



SOMERSET
SWIM TEAM

2012 Somerset Swim Team Handbook

4445 Somerset Boulevard Southeast
Bellevue, WA 98006-2217
(425) 747-5575

<http://www.somersetrec.org>

Somerset Swim Team

Somerset Swim Team Philosophy

The Somerset Swim Team program works to provide a positive learning and growing atmosphere for all team members. The coaches work to help swimmers enhance all four competitive strokes, improve racing techniques, build self confidence, become good team members, and learn that winning and succeeding are not always the same thing. The Somerset Swim Team hopes to provide motivation, instruction, fun times, and support for all team members.

Division 2 Teams

Somerset is in Midlakes Swimming Division 2. We compete against:

- Klahanie, Issaquah
- Triangle, Bellevue
- Maple Hills, Renton
- Rolling Hills, Renton
- Mercer Island Country Club, Mercer Island

Addresses and phone numbers for each Division II pool are at the end of this handbook.

Team Wear

- Team Suits are black with the Stingray logo available to order at Opening Day.
- Caps are black with red/white logo; limited amount of silicone caps will be available

Work Out Schedule

Workouts are a very important part of swim team participation. Workout times are as follows:

Afternoon Workout May 21 th to June 21 st Monday through Thursday	
6 & U	4:30-5:00 pm
7-8	4:45-5:30 pm
9-10	5:15-6:15 pm
11-12	6:00-7:00 pm
13-14	6:45-7:45 pm
15 & Over	7:30-8:30 pm

Morning Workout June 25 th to July 13 th Monday through Friday	
15&Over	7:30-8:45 am
13-14	7:30-8:45 am
11-12	8:30-9:30 am
9-10	9:15-10:15 am
7-8	10:00-11:00 am
6 & U	11:00-11:30 am

Please be early to workouts unless you make prior arrangements with the coaches. Coaches will start the swimmers immediately at their start time.

The workouts may be run in a variety of ways. The coaches will be responsible for all activities associated with the workouts and may tailor the difficulty and duration for each group. In general workouts consist of dry land training, a long warm-up swim, and then shorter sets. Coaches will work on technique in each stroke, starts and turns, as well as behavior and teamwork. There will be a strong emphasis on stroke technique and drills.

If your child will be in camp and can not attend their regularly scheduled workout, please email the swim coach to figure out a better practice time during the camp.

If your child is a year-round club swimmer, please attend the age-appropriate workout and the coaches will determine if a change should be made.

Private Lessons

Private lessons will be available from any of the coaches or other Somerset staff members. These lessons have proven to be effective for rapid improvement in stroke techniques, starts and turns. It is up to the swimmer and parent to arrange times for private lessons with the staff member or coach. The cost is \$25.00/half hour and payment is made directly to the coach after the lesson. The binder for signing up is in the office.

Swim Team Social Events

Event	Date	Time
Swim Team Signup (open house)	Sat, May 5	1 - 4 pm
Swimsuit Fittings	Sat, May 5	1 - 3 pm
Parent Meeting	Sun, May 20	TBD
First Afternoon Swim Team Practice	Mon, May 21	4:30 pm
Memorial Day – No Practice	Mon, May 28	No practice
Time Trials (8U, 10U, 12U)	Wed, June 6	5:00 pm
Team Photos (no workout)	Fri, June 29	9 am
Swim-O-Rama	Fri, July 6	TBD
Ice Cream Social	Thr, July 12	After meet
Parent/Adult Free Relay	Thr, July 12	8:30 pm
Pancake Breakfast	Fri, July 13	7:30 - 11:30 am
Bagel Power Breakfast	Fri, July 20	9 - 11 am
Awards Night – Dessert Potluck	Sun, July 22	6 pm

Volunteer Requirements and Fees

It takes close to 50 volunteers to run a home swim meet. Somerset will be hosting or attending meets each week for six weeks. Volunteers are needed for the following:

- Scoring / data entry
- Labeling / sorting ribbons
- Timing
- Officiating
- BBQ-ing
- Helping younger swimmers get to their relays and individual events

No experience is required for the jobs listed above. Classes are available for stroke and turn judging and starting. Volunteers new to timing will have a no-pressure opportunity to learn at the time trials meet before the season begins.

