

PARENT HANDBOOK



2010

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WELCOME TO RIPON SEA LIONS SWIM TEAM

Welcome to the 2010 swim year! Your Board of Directors would like to welcome you as members of the Ripon Sea Lions Swim Team. We are looking forward to a full season again at our state-of-the-art aquatic center. We have two home meets on the schedule this year and with your help, we will have another great season.

The Ripon Sea Lions Swim Team is a member of the Mid Valley Swim League (MVSL), which also includes teams from Ceres, Sea Dogs, Manteca, Oakdale, Tracy, Turlock, and Modesto.

Ervin Zador will be returning as your head coach for the 2010 swim season. We are proud that Ervin has chosen to coach our swimmers with his 40 plus years of experience coaching swimmers at all levels.

We have put together the following handbook to better inform you, as parents and swimmers, of the events that will become part of your most treasured memories. We hope that this information is useful to you and answers any questions that you might have. If you do not find the answer in this booklet, please do not hesitate to ask a board member, another parent or a coach. But don't get frustrated. We all need to work together to make the team successful!



BOARD MEMBERS

President:	Julie Thompson	599-8467
Vice President	Shannon Esenwein.....	599-9904
Treasurer:	Kevin Hawes.....	599-9613
Secretary:	Don Winter.....	599-5578
League Rep:	Stephanie Pratt.....	401-0485
Members at Large:	Dave Rigney	599-6643
	Bob Martin	599-4732
	Tani Hanes	599-1156
	Steve Lewis	595-7790
	Stacy Blumberg	200-0076
	Serena Johnson.....	599-9187

General E-mail address: info@riponsealions.com

Team Website Address: <http://www.riponsealions.com/>

MISSION STATEMENT

Our mission is to provide the opportunities and means for each athlete to progress to his or her full potential, to instill a dream of excellence, and to promote sportsmanship, responsibility, self-confidence and team unity. We believe that every swimmer is an important part of the team, and that every family's participation and support is essential to your success.

ELIGIBILITY

Age: Anyone who has not reached his/her 19th birthday by April 1st is eligible to join.

Capability: Swimmers need to have basic swimming skills and must be able to swim one length of the pool safely and not be afraid to put his/her face in the water. They will be taught the four competitive strokes of butterfly, backstroke, breaststroke and freestyle.

Season: In order to remain eligible to participate in the MVSL, a swimmer may not practice with, nor swim for, any other swim team from November 1st through March 31st.

Exception – Swimmers who participate in high school or college swim programs will be granted an exception to this rule.

Other: Swimmers can have no affiliation with any other swim team during the recreation season.

PRACTICES – *This is always subject to change!*

Swimmers need to arrive at practice on time. Parents must pick up their child(ren) promptly at the end of each practice. Practices will begin on April 5th at the community pool at Ripon High School. Swimmers are assigned to practice groups by the coaches, based on the swimmer's experience, needs, and to equalize groups. Coaches have the authority to determine which practice group a swimmer belongs. **Swimmers are not to swim at a different time or change groups unless the coach gives permission.** Practice times may change during the first two months of practice as the coaches sort the swimmers into groups according to skill level. **Times will change once again when school's out for summer break.** Once school is out practices will move to morning sessions. There may or may not be an afternoon practice. Practices time for April and May will be 3:30-4:15, 4:15-5:15, or 5:15-6:30.

COMMUNICATION

Most communication will be via e-mail. Please make sure you are checking your e-mail regularly for any changes. Board members are also available by phone or at the pool to answer any questions. You can reach a board member at info@riponsealions.com.

TIME TRIALS

Time trials will be held on May 22nd from 8:00 a.m. to approximately 12:30 p.m. at the pool. Time trials are held to establish a seedtime for each swimmer in an event in order to place the swimmer in the correct heat. Time trials also give parents an idea of what is expected during actual meets. It is highly recommended swimmers attend.



RULES

1. In the pool, swimmers are always to remain on the wall (unless otherwise instructed by the coach). Swimmers are never to be playing in the lanes or hanging on the lane lines. The swimmers should generally be away from the wall only when swimming a given distance or completing another activity such as practicing time.
2. Swimmers are never allowed to place their hands or feet on any other swimmer for any reason. They are to consider the safety of others at all times.
3. The use of profanity or verbal abuse towards another swimmer or a member of the coaching staff will NEVER be tolerated.
4. Swimmers are never to enter the swimming pool without a coach or lifeguard present.
5. Swimmers are to exhibit pool safety standards. Basic rules will be enforced at all times.

