

Swim Team Handbook

WELCOME TO THE 2018 SEASON

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Welcome

Welcome to all swimmers and families. We hope that this season will be just as exciting and successful as previous seasons! By focusing on stroke improvement, healthy competition, spirit and teamwork, we will be ensured a successful, rewarding, and fun season.

Swim meets are family-oriented events. They require a lot of participation but are great fun for swimmers and parents. Children learn responsibility, and become healthy, strong swimmers – regardless of speed. They will be competent swimmers for the rest of their lives – for safety, enjoyment, and exercise.

Our Gator Coaches

Merry Rech, Head Coach-ASCA Level 1 certification

This is Merry's eighth year as our Head Coach. Coach Merry swam from age 4 through high school for her community team and year-round competitive team. During the winter season, Merry is the head coach for James River High School, is a certified lifeguard, lifeguard instructor, and a swim lesson instructor. Merry is passionate about swimming and wants every swimmer to have a fun and competitive experience while learning important skills. Merry is a graduate of Virginia Tech. She also happens to live in our community and be the mom of four Gators!

Jonathan Zwemer, Assistant Coach

This will be Jonathan's first year with the BG gators. He comes with experience coaching and volunteering along with many years of swimming experience. Jonathan has been captain of his high school team and has been a lifeguard at ACAC since 2015.

Julia Springer, Assistant Coach

This will be Julia's first year as a BG assistant coach but has been part of the BG team for 13 years. She has served as a volunteer coach and was a swimming instructor for BG in the past. Julia has also done volunteer coaching at the Manchester YMCA. Other experiences that Julia brings with her include assistant life guard, snack bar manager and being certified in first aid, CPR, AED, babysitting, and lifeguarding.

Parent Involvement

Swim meets require more participation from parents than many sports. Our goal is to start the season as organized as possible and have meets run smoothly and efficiently. We cannot have a swim team and participate in meets without parent volunteers, and there is a job for everyone regardless of swimming knowledge or experience. Most of the jobs are easy to do or need very little training. All of the jobs are fun!! By helping, you are doing a service for the team, but you also get to know other team supporters. We need to distribute the work evenly and include everyone. There are times where we may call on you to volunteer for two jobs in one meet due to the amount of positions that need filled. See Swim Team Parent Volunteer Duties (below) for more details. Please contact a parent rep or volunteer coordinator, Michele Turlington, to get involved. You can also email any questions to brightongreenswim@gmail.com

Dates to Remember for the 2018 Swim Season

2018 Day	Date	Time	Event
Sunday	May 20	3:00pm	Registration Picnic
Monday	May 21	3:30-5:00pm	Evening Practices start for Juniors/Intermediates/Seniors
Monday	May 21	5:00-6:00pm	Evening Practices start for Mites/Midgets and mini-mites that can swim
Tuesday	May 29	5:45-6:30pm	Evening Practices start for beginners
Tuesday	May 29	6:45pm	Parent Meeting #1
Thursday	May 31	6:45pm	Parent Meeting #2
Sunday	June 10	7:00-8:00pm	Starts and Turns Practice Begins (optional for midget through senior swimmers)
Thursday	June 14	6:00pm	Meet #1 away at MAC
Monday	June 18	8:30-9:30am	Morning Practices start for Mites/Midgets
Monday	June 18	9:30-11:00am	Morning Practices start for Juniors/Intermediates/Seniors
Monday	June 18	10:45-11:30am	Morning Practices start for mini-mites
Tuesday	June 19	6:00pm	Meet #2 home vs. Smoketree
Wednesday	June 20	8:15-9:30am	Picture Day (just pictures, no practice this day)
Wednesday	June 20	9:30am-10:15am	10 and under team building party (Pizza and water will be served, please bring a side to share. Older swimmer volunteers are needed.)
Wednesday	June 20	6:30-7:30pm	Evening practice on Wednesday and Thursday for any swimmer unable to make morning practices.
Tuesday	June 26	6:00pm	Meet #3 home vs. Charter Colony
Thursday	June 28	9-11am	Swim-a-thon for 10 and unders (food provided after the swim-a-thon)
Thursday	June 28	7-9pm	Swim-a-thon for 11 and ups (food provided after the swim-a-thon)
Thursday	June 28	9:00pm – 6:00am	Team building lock-in for 11 and ups
Tuesday	July 3	6:00pm	Meet #4 away at Shenandoah
Tuesday	July 10	6:00pm	Meet #5 away at Bon Air
Monday	July 16	6:00pm	Meet #6 home vs. Brandermill
Friday	July 20	6:00pm	Swim team Awards Banquet and Pool Party
Sunday	July 22	5:30pm	Olive Garden Team Building Dinner for 11 and ups
Monday	July 23	10:30am (warm-ups 9:00am)	Championships at CSAC (formerly GRAP) for 10 and unders
Monday	July 23	4:00pm (warm-ups 2:30pm)	Championships at CSAC (formerly GRAP) for 11 and ups
Wednesday	July 25		Water Country Team Trip

