

**Seattle Parks and Recreation
Summer Swim League
Parent Packet**



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December 29, 2008,

Dear Swim Team Parents:

Welcome to the 2009 Seattle Parks and Recreation Summer Swim League! The main goal of this program is to provide a Parks and Recreation sponsored program that would help bridge the gap between our lesson programs and the USS/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.

The Parks and Recreation Summer Swim League was never intended to rival the local swim clubs, but rather to assist them by encouraging children to participate in a sport that they might not otherwise have a chance to enjoy.

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. Your involvement is a key factor in helping us keep this a high quality program.

Hopefully, this handout will answer many of your questions regarding our summer 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,

Kerrie Stoops
Assistant Aquatic Center Coordinator, Madison Pool
(206) 615-0238

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.

The Summer Swim League's 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 well being 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
 - Color
 - Body type
 - Ancestry
 - Ability
 - Disability
 - Religion
 - Sex
 - National Origin
 - Skill
 - 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.

GENERAL INFORMATION

ATTENDANCE

Ten workouts are required prior to participation in dual meets. Three workouts a week is required to swim in that week's meet. If a swimmer is absent from workout a note from the parent or guardian is requested in order to maintain eligibility for that week's swim meet. The cut off date for registration is the Monday preceding the second dual meet of the season.

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 youth need to be 7 years old on or before April 7, 2009 (registration) in order to compete, and 18 year olds need to be seniors in high school for the current year.

A child can swim in an older age group; he/she can not 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 April 7, 2009. 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 go faster.

There are medley relays and freestyle (crawl) 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.

The city will be divided into two divisions, North and South. The North and South divisions each consist of four teams. The season consists of two dual meets (a meet between two teams), a North and a South Divisional Championship (a meet between all teams in that division), 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 6 hours.

Swim meets can be overwhelming. The high volume of people on the pool deck can cause a meet to run longer. Bring snacks, a book, or better yet assist with the meet to make the most of your time.

We need your help to make the swim meets more successful.

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. Volunteers will be needed to assist the pool staff in running a smooth meet. **Making sure that swimmers are at their meets and events on time insures a smooth running meet!**

EVENT LIMITS

In the dual meets, a child is allowed to swim in 2 individual events + 2 relays. In any of the championships, a child is only allowed to swim in 2 individual events + 2 relays. The Hosting team has lanes 2, 4, & 6, and the guest team has 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, team scores will be kept. They will be scored for the top 12 times: 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. So, as you can see, relay points are important to 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 chance for success not to mention the feelings of the other kids who were to swim in that relay.

DIVISION AND ALL CITY CHAMPIONSHIPS

To qualify for the Division meets, the swimmer must have swum in that same event at a dual meet without being disqualified.

To qualify for the All-City Championship meet, swimmers must participate in the Division championship meets. *To control size and length of the All-City meet, only the combined top twelve times of all individual events from the North and South Division meets 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 meets 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.

******* PLEASE READ VERY IMPORTANT! *******

The All-City meet will be seeded as championship and consolation heats. A consolation heat is swum before the championship heat in each event. This means that the fastest six swimmers will swim in the championship heat and the next six fastest swimmers will swim in the consolation (consoles) heat. **Because of this, a swimmer is only allowed to place within their own heat.** *A swimmer in consoles can place no higher than 7th place regardless of their time, even if a swimmer from the faster heat gets disqualified. A swimmer in finals can place no lower than 6th, provided they are not disqualified.* An example is if the 7th place swimmer from consoles has a better time than the 5th place swimmer from the championship heat, **that console swimmer can still only place 7th overall.**

The space at the Division and All-City meets is limited. Spectators will be required to sit in the bleacher area. The deck will be reserved for swimmers, coaches, and age group parent helpers.

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 proper order for the starting judge's commands is:

- 1) Swimmers up on the block or backstrokers in water
- 2) Judges and timers ready
- 3) Take your marks
- 4) SIGNAL!

The purpose of the first two commands is to signal the competitors and the various judges and timers that the race is about to begin. When the starter says, "take your marks" this is the signal for the swimmers to take the position from which they will start. The swimmers must do this simultaneously and then **hold this position** until the start signal is given.

FORWARD START: 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 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 his toes are touching the block when the incoming swimmer touches the Wall.

FALSE STARTS: A swimmer may be called 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, failure to come down with the rest of the swimmers or failure to respond promptly.
- A starter's judgement based on motion. The failure to remain still in the starting position. A swimmer must come down to a set position and hold it till the start.
- The swimmer pushes off before the starter signals the beginning of the race.

The no "false start" rule will be enforced. If a swimmer false starts, they will be disqualified.

DISQUALIFICATION: 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. The 8 & under age group will be warned at the first dual meet. The rest of the age groups will be subject to disqualification for stroke and turn infractions. 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 stroke immediately following the start and each turn.
- On each turn, and at the finish, the swimmer must touch the wall with two hands simultaneously and at the same level.
- 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 symmetrical.
- The 'dolphin kick' (both feet together) 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).

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 crawl stroke 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: back, breast, fly, 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 w/ 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.

**SEATTLE DEPARTMENT OF PARKS AND RECREATION
SWIMMING POOLS**

North Division

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

Green Lake/Evans Pool 684-4961
7201 E Green Lake Dr. N
Seattle, WA 98103

Helene Madison Pool 684-4979
13401 Meridian N
Seattle, WA 98133

Meadowbrook Pool 684-4989
10515 35th Ave NE
Seattle, WA 98125

South Division

Medgar Evers Pool 684-4766
500 23rd Ave
Seattle, WA 98122

“POP” Mounger Pool 684-4708
2535 32nd Ave W
Seattle, WA 98199

Rainier Beach Pool 386-1944
8825 Rainier Ave S
Seattle, WA 98118

Queen Anne Pool 386-4282
1920 Howe St 1st Ave W
Seattle WA, 98103

2009 Proposed SSL Schedule

Registration: April 7th Program: June 22nd – August 1st

Dual Meets

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

Friday July 10 th	Mounger	@	Queen Anne
	RB, SW	@	Medgar Evers
Friday July 10 th	Madison	@	Meadowbrook
	Ballard	@	Evans
Friday July 17 th	Mounger	@	Rainier Beach
	ME, QA	@	Southwest
Friday July 17 th	Evans	@	Madison
	Meadowbrook	@	Ballard

Championship Meets

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

Saturday July 25 th	Southern Division	@	Rainier Beach
	Northern Division	@	Madison
Saturday August 1 st	All City	@	Madison

Seattle Parks Summer Swim League 2009
Order of Events

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