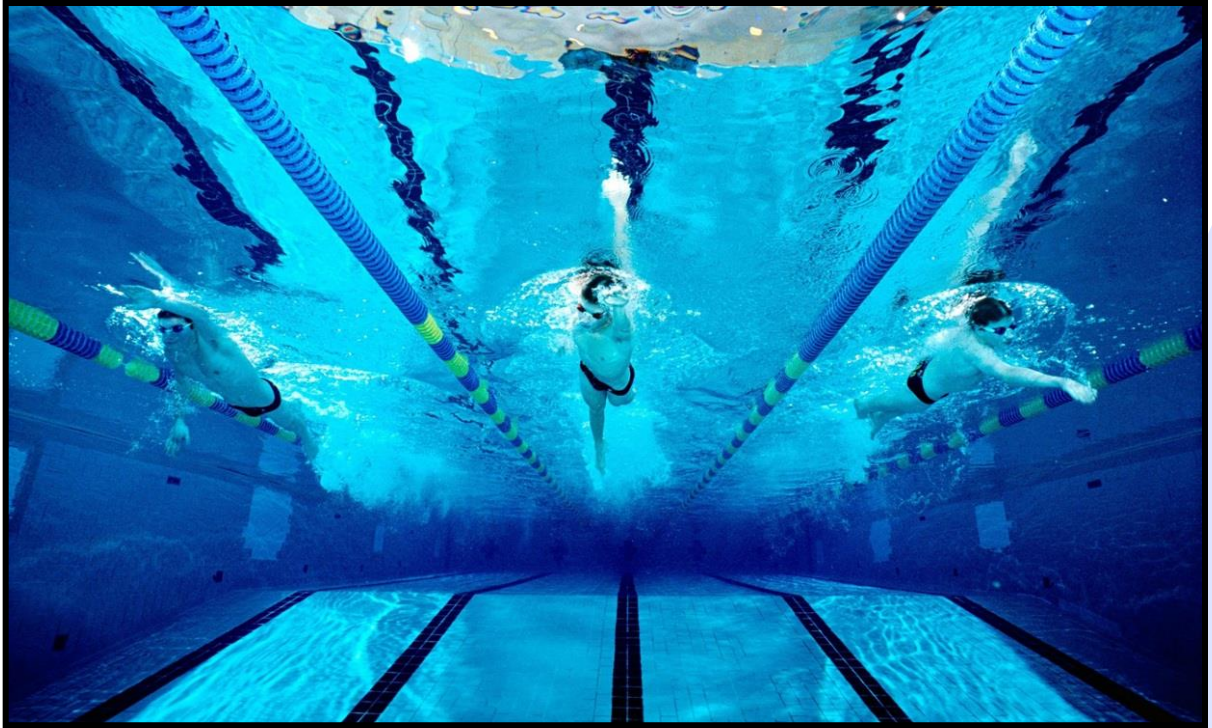




Seattle
Parks & Recreation

healthy people healthy environment strong communities

Seattle Parks and Recreation



Summer Swim League Parent Packet

2019

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**Seattle
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June 13, 2019

Dear Swim Team Parents:

Welcome to the 2019 Seattle Parks and Recreation Summer Swim League! The main goal of this program is to provide a fun and educational Parks and Recreation sponsored program that will help bridge the gap between our lesson programs and the USA Swim Clubs. We hope to provide a positive team experience for novice swimmers, as well as teach the skills needed to become competitive swimmers in a fun, low-pressure situation.

Due to the February snow, Seattle School District extended the school year to June 27, 2019. The Summer League season will begin as scheduled on Monday, June 24, 2019. For this summer only, we will be reducing the amount of minimum practices required to compete in a swimmer's first meet to 7 practices. Please talk to your coaches if you have any questions.

The Summer Swim League program needs your help and support! **Volunteers** will be needed to serve as timers, age group parent helpers, drivers to help transport swimmers to and from the swim meets, and to assist coaches with pool specific duties. No previous experience is needed for your help. Volunteer involvement is a key factor in helping us keep down the costs of this high-quality program. Other family members and friends are welcome!