Swim Team Communication

Remind – This is a one-way texting system where the coaches can text parents and swimmers to let them know about practices and meets and any changes that may occur. Text @brightong to (804) 419-6064 to get signed up. You can also text @bgpool to (804) 419-6226 to receive general pool updates.

Facebook – like us on Facebook, just search for “Brighton Green Gators:: Swim Team”. If you are looking for more information regarding swim teams, like the RMAL page, “Richmond Metro Aquatic League (RMAL)”

Email – Important swim team information will be sent out through the team’s email account by our swim team parent rep or by the coaches. The team’s email is brightongreenswim@gmail.com.

Swim Team Bulletin Board - Pertinent swim team information will be sent via email, Remind app and posted on the kiosk at the pool. It is each family’s responsibility to keep informed by checking both places.

Communicating with Coaches

The coaches are glad to answer parent questions or concerns. If you need to speak with them, please do so before or after practice, but keep in mind that another practice may be starting. During practice, the swimmers deserve the undivided attention of their coaches. Please feel free to contact them through the swim team’s email brightongreenswim@gmail.com.

Every season swimmers are forced to miss meets and extended periods of practice time due to vacations, camps, vacation Bible school, and so on. It is not necessary to notify the coaches if your child will miss an occasional practice, however, it is extremely helpful if the coaches know about the extended absences far in advance and especially if the swimmer is going to miss a meet. In the event that swimmers are going to miss extended practices or swim meets, please email brightongreenswim@gmail.com and let the coaches know so they can plan accordingly.

During swim meets, the coaches are extremely busy. It is best if parents avoid calling on them at that time, unless absolutely necessary. Solicit help from other parents or the parent rep and experienced swimmers when possible.

Classification of Swimmers

Swimmers are divided into the following groups based upon their age. Age for competition is determined by the swimmer’s age on May 31, 2018. Swimmers DO NOT age up during the competitive season.

<u>Name</u>	<u>Age</u>	<u>Race Length</u>
Mini-Mites	age 6 and under	25 meters
Mites	ages 7 and 8	25 meters
Midgets	ages 9 and 10	50 meters
Juniors	ages 11 and 12	50 meters
Intermediates	ages 13 and 14	50 meters
Seniors	ages 15 through 18	50 meters and every other meet option of 100 meter

Competitive Classification for Swimmers

Within their age groups, swimmers compete under the following classifications:

Silver: A swimmer is classified as Silver in an event until he/she equals or surpasses the Gold qualifying time for that event in a competitive meet.

Gold: A swimmer is classified as Gold in an event until he/she equals or surpasses the Blue qualifying time for that event in a competitive meet.

Blue: Blue is the highest classification in the RMAL system.

Most swimmers are in the Silver Division. Once a swimmer attains a Gold or Blue time in an event, he/she must continue to compete in that event as a Gold or Blue swimmer.

Time standards for Silver/Gold/Blue and qualifying times can be found at www.swimrmal.org. Remember that times are listed as yard or meter times depending on whether the meet is held at a yard or meter pool. All results posted on the RMAL website are in yards. If you want to see where your swimmer stands, visit www.swimrmal.org.

Swimmers compete against other swimmers of their same sex, age group, and competitive classification. The classifications are designed to group swimmers as fairly as possible and to stimulate them to reach their full potential. We do have mixed relays that consist of a minimum of one boy but maximum of two boys.