Requirements

- Work 5 volunteer shifts in dual meets (meets against another team)
- Bring 2 food items to a dual meet¹
- Work 1 volunteer shift in a *championship* meet:
 - Saturday, July 14th: B Champs
 - Monday, July 16th: Senior Prelims
 - Tuesday, July 17th: Junior Girls Prelims
 - Wed, July 18th: Junior Boys Finals

¹ Officials will not be required to bring food items

Please check the website www.somersetrec.org under “Swim Team” “Volunteer Schedule” to verify the volunteer shifts you have signed up for.

Families who do not complete the volunteer requirements will forfeit their \$100 volunteer deposit.

Officiating

If you are interested in meeting your volunteer requirements by officiating, please see the 2012 Midlakes Officials Training schedule below. As a reminder, officials only need to attend one of the sessions - the first 2 hours are Stroke & Turn for everyone and the 3rd hour is for Starter/Referee.

http://www.midlakesswimleague.org/EventsCurrent.jsp?_tabid_=6537&team=reclmslwa

Fees

Swim Team membership cost is \$115 for each swimmer. These fees go to offset expenses such as Midlakes membership, coaches’ salaries, ribbons and printing. An additional \$100 volunteer deposit will be charged. This deposit will be refunded to parents who complete their work shifts. This is done on an all-or-nothing basis.

Communication

Communication is the key to a happy and successful season. The website is regularly updated, and it is your responsibility to check it regularly. If there is a sudden change, a note will be posted on the front door of the pool and if time permits an email will be sent out.

Please do not interrupt swim coaches during swim practices or meets. Their eyes need to be on the swimmers for safety reasons. Plus there are many ears listening during practice. If you need to speak with them please do so by email.

Head Coach

Erica Sorensen

Email: esorensen85@gmail.com

Assistant Coaches

Chris Bendix

Email: bendixcd@whitman.edu

Dehlan Gwo

Email: dgwo@comcast.net

If you have any questions, issues or concerns please feel free to contact the coaches or the swim team coordinators:

Libby Miller 425-649-0730 (home)
Linda Shigeta 425-378-8378 (home)

Time Trials

This is an intra-squad meet (only Somerset swimmers participate.) It is a great opportunity for new swimmers to get the feel of what a meet is like. Also, it allows the coaches to get times for all the swimmers so they can place the swimmers in the best events. All swimmers should plan on attending this meet.

13 and older swimmers

Time Trials take place during regularly scheduled workout time.

7-8, 9-10 and 11-12

Each swimmer will swim in the same heat and lane for each event. Events include:

- 7-8 25 Free
- 9-10 50 Free
- 11-12 50 Free
- 7-8 25 Back
- 9-10 50 Back
- 11-12 50 Back
- 7-8 25 Breast
- 9-10 50 Breast
- 11-12 50 Breast
- 7-8 25 Fly
- 9-10 25 Fly
- 11-12 50 Fly

Swim Meet Sign Outs

Swim team members are expected to compete in the swim meets throughout the summer season, beginning mid-June and ending the final week of July. Unless you specify, your child may be placed in both the A and B meets. Please try to plan your vacations keeping your commitment to swim team in mind. In the event you are unable to make it to a meet, it is imperative to sign out on the Vacation Sign out sheet before **Friday** of the prior week. The coaches will work on the lineups during the weekend.

Sign Out Procedure

- There will be a sign-out sheet for each A and B swim meet. Each sheet will have the name, date and location of the meet. You must write your child's name on the sheet if he/she will not be attending that meet.
- You must write your swimmers name before the Friday of the previous week. The coaches have kindly offered to create the lineups over the weekend.

Swim Meet Lineups

With 130+ swimmers and limited pool space, it can be tricky to create a line-up that makes everyone happy. However, the coaches work very hard to give swimmers as many swims as possible using both relay swims and individual events to accomplish that goal. Some age groups (usually 8 & under and 9-10) have so many swimmers that it makes it very hard to give each swimmer more than 2 individual swims per week and so coaches will use the maximum amount of exhibition heats in each meet to ensure the maximum amount of individual entries.

Coaches also try to have swimmers swim in each of the different events throughout the season. They use a software program called Team Manager, which provides reports to ensure that swimmers swim a variety of events throughout the season. These reports are checked frequently to ensure that swimmers are not swimming in the same events every meet. However, if a swimmer has not mastered a stroke, he/she will usually not swim it in an “A” meet because of potential disqualifications.