Hopefully, this handout will answer many of your questions regarding our Summer Swim League program. For further information please contact your swim team coach. Thank you for your support! We are looking forward to another great season.

Sincerely,



Alvin Barnes
Assistant Aquatic Center Coordinator
& Summer Swim League Director
City of Seattle, [Seattle Parks and Recreation](#)
M: 206-386-1925

****VOLUNTEERING****

Volunteers are essential to a successful team. The coaches and staff at all the pools put a lot of time and effort into creating the best quality program possible but still need a lot of help. Please take a look at the list of volunteer opportunities below, and speak to your coach about helping out. Most of the jobs below occur during swim meets and require only a limited time commitment. The coaches will provide training if you haven't done it before. The more people who help, the less each person will have to do.

If you have a bit more time, consider helping out by becoming a **Volunteer Coordinator**. The aim of this position is to assist the coaches as needed to recruit volunteers. If you are able to do this, please contact your coach at the beginning of the season.

The following is a list of volunteer opportunities for family and friends. Coaches can use help during the whole season, but the jobs below are essential for a smoothly run meet:

HEAD TIMER: You will be in charge of backup stopwatches and communicating with timers as needed.

TIMERS: You will be stationed at one lane where you will use a stop watch to obtain and record times. Best seat in the house!

AGE GROUP PARENTS: You will help line up the younger swimmers for relays and some individual races. You will also make sure the swimmers do not miss their race, and are in the rights spot at the right times!

STAGERS: You will ensure swimmers are staged and lined up in the correct heat and lanes. This helps the meet run smoothly and efficiently while giving you a first row view of the races.

EVENT BOARD: You will keep track of what number event the meet is at and write it on a white board for everyone to see.

RIBBONS: You will use the results to fill out the ribbons and give them to the coaches after the meet is over.

ANNOUNCER: You will help keep the meet running smoothly by calling out which event is currently happening and the next two heats on deck, plus making any announcements that need to be made.

STARTER: The Starter keeps the meet moving quickly and smoothly. This is the most technically demanding job. The Starter runs the events in the meet by ensuring that the swimmers start simultaneously and works closely with the other meet officials. This is a leadership position that requires experience and a take-charge personality. It is up to the Starter to keep the meet moving.

GENERAL INFORMATION

ATTENDANCE

For Summer 2019 only, seven (7) workouts are required prior to participation in the swimmers first dual meet. Normal summers, ten (10) workouts are required prior to participation in dual meets. Three (3) workouts a week are required to swim in that week's meet. Not meeting the minimum practices will impact the swimmer's eligibility for that week's swim meet. Exceptions to this attendance policy require League Director's approval, and are only granted in extraordinary circumstances. Vacations, camps, and conflicts with other activities are not considered for exceptions.

The cutoff date for registration is July 8th, 2019.

Your child's attendance at meets is important to the overall team success. Swimming is both an individual and team sport. **Keep in mind, that while a child swims individually, his/her performance results in points for the team at the Division and All City meets. Also, if a swimmer misses a meet, it often results in scratched relays and disappointed teammates.**

COMPETITION

Competition will be run in five age groups for both girls and boys: 8 & under, 9&10, 11&12, 13& 14, and 15-18. This year's youth need to be 7 years old on or before June 24th, 2019 (date program begins) in order to compete, and 18 year old need to be seniors in high school for the current year.

A child can swim in an older age group; he/she cannot swim in a younger age group, even in relays. Age of the swimmer for competition will be determined by the age of that swimmer as of June 24th, 2019. Boys and girls will always compete against their own sex, but may be asked to swim their race at the same time as the opposite sex (called a combined event) to help make the meet run faster.

There are medley relays and freestyle relays for all age groups. Individual events include freestyle, backstroke, breaststroke, butterfly, and individual medley (I.M.: one length of each stroke). Distances are geared toward younger age groups competing at 25 yards, older groups at 50 yards and 100 yards.