Team Apparel

Swimsuits The team suit is available through VA Swim Shop, where they have our team on file, and is a new suit for the 2018 season. We highly encourage all swimmers to have a team suit, since this is our “uniform.” However, we understand that it is sometimes impossible for every child to obtain a team suit. If you have a swimmer who has outgrown a suit and would like to donate it to someone, please bring it to practice and the coach will be happy to find a new swimmer for the suit. For swim meets, it is required that all girls wear a one-piece suit, and is suggested that boys wear some form of “jammer” suit.

Caps Each new swimmer will receive a team cap and extras are available for \$3.00 each (make checks out to BGCA). Please keep in mind that caps will discolor and rip if not properly cared for. After use, remove excess water and lightly coat the inside and outside of the cap with baby powder. This provides for a longer life of your cap. Caps are not required, but the coaches highly encourage those with long hair to wear one.

T-Shirts Each new swimmer will be given a team shirt. If parents or siblings would like to purchase a team shirt or if a swimmer needs an additional shirt, shirts are available and can be purchased from Michele Turlington, our swim team parent representative. Haselman and Hunt, DDS, PC (dentist in Bon Air) generously donates our shirts every other year and are our team sponsor. If you are interested in one of the old shirts, limited sizes are available for \$5.00 a shirt.

Weather Rules/Policies for Meets

If the weather is questionable, the referee and coaches will decide whether or not to cancel the meet. It is difficult to re-schedule meets and have good attendance, so every effort is made to avoid cancellation. If possible, we will wait for a storm to pass. Swimmers will not get into the water in the presence of lightning. Safety is the primary concern. Always report to the meet, regardless of the weather. Every attempt will be made to swim the meet that night, even if we have to wait it out. Stopped/cancelled meets due to inclement weather are usually rescheduled for the next evening. When it comes to weather delays, the main source of communication will be through the Remind app.

Weather Rules/Policies for Practices

- a) Juniors/Intermediates/Seniors practice won't be cancelled for rain or cold. There are several ways to practice without getting in the water, like watching training videos, practicing streamlines, conditioning, having general team meetings, etc. All can take place in the club house or on dry land.
- b) Mini-Mite/Mite/Midget Practice will be cancelled in the event of heavy rain, thunder, lightning, or extreme cold.
- c) Practice for all age groups may continue in the rain, but in the event of thunder or lightning, the coaches will promptly remove the swimmers from the water, move them to a safer location, and continue practice.
- d) Check your email and text messages for any practice updates due to inclement weather. Be sure to sign up for the Remind text alerts to receive the most accurate and up to date swim team information.

Swim Practice Schedule

Afternoon/Evening Practice (Monday – Friday while school is in session)

Beginning May 21	Jrs/Int/Srs	3:30 - 5:00pm
Beginning May 21	Mite/Midget	5:00 - 6:00pm
Beginning May 29	Mini-Mite and Beginners**/new swimmers	5:45* - 6:30pm

Morning Practice - Beginning June 18 for all ages

Mites/Midgets	8:30 - 9:30 am
Jrs/Int/Srs	9:30 - 11:00 am
Mini-mites and Beginners**/new swimmers	10:45*- 11:30 am

*Mini-Mite children should be supervised by an adult for the optional 15 minute warm up time in shallow end of pool prior to practice start. Parents **MUST** continue to watch the mini-mites until coaches are ready to start their practice since there are no lifeguards on duty at this time. Parents should remain at the edge of the pool to supervise their mini-mite while they are warming up in the shallow end or baby pool.

New for 2018 ** To help our swimmers get the best lessons we can provide and to help ensure their safety, we will be holding a beginners practice. This practice will be for all swimmers, regardless of age, that are unable to swim one length of the pool unassisted. Once the swimmer shows the coaches they are capable of swimming, the coach may decide they can join practice with their age group.

Evening Practice – Beginning June 20

Any swimmer, regardless of age, unable to make the morning practice (because of other commitments such as work, VBS, orientation, etc.) may attend evening practices on Wednesdays and Thursdays from 6:30 - 7:30 pm beginning on June 20. The evening practices are open to all age swimmers unable to attend their day practices and also open to older swimmers who want to double up with two practices in one day.

