

## Welcome

Welcome to the Farmington Sharks Swim Team where fun, exciting competition, and great swimming are all combined to create the unique “Farmington” experience.

**Farmington will have a competitive summer swim program that is built on a foundation of positive enthusiastic attitudes from our coaches, swimmers and parents.** Our swimmers thrive while having fun and demonstrating good sportsmanship with friendly competition. Please use this handbook as your guide to swim team policies and events.

Farmington Swim Team is a member of the Lynchburg Aquatic League (LAL). The LAL provides an orderly means for area summer swim clubs to participate in and enjoy the sport of competitive swimming. The governing body of the LAL is comprised of one representative from each member club and the elected officers of the league.

### Farmington Sharks Swim Team CODE OF CONDUCT

All Farmington Shark Swimmers will:

- Always display good sportsmanship.
- Remain quiet and respectful when a coach is speaking.
- Arrive at practice early enough to start on time, with the right equipment, and will not delay the beginning of practice.
- Be committed to my best effort every day. An honest effort means not cutting laps, pulling on the lane lines, or missing sets.
- Do nothing to impede a teammate’s effort to improve his or her swimming.
- Follow all pool rules and refrain from running on deck and/or horseplay in and out of the water.
- Stay off the lane ropes.
- Only use training gear (kickboards, etc) with staff supervision and for its designated purpose.
- Refrain from physically or verbally abusive behavior toward teammates, competitors, parents, coaches, or officials.
- Follow the coaches’ instructions.

## Swim Team Goals

- All swimmers will have fun!
- Each child will be taught, trained, and given the chance to swim every event they desire.
- Every swimmer will learn, grow and succeed by being a part of the team. During the course of the season, swimmers will develop confidence by seeing improvement in their technique and conditioning.
- Farmington as a team will demonstrate good sportsmanship toward other teams.
- We believe that competitive swimming is valuable to the swimmer, the family and the community.

## Equipment

Each swimmer is asked to provide the essential equipment for practice and meets.

These items include:

- Swimsuit
- Goggles
- Fins - Farmington does have some fins for swimmers to use, but not enough for all swimmers.
- Swim Caps will provided by Farmington

A team store has been set up at Swim Outlet for you to purchase the team suit that is required for meets. You can also get goggles, fan spirit wear and other gear needed for the summer. The following is a web address for the team store.

<http://www.swimoutlet.com/farmingtonsharks>.

## Membership and Fees

There is an \$85.00 registration fee for the first Farmington Swim Team member of a family and a reduced fee for each additional swimmer from that family. Registration will be conducted online via our website [www.Farmingtonsharks.com](http://www.Farmingtonsharks.com) Fees are as follows:

Child 1 : \$85	Child 2 : \$80	Child 3 : \$75	Child 4 : \$70
	Child 5 : \$65		Child 6 : \$60

A late fee of \$10 is issued if your swimmer is registered after June 1 of the current season.

A child swimming in LAL swim meets competes according to his/her age as of June 1 of that year:

- 8 & Under - 8 Years old or younger
- 9-10 - 9 or 10 Years old
- 11-12 - 11 or 12 Years old
- 13-14 - 13 or 14 Years old
- 15 & Over

Swimmers are eligible to swim through the age of 18 years of age as of June 1st. Individuals are also eligible to swim through the summer following their senior year of high school regardless of age. (LAL Bylaws Article II, Section V)

All swimmers must also be members of the The Clubhouse at Farmington Pool. Information on their registration can be found at [www.clubfarmington.com](http://www.clubfarmington.com).

### **Practice Groups and Eligibility**

Each swimmer's abilities will be evaluated by the coaching staff at the beginning of the season. Swimmers must be able to swim the length of the pool (25 meters) in a recognized stroke to compete in meets and attend full practices. These swimmers are then divided into practice lanes based on age and ability.

If your child is still mastering their swimming skills, we have several other opportunities to still be involved with our team!

**Jr. Sharks** - This practice group is geared toward swimmers that are comfortable in the water and can swim or almost swim across the pool in 1 or 2 strokes, but it takes everything they have to do it. This group will continue to work on stroke technique while building the swimmers' endurance.

**Shark Pups** - This practice group is geared toward kids that are excited about swimming, but need more intensive "lessons" before they can swim competitively. These kids do not need to be able to swim across the pool, or have knowledge of official stroke techniques, but will actively work toward those goals throughout the season.

The coaches will continue to encourage and evaluate all swimmers throughout the course of the summer. As swimmers improve, they will be moved up in the practice groups, and once appropriate, entered into meets. Older swimmers will be challenged

with a variety of event entries over the course of the summer as their skill improve as well.

### **Practice Times**

Practice times will be as follows Monday -Friday:

**Ages 11-18** - 8:30-10:00 a.m.

**Ages 10 and under** 10:00-11:00 a.m.

**Jr Sharks** - Group 1 - 10:00 - 10:30

**Jr Sharks** - Group 2 - 10:30 - 11:00

**Shark Pups** - Group 1 - 10:30-11:00 (may be split into smaller groups and practice times adjusted slightly)

\* The Sharks Swim Team has a celebratory “games” practice on Tuesdays after meets. The Mini Sharks are welcome to be a part of this team tradition during their regularly scheduled practice time!