This year the city will be divided into two divisions, North and South. The North Division consists of three teams, and the South Division has five. The season consists of two dual meets (a meet between two or more teams), a combined Divisional Championship (a meet between all teams in the city), and an All-City Championship with competition between all nine city teams (the top 12 swimmers in each event overall). Most dual meets run approximately 2 1/2 to 3 hours, with the championship meets running approximately 4 to 8 hours.

Swim meets can be overwhelming. The high volume of people on the pool deck can cause a meet to run longer. We need your help to make the swim meets more successful! Please show your support for the team and make a point of volunteering your time at every swim meet. Volunteers are necessary to assist the pool staff in running a smooth meet.

MEET ORGANIZATION

During a meet, swimmers will be asked to remain in their own team area with the rest of their team, unless they are swimming. Please supervise any other children you bring with you.

The first hour of a meet is set aside for warm-ups. During warm-ups the swimmers get into the pool to stretch out with an easy swim. Warm-ups are very important in preparing to swim and help to prevent injuries.

The order of events is listed at the end of this packet. **Making sure that swimmers are at their meets and events on time insures a smooth running meet!**

EVENT LIMITS

A child is only allowed to swim in up to 2 individual events and up to 2 relays in any of the meets (Dual, Northern and Southern Division, and the All-City). The Hosting team swims in lanes 2, 4, & 6, and the guest team swims in lanes 1, 3, & 5.

SCORING

In dual meets, to help keep competition to a minimum, teams will not keep score. Emphasis will be on the individual's personal performance.

In the Southern and Northern Division meets, teams will score points. The top 12 times will score points as follows: 16-13-12-11-10-9-7-5-4-3-2-1, respectively. Relays will score double these points, and each team is allowed to enter as many relays as they can. Only the fastest, non-disqualified relay for each team will be scored. Because of this, relay points are important to the overall team scores at the Division meets. **If your child is supposed to swim in a relay, he/she needs to participate. A forfeit can severely hurt the team's chances for success, not to mention the feelings of the other swimmers who were to swim in that relay.**

SWIMMING REGULATIONS

A swimmer must complete the designated length of the race. A swimmer must make contact with the wall at each turn and at the finish. A swimmer may not push off the bottom in such a way as to progress forward during this action. (i.e. have an unfair advantage over the rest of the field).

A swimmer may not pull on the lane ropes, make contact with another swimmer, or perform any other action, which may give him/her an unfair advantage or put another swimmer at a disadvantage.

STARTS

The order for the starting referee's commands is:

1. Several short whistle blasts indicate time for swimmers to get equipment (e.g. goggle and caps) ready.
2. One long whistle indicates the swimmers to step up on the block or for backstrokers to get in the water.
3. Take your marks.
4. SIGNAL!

The purpose of the first command is to signal the competitors and the various judges and timers that the race is about to begin. Swimmers should put goggles and caps on at this time. The second command is the signal for the swimmers to take the position from which they will start. When the starter says, "take your marks" the swimmers must do this simultaneously and then **hold their position** until the start signal is given.

FORWARD START: The swimmer stands with at least one foot at the front of the block. At the starter's command, "Swimmers, take your mark," the swimmer must assume his/her starting position and remain motionless until the starter signals to go.

BACKSTROKE START: **Both feet must be completely underwater for the start.** At the starter's command, "Swimmers, take your mark," the swimmer pulls the body forward towards the wall. Swimmers must use the pool wall to push off.

RELAY STARTS: For a start to be legal a swimmer's feet may not completely leave the block until the incoming swimmer touches the wall. A swimmer can be in full forward motion as long as their toes are touching the block when the incoming swimmer touches the wall.

STARTS FOR 25 YARD RACES: Swimmers will start from in the water at the shallow end of the pool for all 25 yard events; we will still start the relays from the blocks.

25 YARD FORWARD START: Swimmer will be in the water with at least 1 hand and two feet making contact with the wall. At the starter's command, "Swimmers, take your mark," the swimmer must assume his/her starting position and remain motionless until the starter signals to go.

25 YARD BACKSTROKE START: Swimmers will be in the water, **both feet must be completely underwater for the start.** At the starter's command, "Swimmers take your mark," the swimmer pulls the body forward towards the wall. Swimmers must use the pool wall to push off.