Starts and Turns Practice – Beginning June 10

This is an optional practice for midget through senior swimmers to refine their dives and turns. The focus of this practice will be on technique. Starts and turns practice will occur Sunday evenings from 7:00 - 8:00pm beginning June 10th.

Important Swim Practice Information

Swimmers need to be ready to swim when their practice is scheduled to begin, not running in from the parking lot. In order to be ready, swimmers should plan to arrive 5 minutes early so they do not miss announcements, instructions, or warm-ups.

Coaches recommend two towels during colder weather practice. One towel for swimmers to use during swim practice to wrap around them when not in the pool and a second dry towel for after practice.

Practice **IS** held on meet days and the day after meets.

During practice times, the coaches ask that parents remain behind the gates of the pool or in the baby pool with small children. Please refrain from speaking with the swimmers while they are at practice.

Please make sure that you monitor your children until the coaches are ready to begin practice. This is especially true for the first practice of the morning. Please do not do a "drive-by" and just drop the swimmer off and keep going, please make sure that you stick around to monitor your child until the coaches are set up and ready to start practice.

2:00 Minute Mark

In order to compete in swim meets, swimmers must be able to swim the length of the pool (25 meters for 8 and unders) in 2 minutes or less. They may hang on the lane line in order to take a short rest, but not allowed to pull on the lane line to advance their position or push off the bottom of the pool (as both of these are illegal). The coaches will evaluate the swimmers at the practice before the meet and inform the parents whether their child will be competing. If the swimmer is unable to meet these specifications, we will work on these skills in order to meet the standards for the next meet. Once a swimmer has met the specifications, they will not be "tested" again, unless their times in the meets begin to far exceed the 2-minute mark. This is not intended to penalize the swimmer, but rather to provide them with a goal to work towards and give a sense of achievement when the goal is met. Please see one of the coaches if you have any questions or concerns regarding this rule.

Swim Meet Schedule for the 2018 Season

Thursday, June 14	Away vs. MAC
Tuesday, June 19	HOME vs. Smoketree
Tuesday, June 26	HOME vs. Charter Colony
Tuesday, July 3	Away vs. Shenandoah
Tuesday, July 10	Away vs. Bon Air
Monday, July 16	HOME vs. Brandermill

For home meets, please report for warm-up by 4:40pm.

For away meets, please report for warm-up by 5:00pm.

Swim meets begin promptly at 6:00pm, with first call to Clerk of Course at 5:45pm.

Championships Schedule

The championship meet will be held on 1 night this year which is a change from previous years when it was held over two nights. Champs will be held at SwimRVA located at 5050 Ridgedale Parkway, Richmond, VA 23234

10 and under Monday, July 23 10:30am-2:30pm (warm-ups start at 9:00am)

11 and over Monday, July 23 4:00pm-8:30pm (warm-ups start at 2:30pm)

More specific information regarding champs will be announced as the date gets closer.

Safety Rules for Meets

NO glass containers.

NO use of ANY tobacco products including vaping. (If you must smoke, please do so in the parking lot.)

NO alcoholic beverages ANYWHERE on premises (including parking lot).

NO recreational swimming during a swim meet (swimmers or siblings). This includes the baby pool and shallow area. This is an RMAL rule and applies at all pools.

NO unsupervised children in playground area during a swim meet (swimmers or siblings).

Thank you for your cooperation in helping to make sure that everyone stays safe and our meets run smoothly.

Strokes to Swim at Meets

The coaches will inform swimmers which events they are scheduled to swim. Swimmers will have some input, but the decision ultimately rests with the coaches. Events will be posted at the meet. If the swimmer is unsure of what he/she is swimming, he/she should ask. Coaches try to assess the readiness of swimmers to swim new strokes. They will not suggest that a swimmer enter breaststroke or butterfly until the swimmer demonstrates correct technique during practice.