Swimmers are expected, at all times, to follow the oral direction of any coach, and **AT NO TIME** will disrespectful attitudes be tolerated from any child! It is important that the coaching staff's relationship with the swimmers be that of positive, direct control. When a coach is working with as many swimmers as one does, it is important that the coach have the swimmer's undivided attention at all times. When a coach signals for quiet, their instructions are to be followed immediately.



FUND-RAISING

Each swimmer and his/her family are expected to participate in all fund-raising activities. We will have three fundraisers for the 2010 season. We will have a Swim-a-Thon on May 17th, a cherry sale (TBD), and the fireworks booth (June 28th – July 5th). The proceeds from these events help keep registration costs down, pay for invitationals, purchase equipment, and pay for miscellaneous swim team expenditures. Tee shirts sales also provide income for the team.

Here's why fundraising is so crucial. It costs approximately \$45,000 each year to run the team. The registration fees cover approximately 50% of the team expenses. The difference is made up through fundraising!!

TEAM BUDGET INFORMATION

RIPON SEA LIONS TEAM EXPENSES	
Coaches & Pool Use Fees	58%
Invitational & Meet Expenses	15%
Reserve Account (Future Equipment Replacement)	9%
Awards & Coaches Gifts	6%
Team Software & Program Expenses	4%
Swim Caps	4%
Team Operating Expenses	3%
	100%

RIPON SEA LIONS TEAM INCOME	
Registration Fees	50%
Swim-A-Thon Fundraiser	21%
Fireworks Booth Fundraiser	21%
Donations (Rotary, Soroptomist, Ripon QB Club, Lions etc)	4%
Cherry Sales Fundraiser	3%
Tee Shirt Sales	1%
	100%

SWIM TEAM APPAREL

One swim cap with a team logo will be provided to each swimmer after registration fees are paid. Swimmers will need to provide their own goggles and fins for practices. A limited supply of fins are at the pool; however, it cannot be guaranteed that swimmers will have their size available. **ATTENTION: This will be the last year these items will be available.** Please put the swimmer's name on all personal equipment with a permanent marker.

A team suit fitting date will be announced in the early part of the season. Please see our website for more information regarding the team suit and fitting date.

Please do not use the team suits for practice.

SWIM SUIT REGULATIONS

USA Swimming will allow all swimsuits meeting the criteria below, including those listed on [USA Swimming's Reference List for Allowable Swimsuits](#) in USA Swimming competitions.

The criteria for allowable swimsuits at USA Swimming competition, under Rule 102.9, is as follows:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;
2. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer; and
3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

SWIM MEETS

All swim meets begin at 8:00 a.m. as scheduled during late May, June and July; however, you must be registered for your events by 7:00 a.m.

TYPES OF MEETS

Dual Meets and Tri Meets have two or three teams competing against each other and normally are over by early afternoon.

Invitational meets are open to all teams within the Mid Valley Swim League. If entries are not received by the host team by the required due date swimmers will not be able to compete. This is "host team rules" and past experience has proved no exceptions!

Championships are an event where qualifying swimmers from all teams in the MVSL compete against each other. To qualify to swim in the Championship meet, a swimmer must have competed in at least two individual events in at least four MVSL meets (this includes invitationals). Other league requirements may need to be met.

CHECK IN

Swimmers must check in at least 1 hour before the start of the meet. *After 7:30 swimmers not checked in will be scratched from the day's events.*

WARM UP

After checking in, swimmers need to warm up. Some exceptions - swimmers who do not swim in early events, and the 6 & under age group.

AGE GROUPS

Swimmers are divided into age groups for competition as follows: 6 and under, 7-8, 9-10, 11-12, 13-14, 15-16 and 17-18. Swimmers will swim for the age group in which they fall on April 1st. Boys and girls are separate in competition (except for relays for the 6 & under age group).