100 YARD RELAY STARTS: 2 swimmers will start from the blocks (except for backstrokers) & 2 swimmers will start from the shallow end. For a start to be legal, a swimmer's feet may not completely leave the block until the incoming swimmer touches the wall. A swimmer can be in full forward motion as long as their toes are touching the block when the incoming swimmer touches the wall.

FALSE STARTS: The no "false start" rule will be enforced. If a swimmer false starts, they will be disqualified. Swimmers may be disqualified for a "false start" for the following reasons:

- Delaying the start by failing to take a starting position simultaneously with rest of the swimmers. This can be referred to as a failure to come down with the rest of the swimmers, or failure to respond promptly.
- A starter's judgment based on motion. The failure to remain still in the starting position. A swimmer must come down to a set position and hold still until the start.
- The swimmer pushes off before the starter signals the beginning of the race.

DISQUALIFICATION

When a swimmer does not follow one of the rules governing an event, his/her swim does not count and is not placed or scored with the other swims in that event.

Swimmers will be taught in accordance to the **United States Swimming guidelines**. However this is a novice league and there will be exceptions and judgment calls made at the league directors call. Our goal is to correct improper stroke and turn usage of all our swimmers.

STROKE RULES

Failure to follow the following rules of swimming will result in DISQUALIFICATION.

FREESTYLE

Freestyle is any style of swimming. The most commonly used stroke is the crawl stroke. The swimmer may swim any stroke or use any kick.

BACKSTROKE

- Swimmers must remain on their back except while executing a turn.
- At the end of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past vertical toward the stomach. If the swimmer turns past vertical, such motion must be part of a continuous turning motion. The swimmer must be on the back before the feet leave the wall.
- For the finish, the swimmer must remain on their back until their hand, arm, or some part of the body touches the end wall.

BREASTSTROKE

- The swimmer must remain on their stomach, except while executing a turn. The arms must pull symmetrically and likewise the legs must kick symmetrically and also remain under the water.
- Some portion of the swimmer's head must break the water's surface on each stroke, except while executing a start or turn. The swimmer is allowed to complete an underwater pullout immediately following the start and each turn.
- On each turn, and at the finish, the swimmer must touch the wall with two hands simultaneously.
- The swimmer must perform a whip kick.

BUTTERFLY

- The swimmer must remain on their stomach, except while executing a turn.
- The swimmer's arms pull simultaneously.
- The dolphin kick must be used with this stroke.
- On each turn, and at the finish, the swimmer must touch the wall with two hands simultaneously.
- During the recovery part of the stroke, the swimmers arms must recover on or above the water surface (i.e. they cannot recover underwater).

DIVISION AND ALL CITY CHAMPIONSHIPS

To qualify for the Division meets, the swimmer must have swum in an event at a dual meet. If that condition is met they are then able to swim any event that they are eligible for at divisions.

To qualify for the All-City Championship meet, swimmers must participate in the Division championship meet, and have one of the 12 fastest times. ***To control the size and length of the All-City meet, only the combined top twelve times of all individual events from the Division meet will qualify to swim. Each pool is automatically allowed to enter one (and only one per age/gender group) relay, even if they did not swim at Divisions. The coaches from each pool's team will decide at their discretion which swimmers will swim on the relays at the All City meet.***

It is very important that swimmers competing at the Division meet swim their fastest possible time for each event regardless of their competition. They should not just swim to win their heat, but to achieve the fastest possible time that they are capable of. The swimmer has two purposes when competing at the Division championships:

- 1) to place as high as possible and therefore score as many points for their team as possible.
- 2) to qualify for the All-City meet with the fastest time possible.

The All-City meet will be run as a Timed Finals Competition in which only 2 heats are swum, and final placings are determined by swimmer's times. Each event will be seeded slowest to fastest, meaning the first heat will have the swimmers with the slower times and the second heat will have swimmers with faster times. It is possible for a swimmer from heat #1 to place higher than a swimmer from heat #2 if the swimmer from heat #1 swims a faster time.

