



Big Bend Woods Swim Team

“The Barracudas”

Parent Handbook

Welcome

Welcome to Big Bend Woods Swim Team! Big Bend Woods Swim Team is a great opportunity for your children to improve their swimming abilities and participate in friendly competition. The skills that your children learn as part of the swim team will last them a lifetime. Swimming is more than just winning a race. It is about stroke development, friendship, and teamwork, good sportsmanship, doing your personal best, and having fun. Thank you for becoming part of the team. We look forward to another great season.

Swim Team Committee Chairpersons and Parent Representatives

Trisha Fortner 636-256-2511 / 314-229-4027 trishafortner@gmail.com
Michelle White 636-578-8847 MKQ@aol.com

Co-Coaches

Jeremy Nichols 636-484-4304 / 636-394-8803 andijerm@yahoo.com
Hannah Allee 314-640-3944 alleehm@hendrix.edu

Waiver

Each family will be required to fill out a Medical Authorization and Release Form for each swimmer on the team.

Work Duties

Please see the work duties schedule for each of the meets. **You or a representative (at least 18 years of age) must show up for your scheduled work duties on time.** If you have a problem with your scheduled duty, you must switch with someone else or have someone fill in for you. The names and phone numbers for everyone’s scheduled work duties are listed on the work duty schedule. If your shift is not covered for any of the three work duties, your “work duty deposit check” for \$150.00 will be cashed. We must have someone in each one of these spots for every meet to make sure that the meet runs smoothly. **Please arrive by 5:00 p.m.** and go to the check-in table near the entrance to receive your nametags and instructions. Thank you for your cooperation.

Scratch-Off Sheets

You must check off each child, per meet, whether or not your swimmer will be participating in the meet. If your swimmer will be unable to swim in a meet, please communicate this with us through the Scratch-Off Sheets. The sheets will be in a file folder in the swim team file box, located on or in the guard shack. **We absolutely need to know by the Friday before the meet if your child will not be able to swim.** If your child does not want

to swim in a particular event, please have your child discuss it with the coaches by the Friday before the meet. Changes will not be made to the heat sheet rosters over the weekend or on the Monday morning of the meet! After Friday, it is too late to make any changes. No swimmer will be allowed to jump in a meet halfway through or leave early unless all of their events are completed and the coaches have been notified. You may also leave notes regarding specific desires regarding strokes, events, or age level expectations. Please do not use this for communication regarding personal matters, swim lessons, or concerns, as these sheets are for “public” viewing. You may leave a note for a coach, parent rep., or board member in their individual files, call, or email.

Mailboxes and Emails

Each family is assigned a file folder in the swim team mailbox and/or file box. Remember to check your mailboxes. Due to the costs of photocopying, many of the items such as newsletters, maps, parent and meet info, and most communication will be sent via email and/or located on our website at www.bigbendwoods.org, and on the bulletin board at the pool.

Practice Schedule

Practice Begins Monday, June 7-Regular Practice (M-W-Th-F) - Day After Meets (T)