MEET SIGN UPS

Swimmers need to sign up if they wish to participate in a meet. Sign ups for all meets will be done online. You will receive an email with a login and password. A swimmer may be entered in a maximum of three individual events and two relays per meet. (The Oakdale and Tracy **Invitationals** are exceptions) Relay teams will be formed by the coaches. It is extremely important that you let the coaches know if you cannot swim on a relay for a particular meet. If you are signed up to swim on a relay team and you have to leave, you must tell the relay coordinator ASAP. It is not fair to the other three members of the relay team to hang around all day only to find out that the fourth member has left.

WHAT TO BRING

Warm sweats for the early morning, slip on shoes, sunscreen, ponytail holders, games, books, plenty of drinking water, healthy snacks, tents, lawn chairs, shade tarps and sleeping bags. And don't forget suit, cap, goggles, and towel. Again, it is a good idea to mark your name on everything with permanent marker.



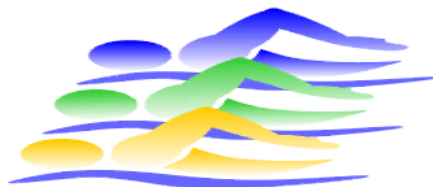
WHAT NOT TO BRING

Please do not bring squirt guns, frisbees, balls for throwing, chewing gum, glass containers, or BBQs and stoves with open flames. Radios, tape decks, and boom boxes are to be used with headphones only.

ALCOHOLIC BEVERAGES AND TOBACCO ARE NOT ALLOWED ON SCHOOL PREMISES.

POOL DISTANCES

Most pools in our league are 25 yards. The Oakdale pool is 25 meters. This will make the swimmer's times seem slower. To convert the times multiply them by 0.9144.



GENERAL INFORMATION

Swimmers are responsible for getting to their events on time. Please keep an ear on the event numbers as they are called. Unsportsmanlike conduct of a swimmer or parent can lead to disqualification of a swimmer at the meet and possible future meets. Foul language from either a swimmer or parent is grounds for removal from the meet. Repeated unsportsmanlike conduct from either a swimmer or parent is grounds for dismissal from the team.

AWARDS

Awards are given to swimmers as follows:

- * *Tri-Meets* - Individual ribbons for 1st - 6th places. Relay ribbons for 1st - 3rd. Improvement ribbons by obtaining personal best times.
- * *Invitationals and Championships* - Individuals and relays generally receive medals for 1st - 3rd and ribbons for 4th-6th. High Points Awards are awarded to each boy and girl for each age group.
- * *Season End* - Following Championships, the team will host an awards and potluck. Recognition awards are given out at that time.



GUIDELINES FOR PARENTS AND SWIMMERS

To help us all receive maximum benefit from the program, we have listed a few guidelines for parents and swimmers. Without help and cooperation from parents and swimmers, a successful program is not possible.

PARENTS' RESPONSIBILITIES

Parents are needed in many ways to help the team function properly and efficiently. Swimmers swim and coaches coach, *the rest is up to the parents.*

- Parents should aid the swimmers' efforts to improve by getting them to/from practice regularly and on time. Irregular attendance at workouts is disturbing to the coaches who spend time and effort in planning.
- During practice, parents must remain behind the fence in the pool area and are not allowed on deck with the swimmers unless personally requested by the coach.
- During swim meets, parent participation is **mandatory**. There are numerous time slots covering various jobs that must be filled. For parents with small children, please trade off childcare with other parents to help the meets run smoothly. **Please see below.**
- Please keep comments to ALL children at meets positive and encouraging, even if your swimmer has a poor performance. His/her coach will be aware of his/her performance and make necessary corrections with the swimmers.
- Any improper conduct demonstrated by parents will result in disciplinary action from the board. Examples of improper conduct are verbally or physically assaulting anyone related to the team (including children, parents, coaches and swimmers). Discipline can be levied up to (but not limited to) temporary suspension from swim meets, practices, and or removal from the team.
- If you have children in multiple practices do not leave them at the pool without adult supervision.



INFORMATION ABOUT RELAYS

- Relays are determined by the swimmer's fastest recorded time in an event prior to the day of the meet.
- Parents are not to approach coaches regarding their swimmer's placement or non-placement in relays.

SWIMMERS' RESPONSIBILITIES

The initial responsibility of the swimmer (once he/she decides to join the team) is to participate wholeheartedly in both workouts and competition. Consistent participation will produce good health, a feeling of tremendous personal accomplishment and a lot of good friends. Some guidelines for the swimmers are listed below.