The space at the Division and All-City meets is limited. Safety is a priority. In order to maintain a clear walkway on deck, spectators will be required to sit in the bleacher area. The deck will be reserved for swimmers, coaches, and age group parent helpers. Please be respectful of other spectators and staff.

GLOSSARY OF TERMS

Backstroke

A stroke in where the swimmer lies on his/her back. One at a time the arms are raised over the head. They sweep backward into the water in a windmill movement while the feet kick.

Breaststroke

A stroke, in which the swimmer lies face down, arms straight out. The arms are pulled back in a half circle until they are even with the shoulders. They are then brought in close to the body with the hands under the face. The swimmer then performs a whip kick as the arms return to the starting position.

Butterfly

A stroke performed by the swimmer lying face down. Arms moving in unison. The first “dolphin” two-legged kick is when the two arms are entering the water in front. The arms are then pulled down through the water in a keyhole pattern. Next another two legged dolphin kick is made followed by the arms coming out of the water at the same time behind the swimmer. Then the arms come back around to the starting point making a full cycle.

Crawl

A stroke performed in which the swimmer lies face down. Each arm in turn is pulled throughout the water in a windmill fashion from in front of the body to the side and back around. The elbow is bent on the return. The hand enters the water again in front of the shoulder. The feet perform a constant flutter kick throughout the arm stroke process.

Disqualification

When a swimmer does not follow one of the rules governing an event his/her swim does not count and is not placed or scored with the other swimmers in that event.

Dual Meet

Any swim meet where two teams compete.

Event Sheet

The order of events in a meet.

False Start

When a swimmer starts the race early.

Flip turn

A turn used in free style (crawl stroke) and back stroke races where the swimmer performs a somersault just prior to touching the wall in order to change directions.

Freestyle

A term given to any stroke, but generally applies to crawl stroke in competitive swimming

Heat

When more than six swimmers enter one event the swimmers are divided into subgroups. Each event may then consist of two or more *heats* of that same event.

Heat Sheets

A program for a swim meet. Swimmers are listed by their event number and heat. These will be available for the Division and All City meets.

I.M.(Individual medley)

A race in which all four of the competitive strokes are swam by one swimmer. The order is butterfly, backstroke, breaststroke, and freestyles or any other stroke.

Kick Board

A Styrofoam or lightweight board used to practice kicking.

Length

The distance from one end of the pool to another.

Lap

The distance from one end of the pool and back to the starting point.

Medley Relay

An event in which all four basic strokes are swam by a team of four swimmers. Each swimmer will swim one of the four strokes. Order of strokes: backstroke, breaststroke, butterfly, and freestyle.

Open Turn

Is a turn at the wall done by touching the wall with the swimmer’s hands, turning to their side, and pushing off the wall with both of their feet (In breast and fly, the swimmer must touch with two hands).

Pace

Keeping a strong even movement throughout a race. Without good pacing a swimmer often starts out too fast and uses up too much energy to finish well.

Relay

An event where swimmers do not swim individually, but they're part of a four-person team.

Seed (an event)

Refers to how swimmers may be placed to swim in an event. In championship meets swimmers are seeded by their time in an event.

Stamina

Refers to staying power. The ability to keep going even when tired.

Streamline

Refers to the body’s position when pushing off the wall for each stroke. Arms are extended as long as possible over the ears and hands on one another. Face is down in the water. The swimmer then kicks up to the surface before they start the performed stroke.

Labeling Swimmers:

It’s extremely helpful for the swimmers and the coaches to have the swimmers marked up before the meet starts. A good method of marking the swimmers will be to label the event, heat, & lane that they will be swimming in. In the example below you can see that the first event that the swimmer is swimming in is event 1, heat 2, lane 3.