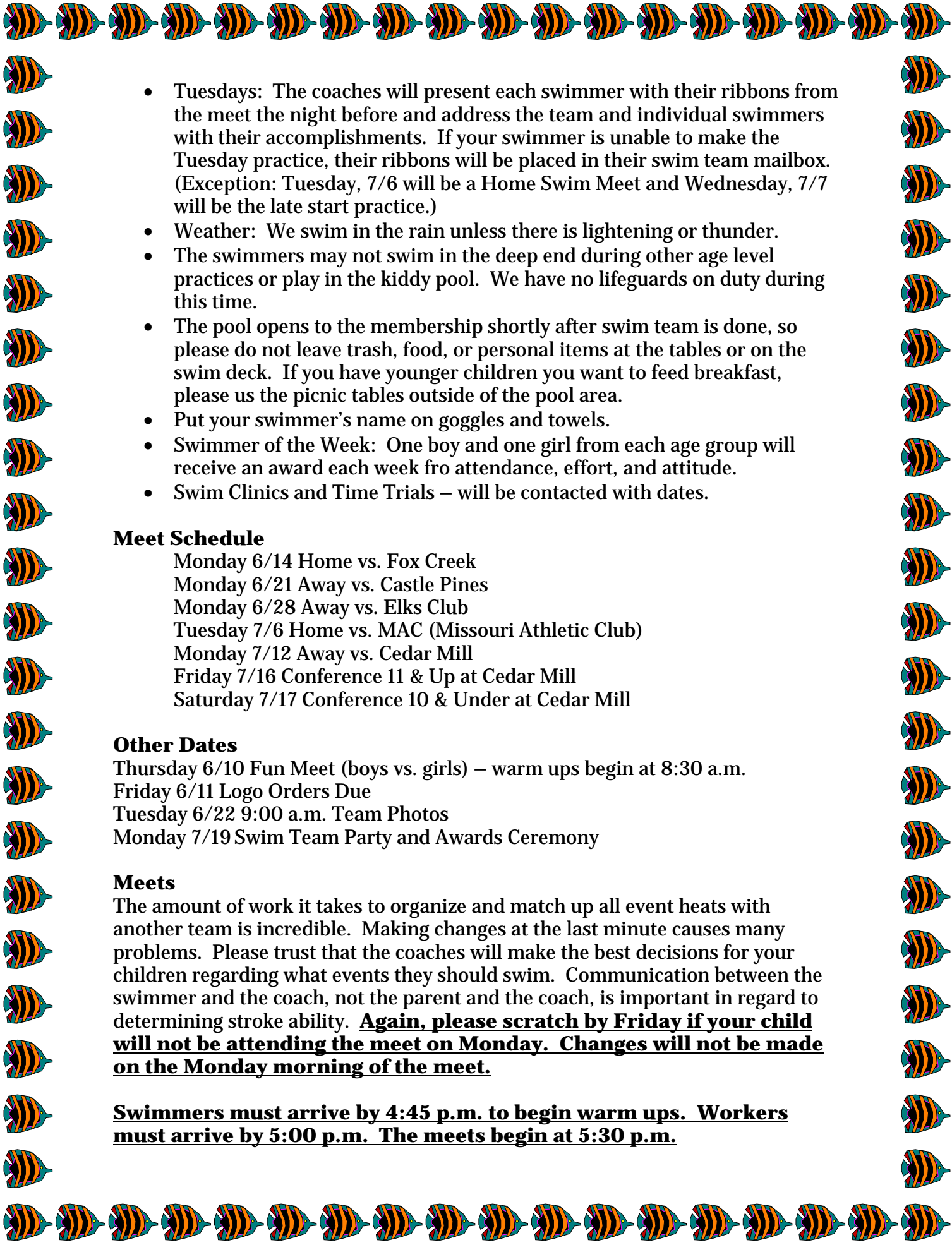
a.m.	7:30-8:15 a.m.	9&10	9:00-10:00
a.m.	8:15-9:00 a.m.	11&12	10:00-11:00
a.m.	9:00-9:45 a.m.	13&Up	10:00-11:00
	9:45-10:30 a.m.	7&8	9:00-10:00 a.m.
	10:30-11:00 a.m.	6&under	9:00-10:00 a.m.
	11:00-11:30 a.m.	Tadpoles	11:00-11:30 a.m.

****Swimmers are only allowed to attend their age group, unless prior arrangements with the coaches have been made ahead of time. We know it is early, but swimmers must attend their own age group practices. Swimmers from various ages will not be allowed in the water to swim/practice with other age groups.**

Practices

Attendance: The coaches will take attendance at the start of each practice. Please try to have your child at the pool 5 minutes prior to practice time.

- The more your swimmer is in the water, the more improvement you will see in their stroke development and endurance. Practice makes a difference.