Many times breaststroke possesses a special challenge to 8 and unders. If there is only one 8 and under swimmer who swims a “legal” breaststroke, that swimmer may have to swim breaststroke at many of the A meets to earn points for the team. As the season progresses, there will be more swimmers who become legal in breaststroke and will start swimming breaststroke in the A meets.

Swim Meets

There are two dual meets per week for the five weeks of swim team. Each week includes an “A” meet (Thursdays) and a “B” meet (Tuesdays). The coaches will assign swimmers to events in either/both meet unless the swimmer is signed out the Friday prior to the meet. Lineups for both meets are sent out via email and are posted at the pool on Monday mornings. Results are posted on the swim team website www.somersetrec.org

Swim Meet Times

Arrival time: 4:30pm home meets, 5pm away meets
Warm up time: 4:45pm home meets, 5:15 away meets
Meet start time: 6pm sharp
Meet end time: 9pm

Swim Meet Arrival Procedures

1. Check in with one of the Somerset swim coaches upon arrival.
2. Check the posted line-up to see if your swimmer’s events have changed. *Events are subject to change; check the final posting on the afternoon of the swim meet.*
3. Write down your event number, heat and lane on your arm with a Sharpie.

Swim Meet Event Procedures

1. Get to staging early and if on a relay find your teammates in advance of your relay.
2. Do your best.
3. Shake your opponents hand after each race. Good sportsmanship is a must!
4. Find out your time from the timers.
5. Talk to your coach after every race. Your coach watches you swim and she will have helpful advice after your race.
6. Get ready for your next event.

Dates

Dates are posted on the midlakes website below:

Meets:

http://www.midlakesswimleague.org/SubTabGeneric.jsp?team=reclmslwa&_stabid_=57567

Events:

<http://www.midlakesswimleague.org/EventsCurrent.jsp? tabid =6537&team=reclmslwa>

Divisional Championship Meet

Divisional Championships (“B Champs”) is open to all Division II members that have not achieved a “B” disqualification time during the dual meet season. This is a really fun Saturday morning meet where the swimmers get a chance to hang out with their friends in the morning and swim against other Division 2 swimmers from multiple teams. They also get a chance to earn medals in relays and individual events.

B-Meet Disqualification Times – “BDQ”

Swimmers who surpass the “B-Meet Disqualification Times” are only eligible to swim that event at an A Meet. If a swimmer has not met the “B Disqualification Time,” then he/she may swim that event in either B meets or A meets. BDQ times are posted on the link noted below:

<http://www.midlakesswimleague.org/reclmslwa/UserFiles/Image/General%20Info/Documents/2012BDQ.pdf>

Judging and Disqualification (DQ)

Competitive swimming, like any other sport, has a set of rules and has officials to enforce those rules. This summary is intended to be neither exhaustive nor authoritative. Rather it is intended to be a “plain English” explanation of the calls made by the sideline officials.

Competitive swimming uses Stroke & Turn Judges that stand at the ends or walk the sides of the pool watching the swimmers. If the judge sees an infraction, he or she raises his or her hand. After completion of the race the judge informs the swimmer of the nature of the infraction and notifies the timer that the swimmer has been disqualified (“DQed”). Occasionally the swimmer leaves before the judge can get to them. This happens most frequently on a relay. It should always be emphasized to the swimmer that a DQ is not a big deal. While it can be a great disappointment to a beginning swimmer, a DQ is really little different than a foul in basketball or a penalty in soccer or football. Obviously disqualifications should be avoided, if possible, but when they happen they should be viewed as a learning experience. Below is an informal summary of the major rules for each stroke with some comments as to which infractions are the most common causes of DQs. If you have any questions or do not understand a rule, please feel free to ask one of the judges or one of the coaches to explain it to you.

Freestyle

Freestyle means any stroke from dogpaddle to butterfly. Any stroke is legal in a freestyle race. Hanging on the wall or standing on the bottom, while not recommended, is legal in a freestyle race. However it is an infraction to pull oneself along the wall or lane rope, or to jump forward off the bottom. If the judges see this they will call it. The rule is that all forward motion must come from swimming.