E	H	L
1	2	3
27	1	4
52	3	1

2019 SSL Schedule

Registration: April 2nd Program runs: June 24th – August 3rd

Swim Meets

Home Warm-Ups at 5:00pm-5:30pm, Away Warm-Ups 5:30pm-6:00pm, Meet Starts at 6:00pm

Friday July 12th Mounger @ Southwest

 Ballard @ Queen Anne

 Rainier Beach @ Evans

Friday July 19th Evans @ Queen Anne

 Rainier Beach @ Southwest

 Mounger @ Ballard

Championship Meets

Warm-Ups at 8:00am, Meet Starts at 9:00am

Saturday July 27th Division Meet @ Rainier Beach

Saturday August 3rd All City Meet @ Rainier Beach

Ballard Pool
1471 NW 67th street
Seattle, WA 98117
#206-684-4094

Queen Anne Pool
19201 1st Ave. W.
Seattle, WA 98119
#206-386-4282

Southwest Pool
2801 SW. Thistle St.
Seattle, WA 98126
#206-684-7440

Evans Pool/ Green Lake
7201 E. Green Lake Dr. N.
Seattle, WA 98115
#206-684-4961

Mounger pool
2535 32nd Ave. W.
Seattle, WA 98199
#206-684-4708

Rainier Beach Pool
8825 Rainier Ave. S.
Seattle, WA 98118
#206-386-1925

Seattle Parks and Recreation Summer Swim League 2019

Order of Events

#1	G 18 & U 200 Medley Relay	#37	G 10 & U
#2	B 18 & U	#38	B 10 & U
#3	G 14 & U	#39	G 12 & U 50 Backstroke
#4	B 14 & U	#40	B 12 & U
#5	G 12 & U	#41	G 14 & U
#6	B 12 & U	#42	B 14 & U
#7	G 10 & U 100 Medley Relay	#43	G 18 & U
#8	B 10 & U	#44	B 18 & U
#9	G 8 & U	#45	G 8 & U 25 Breaststroke
#10	B 8 & U	#46	B 8 & U
#11	G 18 & U 200 Free Relay	#47	G 10 & U
#12	B 18 & U	#48	B 10 & U
#13	G 14 & U	#49	G 12 & U 50 Breaststroke
#14	B 14 & U	#50	B 12 & U
#15	G 12 & U	#51	G 14 & U
#16	B 12 & U	#52	B 14 & U
#17	G 10 & U 100 Free Relay	#53	G 18 & U
#18	B 10 & U	#54	B 18 & U
#19	G 8 & U	#55	G 8 & U 25 Butterfly
#20	B 8 & U	#56	B 8 & U
#21	G 18 & U 100 Freestyle	#57	G 10 & U
#22	B 18 & U	#58	B 10 & U
#23	G 14 & U	#59	G 12 & U 50 Butterfly
#24	B 14 & U	#60	B 12 & U
#25	G 8 & U 25 Free	#61	G 14 & U
#26	B 8 & U	#62	B 14 & U
#27	G 10 & U 50 Free	#63	G 18 & U
#28	B 10 & U	#64	B 18 & U
#29	G 12 & U	#65	G 10 & U 100 Individual Medley
#30	B 12 & U	#66	B 10 & U
#31	G 14 & U	#67	G 12 & U
#32	B 14 & U	#68	B 12 & U
#33	G 18 & U	#69	G 14 & U
#34	B 18 & U	#70	B 14 & U
#35	G 8 & U 25 Backstroke	#71	G 18 & U
#36	B 8 & U	#72	B 18 & U

Seattle Parks and Recreation

SUMMER SWIM LEAGUE CODE OF CONDUCT

The City of Seattle has established standards for appropriate conduct at events conducted at Seattle Parks and Recreation facilities to assure equal opportunity for full enjoyment and use of facilities to all sports participants in a safe environment. These rules are adopted pursuant to SMC 18.12.040 and SMC 3.02.

This code of conduct is to be followed by all participants, parents, spectators, coaches, volunteers, officials, and staff persons:

1. Good sporting behavior will be observed in all swim practices and swim meets. Respect for other swimmers, coaches, officials and spectators are essential for amateur competition.
2. Derogatory conduct, physical abuse, verbal abuse or unsporting conduct will not be tolerated. Department supervisors have the authority to eject and/or suspend individuals, expel teams or cause forfeiture of swim meets.
3. Alcohol, controlled substances and weapons are prohibited.
4. Participants must be respectful of the property and possessions of others and will refrain from activities that may cause damage; participants are financially responsible for any damage.