- Go to practice ready to work hard. You are attending practice to train and improve your skills and times.
- During meets, talk to your coach before and after each race. Your coach will have last minute points for you to remember before the race. Your coach may also want to discuss the race itself while it's still fresh in your mind.
- Schedule other activities at times that will not conflict with practice whenever possible.
- Team spirit is very important in any sport. When we are at a meet, please act like a team.
- If you must miss successive practices for any reason, please inform your coach as soon as possible.

COACHES' PHILOSOPHY

The coaching staff's goal is to help create a positive swim experience for all children on the Ripon Sea Lions Swim Team. We strongly emphasize the development of correct stroke techniques. This emphasis on fundamentals results in improved strokes and times for novice swimmers and the establishment of a necessary base for advanced skills as the swimmer progresses. At all levels the swim workouts emphasize the teaching of stroke mechanics as well as conditioning and fun. Most of the first six weeks of the season is spent on conditioning. This means the swimmers will spend a great deal of time just swimming laps. Kickboards and or fins may also be used. The swimmer must have the strength before they can learn proper stroke technique. Our emphasis in competition focuses on involving all swimmers in a positive competitive experience. Our aim is the full participation of all children on the team. The sense of self esteem, discipline and personal responsibility that children gain from their experience on the team helps them mature and develop as people as well as swimmers. We aim to facilitate this growth and believe that both personal growth and improved swimming are natural, positive outcomes from our swim program.

RIPON SEA LIONS SWIM TEAM EXECUTIVE BOARD

Board members are required to attend monthly board meetings as scheduled and any emergency meetings as might be needed. All board positions include full voting privileges. Board members set policy, solve problems, etc. Work is done year round, but most of it is in the spring and during the actual meet season (beg. of June through July). New board members are elected by the general membership at the End of Season Awards Potluck. Board positions are as follows – President, Vice President, Secretary, Treasurer, League Representative, and Members At Large.

SWIM MEET RESPONSIBILITIES

VOLUNTEER WORK REQUIREMENTS

Without the volunteer efforts of everyone, swim meets would not take place. In order to ensure that each meet is run smoothly, parents must be available to work a two-hour shift. Our team has many new swimmers so we've developed a description of each volunteer position. Please see below for a description of each swim meet job. Please feel free to contact a board member with any questions.

CHECK-IN

All swimmers must check-in with their team by 7:00 a.m. on the day of a meet or they will be scratched from the day's events. This job requires two people who are stationed at tables by 6:30 a.m. at the meet to check in swimmers and parent volunteers.

STARTERS

These volunteers direct every event. They state the event, tell swimmers to take their marks, and press the buzzer to begin the event. Clinics will be held for starter instruction. Clinic dates and times will be posted.

TIMERS

There are three timers per lane, each with a separate responsibility. One timer will use a stopwatch to record the time. One timer will write down the times recorded from the stopwatch. One timer will hand out ribbons to each heat winner. All three timers will push their lane button for the Colorado time system after each heat. Our team must provide at least eight timers during each two-hour shift for home meets.

ANNOUNCERS

These volunteers sit at the head table on the pool deck and call swimmers for each event using the PA system. They also call for missing swimmers and make other announcements during the meet.

RUNNERS

Before each event, time cards must be distributed to each timer group and then collected after the event is over. Runners distribute and collect these cards and return them to the data processor at the end of an event.



STROKE AND TURN

These are the referees or judges who must determine whether or not a swimmer has correctly competed in an event. They walk up and down the side of the pool checking on the swimmers in their assigned lanes. Stroke and turn clinics will be offered where you'll learn the fundamentals of each stroke, how to make correct turns, and correctly touch the wall to complete an event. We encourage all to come to the clinic.

COLORADO

These volunteers will run the Colorado System at the head table. The two jobs associated with the Colorado System are the console operator and the verifier. The console operator will run the Colorado system and print a hard copy of the results from each heat. The verifier will compare the printed information from the Colorado to the results from the stopwatch timers.

MEET MANAGER & DOCUMENT ASSISTANT

This position involves two people. One volunteer inputs data collected from the Colorado System into the Team Manager program to run reports. The assistant will assist in taking the reports and distributing them throughout their shift. Paperwork goes to our timers, stroke & turn officials, event boards, and on the results wall.