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- Tuesdays: The coaches will present each swimmer with their ribbons from the meet the night before and address the team and individual swimmers with their accomplishments. If your swimmer is unable to make the Tuesday practice, their ribbons will be placed in their swim team mailbox. (Exception: Tuesday, 7/6 will be a Home Swim Meet and Wednesday, 7/7 will be the late start practice.)
 - Weather: We swim in the rain unless there is lightening or thunder.
 - The swimmers may not swim in the deep end during other age level practices or play in the kiddy pool. We have no lifeguards on duty during this time.
 - The pool opens to the membership shortly after swim team is done, so please do not leave trash, food, or personal items at the tables or on the swim deck. If you have younger children you want to feed breakfast, please use the picnic tables outside of the pool area.
 - Put your swimmer's name on goggles and towels.
 - Swimmer of the Week: One boy and one girl from each age group will receive an award each week for attendance, effort, and attitude.
 - Swim Clinics and Time Trials – will be contacted with dates.

Meet Schedule

Monday 6/14 Home vs. Fox Creek
Monday 6/21 Away vs. Castle Pines
Monday 6/28 Away vs. Elks Club
Tuesday 7/6 Home vs. MAC (Missouri Athletic Club)
Monday 7/12 Away vs. Cedar Mill
Friday 7/16 Conference 11 & Up at Cedar Mill
Saturday 7/17 Conference 10 & Under at Cedar Mill