Swim Meet Pre-Seeding

ALL meets will be pre-seeded. This means that swimmers are sorted into heats and lanes before the meet starts, just like champs. Swimmers WILL NOT HAVE CARDS. Heat sheets will be printed and posted around the pool. *When swimmers arrive at the meet, they MUST CHECK IN with the parent volunteer at the check-in area.* This volunteer will have a heat sheet and will write each swimmer's event numbers on their hand, this is referred to as "positive check-in". This positive check-in will ensure that swimmers know their events, and makes it easier for the coaches to know that all swimmers are present and accounted for. Swimmers will report to the Clerk of the Course when their event is called. This system is meant to speed up the meet and decrease unnecessary paperwork. If a swimmer needs to change their events or misses their event, please find a coach IMMEDIATELY! Mini-mites and mites will be taken to the clerk of course by volunteer parents. Midgets - Seniors need to stay alert so that they do not miss their events. Swimmers should stay near the team seating area so that we can easily find them when it is time for their event. Cards will still be used for relays.

Swim Meet Order of Events

- Mite mixed 100 free or medley
- Midget 100 individual medley
- Junior 100 individual medley
- Intermediate 100 individual medley
- Senior 100 individual medley

- Mini-mites 25 free
- Mite 25 free
- Midget 50 free
- Intermediate 50/100 free
- Senior 50/100 free

- Mini-mite 25 back
- Mite 25 back
- Midget 50 back
- Junior 50 back
- Intermediate 100 back
- Senior 100 back

- Mite 25 butterfly
- Midget 50 butterfly
- Junior 50 butterfly
- Intermediate 50 butterfly
- Senior 50 butterfly

- Mite 25 breast
- Midget 50 breast
- Junior 50 breast
- Intermediate 50 breast
- Senior 50 breast

- Midget mixed 200 free medley
- Junior mixed 200 free medley
- Intermediate mixed 200 free medley
- Senior mixed 200 free medley

Parent Volunteers

The Brighton Green Community Association is operated by a volunteer Board of Directors. The Swim Team Parent Representative serves on the Board and oversees the swim team parent coordinators. Please feel free to contact one of the coordinators or parent rep, Michele Turlington, with questions, concerns and compliments.

Parent volunteers are needed for many different duties. Many of the duties are broken up into first half and second half spots. You are welcome to sign up for one half or both. You can use the new online registration system to sign-up to volunteer. Below is a list of duties where help is needed in order to smoothly and efficiently run a meet.

- Announcer
- Bake sale
- Clean-up (stay after the meet to help put everything away, we need all hands to help with clean-up)
- Clerk in training
- Clerk of course
- Computer operator
- Dolphin operator (must attend training)
- Head timer
- Hospitality
- Meet coordinator
- Mini-mite/mite parent
- Movie mom
- Positive check-in
- Referee
- Ribbon labeler
- Runner
- Starter (must attend training)
- Strokes and turns judge (must attend training)
- Timers (need 9 for each half)
- Timing judge
- Set-up (arrive at 4:00pm)
- Volunteer coordinator

Swim-a-Thon

The annual swim-a-thon is currently scheduled for June 28 and is held at Brighton Green pool. Half the money raised goes to the swim team account in the hopes of purchasing new starting blocks and the other half goes to helping families in need in our community with pool memberships and/or swim lessons. The kids really enjoy the swim-a-thon and are allowed to use kick boards, noodles, etc. to help them swim their laps.

Swimmers are asked to obtain pledges for either a flat fee or amount per lap. Cash is accepted and checks may be made payable to Brighton Green or BGCA.

More information, such as times, parent involvements, etc. will be announced as it becomes available and closer to the date.

Suggested Swim-a-Thon Goals: (1 length = 25 meters)

Mini-Mites	50 lengths
Mites	75 lengths
Midgets	150 lengths
Juniors	175 lengths
Intermediates & Seniors	200 lengths

Movie Days

On swim meet days, there are supervised movies shown in the clubhouse for all BG swimmers 10 and under. Since movie days are targeted at the younger swimmers only G movies will be shown. This event is meant to provide swimmers with an opportunity to relax in the air conditioning before the evening's meet, rather than burning their energy in the hot sun at the pool.

Swimmers bring their own movies from home, which are then approved by the parent supervising. The swimmers vote on which movie will be watched that day. Please make sure that your children retrieve their movies, for we often have a few left behind. Swimmers may also bring sleeping bags, pillows, snacks, etc.