RIBBONS

This job requires you to take the computer-generated result stickers and place them on ribbons to be given to swimmers at a later practice.

HOSPITALITY

During each two-hour shift, the volunteers at each position are given snacks, coffee, water, juice, etc. The volunteer uses a wagon to offer snacks and drinks to the volunteers. You may also have to cut up fruit, muffins, or pizza.

RELAYS

Gathers and organizes medley and freestyle relays. Two volunteers are needed for the morning and afternoon relays.



GLOSSARY

Anchor: The swimmer who swims the last leg of the relay.

Backstroke: The race starts with the swimmer in the water, and is performed with the swimmer on their back at all times, except during the turn.

Breaststroke: The race starts with the swimmer on the starting block, and is performed with the swimmer face down, and the legs kicking in unison. The arms must stroke in a simultaneously symmetrical motion.

Butterfly: The race starts with the swimmer on the starting block, and is performed with the swimmer face down, both arms coming out of the water simultaneously and legs in a dolphin kick.

Dolphin Kick: The feet move up and down together without separation.

Disqualified (DQ): The swimmer who leaves the starting position prior to the starting signal is judged disqualified. In a relay event a swimmer who leaves the starting block prior to the completion of the previous swimmer's leg disqualifies the relay team. Swimmers are also disqualified for swimming a stroke illegally.

Dual Meet: A swim meet where one swim club visits another team's pool.

Flip Turn: A tumbling turn used in freestyle and backstroke in which the swimmer somersaults underwater to leave the wall in proper position for the stroke and pushes off the wall with feet.

Flutter Kick: Kick used in freestyle.

Freestyle: The fastest competitive stroke. The race starts with the swimmer on the starting blocks, and is performed face down with the arms pulling independently of each other and the legs kicking individually.

Heat: The total number of swimmers, ranked slowest to fastest in the event, divided by the number of lanes of the pool, determines the number of heats in an event.

Heat Sheets: Provides heat and lane assignment for each event.

High Point: Award given to the boy and girl in each age group who earns the highest number of points during an *individual* meet, invitational, or championship.

High Points Award: Award given to the boy and girl in each age group who accumulates the highest number of points during the season. All meets will count, including invitationals.

Individual Medley (IM): Race in which the swimmer uses all four basic strokes. Each stroke is swam for 1/4 the total distance of the race in the order of butterfly, backstroke, breaststroke and freestyle.

Lap: One length of the pool.

Medley: Race in which all four basic competitive strokes are used. Each stroke is swam for 1/4 the total distance of the race.

MVSL: Mid Valley Swim League. Comprised of teams from Ceres, Sea Dogs, Manteca, Modesto, Oakdale, Ripon, Tracy and Turlock.

Seeding: The process of determining the heat and lane assignment of the swimmers in an event, ranked slowest to fastest. The heat and lane assignment is determined according to a swimmer's best time in a previously sanctioned meet in relation to the other swimmers in that event.

Tri-Meet: A swim meet where two swim clubs visit another team's pool.

RIPON SEA LIONS - DATES TO REMEMBER



WHEN	WHAT	WHERE
March 8 @ 7 pm	Orientation Meeting	Colony Oak
April 5	First Practice	Ripon High
April 9 & 10	New Swimmer Tryouts	Ripon High
TBA	Stroke & Turn/Starter Clinic	Ripon High
May 17	Swim-a-Thon	Ripon High
May 21	Pictures	Ripon High
May 22	Time Trials	Ripon High
May 29-30	Tracy Invitational	West High
June 5	Dual-Meet vs. Turlock	Pitman High
June 12-13	Oakdale Invitational	Oakdale
June 19	Tri-Meet vs. Tracy & Modesto	Ripon High
June 26	Sea Dog Invitational	Turlock High
June 28 – July 5	Fireworks Booth	Ripon
July 3	BYE – No Meet	
July 10	Tri-Meet vs. Manteca & Ceres	Manteca High
July 17	Tri-Meet vs. Oakdale & Sea Dogs	Ripon High
July 24-25 ¹	Championships	TBA
July 26	Awards Potluck	Ripon High Pool
July 31 – August 1	Meet of Champions	Woodland

¹ Championships will be planned for a one day meet. However, if the temperature gets too hot, the meet may carry over to the following day.