For additional information on actions, responsibilities, protests, and disciplinary hearings, please contact the Aquatic Center Coordinator to request a complete copy of Department Policy and Procedure Number 060-7.1.5.

Summer Swim League Parent's Code of Conduct

1. I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials at every swim meet, practice, or related event.

- ◆ Become knowledgeable, understanding, and supportive of all applicable stroke rules, league rules, regulations and policies.
- ◆ Abide by and support the rules of the league as well as the spirit of the rules.
- ◆ Refrain from any form of harassment by allowing the coaches to coach and the officials to officiate.
- ◆ Demonstrate support for the league, the coaches, the officials, and the players in the appropriate enforcement of the rules.

2. I will place the emotional and physical wellbeing of my child ahead of my personal desire to win.

- Use appropriate language in appropriate tones when interacting with swimmers, league officials, coaches, parents, and spectators.
- Refrain from the use of foul or abusive language
- Refrain from the use of threatening gestures and/or language.
- Refrain from any form of physical violence or threatening physical violence.
- Demonstrate respect toward all swim league participants without regard to their:

Race	Religion
Color	Sex
Body type	National Origin
Ancestry	Skill
Ability/Disability	Any other legally protected classification

3. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

- ◆ Exhibit gracious acceptance of defeat or victory.
- ◆ Demonstrate positive support and reinforcement for all coaches, officials, swimmers, and their opponents.
- ◆ Actively participate by volunteering at swim meets

4. I will refrain from the use of any drugs, alcohol, or weapons during team events.

- Refrain from use during all swim team activities and/or in the presence of swimmers.
- Refrain from providing any type of drug, alcohol, tobacco, or weapon to any swim league participant.

5. I will remember the Summer Swim League program is for the youth - not adults.

- ◆ Emphasize fun and participation
- ◆ Reject a win-at-all-cost attitude.

6. I will do my very best to make the summer swim league program fun for my child.

- Positively exercising your influence to control the behavior of other parents or spectators.
- Report inappropriate behavior to coaches, pool coordinators, or league director.
- Act responsibly to stop negative behaviors from escalating.
- Refrain from any form of encouragement or reinforcement of negative/inappropriate behavior of others.

7. I will ask my child to treat other swimmers, coaches, parents, officials, spectators, and staff with dignity and respect.

- Be respectful of the property and possessions of other swimmers
- Refrain from activities that may cause damage to other people, their possessions, or to the facility they are swimming at. Participants will be held financially responsible for any damage.

Summer Swim League Swimmer's Code of Conduct

- 1. I will treat all swimmers, coaches, staff, officials, and parents with respect and dignity.**
- 2. I will regularly show up on time for practice and be ready to get into the water at my assigned workout time.**
- 3. I will refrain from inappropriate behavior, language, and subject matter during all swim team events including practices, meets, and special events.**
- 4. I will display a positive, upbeat attitude towards fellow swimmers, coaches, officials, and parents.**
- 5. I acknowledge that I am part of a TEAM and will support that team and all of its members.**

Please discuss these guidelines with your parent/guardian. Ask the coach if you have any questions. Your head coach will ask you and your parent/guardian to sign this agreement.

Summer Swim League Parent and Swimmer Agreement Form

Parents and swimmers, please sign and return this agreement form to your coach before your first day of practice. Your coach may not allow you to participate until this form is turned in.

I have read and understand this swimmer's code of conduct:

Swimmer's Name: (Print) _____

Swimmer: (sign) _____ Date _____

I have read and understand this parent's code of conduct:

Parent's Name: (Print) _____

Parent/Guardian: (sign) _____ Date _____

Parents, please select the meets that your swimmer plans on attending, knowing this ahead of time is very helpful to the coaches.

- 1st dual meet Friday July 12th
- 2nd Dual Meet Friday July 19th
- Division championships Saturday July 27th
- All-City Championship Meet August 3rd