The swimmer must touch the wall with some part of their body at the end of each lap. This is the most common DQ in freestyle races. It occurs when a swimmer performs a flip turn too early,

misses the wall with his/her feet, and continues to swim the next lap. If a swimmer misses the wall, he/she should either back-paddle until he/she can touch the wall with a toe or turn around, go back, and touch the wall.

Backstroke

Backstroke is sometimes called freestyle on your back because the only rule concerning the stroke is that the swimmer must stay on his/her back. Single arm pulls or double arm pulls are both legal as long as the swimmer stays on his/her back throughout the race.

Beginning swimmers are occasionally DQed for turning over onto their breast so that they can see how far they are from the wall. Frequently they will turn onto their breast when they grab the wall at the finish, which is illegal. They need to touch the wall while still on their backs.

The swimmer cannot curl his/her toes over the gutter on the start. At the turns, the swimmer is allowed to roll onto his/her belly for a flip turn that is similar to the one used in freestyle, provided that the following criteria are met: (1) The swimmer may take only one pull (either single arm or double arm) after rolling onto their breast before making the turn, and (2) The swimmer must be on his/her back when his/her feet leave the wall. The rules governing backstroke flip turns vary slightly depending on the organization sanctioning the meet. USA Swimming rules are more stringent than the Midlakes rules.

Breaststroke

Breaststroke is by far the most difficult stroke to do legally. Probably the most common DQ in breaststroke swimming is the one-handed touch on the turn or the finish. On all turns, and at the finish, the swimmer must touch the wall with both hands simultaneously. The hands must also be parallel in a horizontal plane (i.e., one hand can not be slightly higher than the other hand).

The kick must be a “frog kick”. Flutter kicks, dolphin kicks, and scissors kicks are illegal. A flutter kick is the alternating kick used in freestyle. A dolphin kick is the two-legged undulating kick used in butterfly. A scissors kick is similar to a legal frog kick but instead of being symmetrical in a horizontal plane, the legs make a shearing motion relative to each other. In a legal frog kick the water pressure will impinge on the bottom and the inside of both feet. On a scissors kick the water pressure will impinge on the top of one foot and the bottom of the other.

At the start and after each turn, the swimmer is allowed one underwater pull and one underwater kick. Some part of the swimmer’s head must break the surface of the water before the hands turn in on the second pull off of the wall. Additionally some part of the swimmer’s head must break the surface of the water on each pull until the wall is reached at the other end.

Except for the one underwater pull mentioned above, the arm pulls cannot extend past the hip line. The hands must turn in at the belly and move forward under the breast. The arms pulls must be simultaneous. The pulls and kicks must alternate. The swimmer cannot do two kicks or two pulls in a row.

Butterfly

On all turns and at the finish like breaststroke, the swimmer must touch the wall with both hands simultaneously.

The kick must be a dolphin kick. Flutter kicks, scissors kicks, or frog kicks are illegal. When properly done there are two dolphin kicks for each butterfly pull. However this is not a rule. Any number of kicks or, for example, two or more pulls without a kick is legal in butterfly.

The arms must recover simultaneously over the water. In Midlakes we try to cut the little guys some slack on this one and we interpret it to mean that the top of the arms must break the surface. Nevertheless until the swimmer develops some strength and technique, they may DQ.

Individual Medley (IM)

The IM is one (or more) length of each of the four strokes. The strokes must be done in the following order: 1. Butterfly, 2. Backstroke, 3. Breaststroke, 4. Freestyle.

The rules for each stroke apply for the lengths of that stroke. For example the swimmer must touch the wall with both hands simultaneously at the end of the butterfly and breaststroke legs, and the swimmer must touch the wall on their back at the end of the backstroke leg.

Relays

The Medley Relay legs must be swam in the following (alphabetical) order: 1. Backstroke, 2. Breaststroke, 3. Butterfly, 4. Freestyle. Some part of the swimmer in the water must touch the wall before the toes of the next swimmer leave the block.

Addresses of Division 2 Swimming Pools

Maple Hills

15200 204th AVE SE
Renton, WA 98059
425-228-5013

Mercer Island Country Club

8700 SE 71st
Mercer Island, WA 98040
206-232-5600

Rolling Hills

1601 Rolling Hills AVE SE
Renton, WA 98055
425-226-6702

Triangle

1919 108th Ave SE
Bellevue, WA 98004
425-454-9975

Klahanie

4280 Klahanie Drive SE
Issaquah, WA 98029
425-557-7856