Swimmers should arrive at 12:15pm to get situated. We will begin the voting shortly thereafter and begin the movie promptly. There is not a set pick-up time, for that obviously depends upon which movie the swimmers choose and the length of the movie. It is a good idea for parents to hang around to see how long the movie is, in order to decide on the appropriate time to return for pick-up, and wait to receive instructions from the parent in charge that day. Please be prompt in picking up your swimmer.

This is a swim team event, and therefore only open to swim team members. Siblings or other guests may attend, but a parent must stay with them the entire time to supervise them. Coaches and parent volunteers cannot be responsible for people not affiliated with the swim team.

Golden Gators

The Brighton Green swim team has a long standing tradition of the "Golden Gator." After each swim meet, the coaches will name a swimmer from each age group as the Golden Gator. This honor is meant to highlight swimmers that have shown hard work, improvement, and/or great team spirit. The honor comes in the form of a golden BG t-shirt. This **shirt is on loan** until the next swim meet and a new golden gator is named. These shirts cannot be kept by any swimmer permanently, but should be cleaned and returned before the next meet. To help the longevity of these shirts, please do not allow your child to wear the golden gator shirt during particularly messy/dirty activities. The shirts are great for wearing to the pool or for sleeping in.

Swim Buddies

Swim Buddies will be assigned at the start of the season and this is when older swimmers (typically seniors and intermediates) are paired with the youngest swimmers (mini-mites and mites) or the middle aged kids (midgets and juniors) are paired with each other. The purpose of swim buddies is to encourage each other and to cheer on during meets. Older swimmers can show the younger swimmers in a meet where to be and what to do, they are there to answer questions, help them out and guide them as needed.

It is not mandatory but often times swim buddies will give little goody-bags to each other at swim meets. The bags can consist of hand written/drawn cards of encouragement, drinks such as water or Gatorade, small snacks and other fun items.

Swim Strokes

The four basic strokes are backstroke, breaststroke, butterfly, and freestyle. The individual medley is a combination of all four strokes in one event. Each stroke has specific criteria that must be met in order to be considered as proper technique. This can apply to take-off, turns and finishes as well.

For more information on the correct strokes you can visit www.swimmal.org and watch videos.

During competitive meets, there are strokes and turns judges who will watch the swimmers during their events and disqualify those who employ improper techniques. Disqualification means that the swimmer's time will NOT count for that particular event and cannot be scored. Disqualifications are very common, especially with the younger swimmers, and should NOT be a source of embarrassment. Swimmers should use this as an opportunity to speak with the coaches on what they can do to improve. Swimmers and families should speak to the coaches about their disqualifications and not the strokes-and-turns judges.

Strokes and Turns Guidelines

Listed below are the most common infractions committed by swimmers. The Strokes and Turns judges use these main guidelines to disqualify a swimmer. Go to <http://www.swimmal.org/library.html> for more information on proper techniques, disqualifications, and other stroke information including videos.

Freestyle

- Pulling on the lane line to advance position.
- Not touching the wall on a turn.
- Walking/pushing off the bottom of the pool.

Backstroke

- Between the Flags
- Pulling on the lane line to advance position
- Does not stay on his/her back
- Improper turn
- Swimming on the breast (happens before the swimmer initiates the turn, taking 2 or more freestyle strokes on the breast)
- On the breast but kicks towards the wall (the swimmer has turned too soon and uses kicking to advance position)
- Missed touching the wall with some part of the body

- On or toward the breast when feet leave the wall.
- Improper finish
- On or toward the breast BEFORE touching the wall.

Breaststroke

- Flags to the Wall—Starting Position
- Flutter, dolphin or scissors kick on the start
- Non-simultaneous arm movement
- Between the Flags
- Kick—non-simultaneous leg movement (flutter, dolphin)
- Kick—both feet NOT turned outward during propulsive part of the kick movement
- Stroke—non-simultaneous arm movement
- Stroke—pulling past the hipline (exception: allowed during the 1st stroke after the start and each turn)
- Flags to the Wall—Turns and Finish
- Non-simultaneous hand touch
- One hand touch

Butterfly

- Flags to the wall—starting position
- Non-simultaneous leg/feet movement (flutter kick, breaststroke kick)
- Non-simultaneous arm movement (freestyle, doggy paddle, breaststroke pull)
- Between the Flags
- Kick—feet not moving up and down simultaneously (feet CANNOT alternate in relation to one another)
- Stroke—arms are not coming out of the water (need to see elbows)
- Stroke—arm movement is not simultaneous (rotating shoulders, freestyle stroke)
- Stroke—underwater recovery (taking additional strokes under the water)
- Flags to the Wall—Turns and Finishes
- One hand touch
- Non-simultaneous touch
- Underwater recovery (taking additional stroke under the water prior to the touch).