### **Fundraising**

Each summer the Farmington Swim Team will have parent coordinators of fundraising activities and those activities are TBD.

### **Volunteering**

Everyone works together to make a successful swim team!! When we say, ‘Swim team”, we mean YOU! Parents, swimmers and coaches all have their part to play in making the swim season a success. There are so many different jobs on the swim team; there is one to match every personality and schedule. If your child is swimming, then someone from your family needs to be volunteering.

**It takes over 40 parent volunteers to run ONE swim meet. Here is a list of swim team jobs:**

- Meet Director/Volunteer Coordinator
- Referees

- Stroke and Turn Judges
- Starters
- Announcers
- Place Judge (4 per meet)
- Runner (4 runners per meet)
- Head Timer (12 timers per meet)
- Score Keeper
- Lineup Parent
- Arm Markers
- Head of Hospitality
- B-Meet/A-Meet Director when hosting.
- Summer Activities Director

### **Definitions of Parent Volunteer Positions**

**Meet Director/Volunteer Coordinator** - Responsible for filling the parent volunteer positions in order to keep the meet organized and operating smoothly.

**Meet Referee**--Must be qualified by the LAL and/or US Swimming. Works as the meet referee at home meets.

**Head Timer** - Operates roving timers to assist with any lane that is in need of an additional timer due to malfunction or missing start.

**Starter**--Must be qualified by the LAL and/or US Swimming. Announces and starts each race during the home meets.

**Stroke & Turn Judges** (Two per half)--Note infractions in strokes and turns. Must be qualified by the LAL and/or US Swimming.

**Place Judges** (Two per half)--Will be stationed near the finish and shall judge the order of finish of all swimmers.

**Announcer**--Before the start of each event he shall announce the number of heats. At the start of each heat, he shall announce the lane, name of each swimmer, and club. He shall make any other announcements as requested by the scorer, referee, or management.

**Score Keeper**--Records the order of finish and the times of each swimmer in all events. Also records disqualifications given to each swimmer.

**Ribbons** --Affixes computer generated labels to 1st, 2nd, 3rd, 4th, place ribbons, as well as organizing participation and improved time ribbons.

**Lineup Parents** (Eight per half) - Organizes the swimmers to make sure they are lined up in the correct lane.

**Runner**--Collects time cards after every heat from timers and place judges, and stroke and turn judges. Hands out heat winner ribbons.

**Hospitality**--serves refreshments to all workers during the meet.

**Arm Markers**-- Help coaches write swimming and heat events on the arms of all participating swimmers, this is done the morning of the meet.

**Summer Activities Director**--Plans all special events for the swimmers during the season and end of season awards banquet.

## Communication

Our primary means of contact with parents and swimmers is email. Please make sure that the coaches have your email address so that we may keep you up to date on swim team happenings. You may also browse our website [www.farmingtonsharks.com](http://www.farmingtonsharks.com) for more information and announcements.

## Swim Meets

Farmington Swim Team will participate in six swim meets beginning in June and ending in July. The Championship B-Meet and A-Meet will be the last two Saturdays in July.

Swim meets begin at 6:00 p.m. on Monday nights and last approximately 2-3 hours.

Please arrive at least 15 minutes prior to warm ups. Warm ups start at 5:00 p.m. for home meets and 5:30 p.m. for away meets (unless otherwise announced). It is recommended that swimmers have the events they are swimming marked on their arm with a permanent marker.

**Swim Meet Sign Out** - Each swimmer that will NOT be participating in the weekly meet must SIGN OUT by Wednesday of the previous week to allow the coaches to properly organize and enter our children in the appropriate events. Farmington does through sign up genius.

**Championship Meets** - There are two championship meets held at the end of the summer season—the B Meet and the A Meet.

- ❑ To qualify for the **B Meet**, a swimmer must have a recorded time from the current season in an LAL meet in the event to be swum and must have earned no more than one A time.
  - ❑ A swimmer cannot swim an individual event in which an A time was earned
  - ❑ Any A times earned at the B Meet may be used to qualify for the A Meet
  
- ❑ To qualify for the **A Meet**, a swimmer must have received one or more A Meet qualifying times during the current LAL season. Target times/and or Top 12 will be announced during the season.
  - ❑ One A time qualifies the swimmer to swim only the single qualifying event plus the relays.
  - ❑ Two or more A times qualifies the swimmer to swim up to three individual events plus the relays.

**Disqualification** - Each swimmer must make an effort to swim the stroke properly according to the rules for the stroke. Failure to swim the stroke properly will result in a disqualification (DQ) and no points or ribbons will be awarded. A few reasons for disqualification might include:

- ❑ A swimmer may be “DQ’d” if he/she fails to complete the stroke with the correct touch at the wall. For example, in the breast and butterfly strokes the swimmer must touch the wall with both hands at the same time in a particular way. Failure to do so will result in a disqualification.

- ❑ A swimmer who fails to do the appropriate turn in 50 meter or longer events will also result in a disqualification.

**Farmington Sharks are looking forward to a great summer swimming season!  
Working together we can all make it a memorable summer for kids, coaches and parents.**