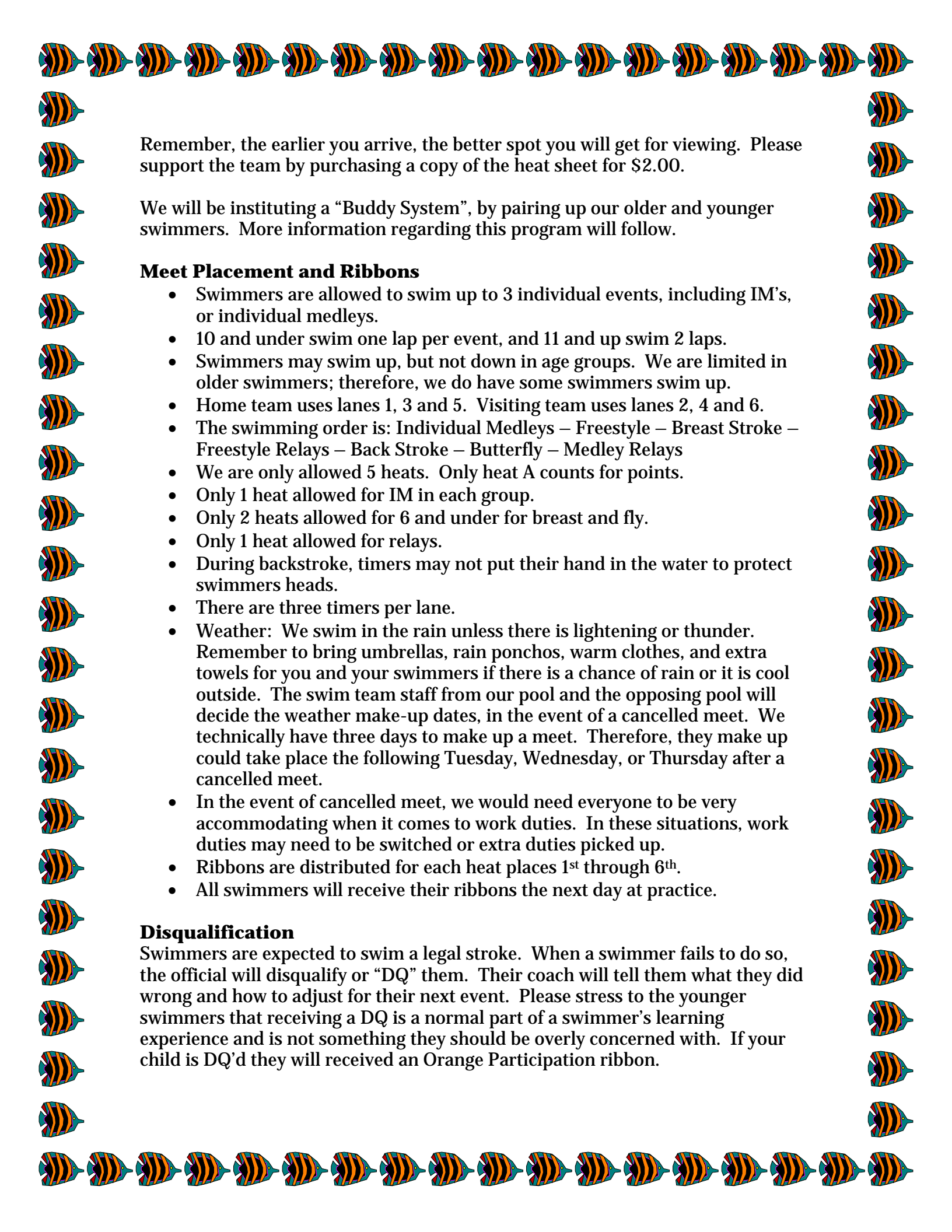
Other Dates

Thursday 6/10 Fun Meet (boys vs. girls) – warm ups begin at 8:30 a.m.
Friday 6/11 Logo Orders Due
Tuesday 6/22 9:00 a.m. Team Photos
Monday 7/19 Swim Team Party and Awards Ceremony

Meets

The amount of work it takes to organize and match up all event heats with another team is incredible. Making changes at the last minute causes many problems. Please trust that the coaches will make the best decisions for your children regarding what events they should swim. Communication between the swimmer and the coach, not the parent and the coach, is important in regard to determining stroke ability. **Again, please scratch by Friday if your child will not be attending the meet on Monday. Changes will not be made on the Monday morning of the meet.**

Swimmers must arrive by 4:45 p.m. to begin warm ups. Workers must arrive by 5:00 p.m. The meets begin at 5:30 p.m.



Remember, the earlier you arrive, the better spot you will get for viewing. Please support the team by purchasing a copy of the heat sheet for \$2.00.

We will be instituting a “Buddy System”, by pairing up our older and younger swimmers. More information regarding this program will follow.

Meet Placement and Ribbons

- Swimmers are allowed to swim up to 3 individual events, including IM's, or individual medleys.
- 10 and under swim one lap per event, and 11 and up swim 2 laps.
- Swimmers may swim up, but not down in age groups. We are limited in older swimmers; therefore, we do have some swimmers swim up.
- Home team uses lanes 1, 3 and 5. Visiting team uses lanes 2, 4 and 6.
- The swimming order is: Individual Medleys – Freestyle – Breast Stroke – Freestyle Relays – Back Stroke – Butterfly – Medley Relays
- We are only allowed 5 heats. Only heat A counts for points.
- Only 1 heat allowed for IM in each group.
- Only 2 heats allowed for 6 and under for breast and fly.
- Only 1 heat allowed for relays.
- During backstroke, timers may not put their hand in the water to protect swimmers heads.
- There are three timers per lane.
- Weather: We swim in the rain unless there is lightening or thunder. Remember to bring umbrellas, rain ponchos, warm clothes, and extra towels for you and your swimmers if there is a chance of rain or it is cool outside. The swim team staff from our pool and the opposing pool will decide the weather make-up dates, in the event of a cancelled meet. We technically have three days to make up a meet. Therefore, they make up could take place the following Tuesday, Wednesday, or Thursday after a cancelled meet.
- In the event of cancelled meet, we would need everyone to be very accommodating when it comes to work duties. In these situations, work duties may need to be switched or extra duties picked up.
- Ribbons are distributed for each heat places 1st through 6th.
- All swimmers will receive their ribbons the next day at practice.

Disqualification

Swimmers are expected to swim a legal stroke. When a swimmer fails to do so, the official will disqualify or “DQ” them. Their coach will tell them what they did wrong and how to adjust for their next event. Please stress to the younger swimmers that receiving a DQ is a normal part of a swimmer's learning experience and is not something they should be overly concerned with. If your child is DQ'd they will received an Orange Participation ribbon.



