning away meet, the Wahoos swim team will meet at the Woodcliffe pool parking lot to decorate our vehicles and car caravan to the away meet. The coaches/ reps will notify the swimmers what time the caravan leaves the Woodcliffe pool, usually it is no later than 7:30 a.m.

12. What should I bring to a swim meet?

*Directions (if an away meet)
Swim suit (and backup)
Team Swim Cap
Goggles (2 pairs minimum)
Towels (2 minimum)
Weekly Theme attire
Water bottle and/or other drinks*

*Snacks
Sunblock
Sandals or Flip-flops
Sweatshirt
Chairs
Money (for concessions)*

13. Are all the pools the same size?

For a team to be a member of the MCSL, they are required to have a pool which is 25 meters in length, minimum 4 feet in depth at both ends and have a minimum of six competition lanes, each being at least 7 feet wide.

14. What should my swimmer eat before a meet?

All swimmers should try to eat a meal which is nutritionally good. If your swimmer is swimming in a Saturday morning meet, they should try to eat things such as fruits, toast, bagels, cereal, etc; at least an hour before the start of the meet. For an evening meet, try to have an early dinner in a small amount at least 2 hours before the start of the meet. Foods such as rice, breads, vegetables, spaghetti would all be great choices. The most important thing to remember when eating prior to or during a meet is to drink plenty of fluids and eat small amounts.