Bullpen

Please have your child go to the designated bullpen area when arriving at the meet. **There will be sharpies and heat sheets provided for you to mark your child's arm with their races when you arrive at the meet. Parents need to mark their own child's arms. Children need to stay in the Bullpen area during the meet. We need all parents help to keep your children in the bullpen area. The bullpen workers are there to help line your children up for the lane loaders, not to search all over the pool deck for them, which they will not be doing. It will be each swimmers responsibility to make sure they make their race.** We realize the little kids will need the most help getting together for their races, so we ask that the swimmers stay in the bullpen area during the meet. Please stress this to your swimmer. We only have 7 bullpen workers and we need to make a concerted effort to keep the swimmers in the bullpen. **We will be requiring each child to stay in the bullpen areas with their swim group.** Please check up on your child throughout the evening to see if they need anything to eat or drink.






What to bring to a Meet?

- Wear your team suit and swim cap.
- Bring at least 2 pair of goggles. Goggles get lost and broken often, and having a spare pair is necessary.
- Make sure they have plenty of dry towels, at least 2. Always bring extra towels. Towels get wet and cold early on and the swimmers usually need extra throughout the evening.
- Warm clothes for cool weather. Sweat pants, sweat shirts, etc... T-shirts and caps for sunny weather. It gets very cool in the evenings during swim meets so bring appropriate clothing for you swimmers and yourself.
- Water or sports drinks.
- They can bring cards, small games or toys to keep them occupied between heats.
- Mark everything with their name in permanent ink.
- Cash or change for purchasing concessions. You may bring food or purchase food from the concessions at home and away meets. Remember that purchasing food from the concessions stands contributes money directly to our swim teams.
- **Chairs!** Some chairs will be set up for spectators, but there are not enough for everyone, so it is a good idea to bring some fold out chairs.
- Camera – Parents may want to bring a camera for the meet.
- A smile and a desire to succeed and enjoy yourself! Have fun!



Suits

Team suits can be purchased at B&B Aquatics at 1163 Colonade Center in DesPeres 314-821-7946 or 1747 Clarkson Rd. in Chesterfield 636-519-7946. Our team suit is TYR Thor #405 Navy/Green.





Team Pictures

Individual and team photographs are scheduled for **Tuesday, June 22 at 9:00 a.m.** Group and individual pictures will be taken. Purchasing pictures is optional, but we do ask that all swimmers be present for the Team photo.

Conference

Conference is the culmination of everything your swimmer has worked so hard for all summer. **Swimming at conference is a wonderful experience and goal for each swimmer to attain.** Please make every effort to schedule your time to allow your child to participate.

Requirements: In order to swim at Conference, a swimmer must have participated in a minimum of three-sanctioned swim events. We are allowed to send all of our swimmers to Division 2-6 finals and our coaches do their best to try and swim all our swimmers in multiple events.

Work assignments for conference: Each family who has a swimmer participating in conference is responsible for performing a work assignment. Work signup information will be available prior to the conference meet.

Gateway League Info

- Big Bend Woods is a member of the Gateway Conference. We are ranked in division 2-6.
- Meets are governed by the National Federation of High Schools rules. The format follows the USAS guidelines.
- Swimmers may only participate on one Gateway League Team.
- While alcohol is allowed on BBW property, drinking of alcoholic beverages is prohibited by any meet worker or parent representative during any sanctioned event.
- No jumping into the pool or throwing people into the pool at the end of the meet. This is a Gateway league rule.
- The Gateway League prohibits unsportsmanlike conduct, verbal, or physical by any adult or child.

Thank you so much for participating in the Big Bend Woods Swim team this season. We are excited for another great season. We expect to have a lot of fun. Feel free to contact us at any time. It takes so much time and energy and many volunteers to put together and run these meets. We appreciate everyone's patience and willingness to help. We want to make this season a great experience for you and your child.