Individual Medley—Fly, Back, Breast, Free

- Swims the stroke cycle out of sequence
- Backstroke to Breaststroke—on or toward the breast BEFORE the touch
- Rules for individual strokes apply in swimming the individual medley.

RMAL Swim Meet Rules

All RMAL rules can be found by going to

http://www.swimrmal.org/uploads/9/9/9/1/99919734/rmal_handbook_2017_060717.pdf and looking through the handbook.

1. Each swimmer may swim in no more than 3 events per meet plus a relay.
2. Each event will consist of Blue, Gold and Silver heats, combined if necessary, depending on the number of swimmers entered.
3. There is no limit to the number of swimmers a team may have in Blue, Gold or Silver individual events, except for the Individual Medley (IM). A team may only enter 6 swimmers in each IM event (8 in an 8 lane pool).
4. Relays are limited. Each team may enter relays in each age category as follows; 2 Blue, 3 Gold, and 3 Silver in freestyle or medley relays.
5. Relays consist of 4 swimmers; no more than 2 of the 4 can be boys; but at least 1 of the 4 must be a boy.
6. Blue relays must have one swimmer with a Blue time in freestyle for a freestyle relay or Blue time in the stroke he/she is swimming in a medley relay. The same rule applies to Gold relays. Silver relays can have only Silver swimmers in a freestyle or medley relay.
7. A swimmer may swim in only one relay in a dual meet (not true for championships, may swim in freestyle and medley relays).
8. Swimmers must swim in their age group. However, a mite or mini-mite may swim a particular relay as a midget or as a mite/mini-mite, but not both. A mini-mite may swim in an event as a mite if that particular event is not offered to the Mini-Mites.
9. Freestyle and Backstroke will be the only individual events offered in the mini-mite category. These events will use the mite time standards. Only the silver category of the mini-mite event will be swum. If a mini-mite achieves a Gold or Blue time, he/she must be entered in the event in a Blue or Gold category for which he/she qualified in that stroke. A mini-mite may swim as a mite in any stroke at any time, but may not swim as a mite and a mini-mite in the same stroke during the same meet. Points will NOT be assigned to placements in mini-mite events.
10. Swimmers will be allowed one false start per event. Upon commission of the second false start, the swimmer will be disqualified.
11. Eligibility—in order for a swimmer to score points in a dual meet, he/she must be registered and registration fee paid at least 24 hours in advance of the meet in which he/she desires to compete. A non-registered swimmer (a visitor or a swimmer who recently joined the team, but is not on the RMAL roster) may swim as an Exhibition swimmer, but may not score points for the team. Participation of exhibition swimmers is at the discretion of the coaches.
12. Intermediates and Seniors will alternate swimming 50 Free and 100 Free at meets (first meet—50 Free, second meet—100 Free, and so on). The new time standards reflecting this change (and all current time standards) are available online at www.swimrmal.org.

Swim Meet Procedures

1. Arrive on time!!!
2. *CHECK IN WITH PARENT VOLUNTEER AT CHECK-IN AREA*, who will write event numbers on each swimmer's hand.
3. Congregate in the Brighton Green designated area.
4. Warm-up following the coaches' instructions.
5. MITE RELAY participants: report to the coaches immediately after warm-ups. Stay with your relay team. The parent volunteers will have your cards and will escort you to the clerk of the course.
6. Stay in the Brighton Green team area and be ready for your events.
7. Listen to the announcer. He/she will keep everyone informed of the current event and heat number and will announce when swimmers in the upcoming events should report to the Clerk of the Course. Remember, we don't have cards for individual events anymore. You HAVE to pay attention.
8. Report to the Clerk of the Course when the announcer calls your event number to the Clerk of the Course. It is the responsibility of the swimmer to get to their events on time! Parent volunteers will help get mini-mites and mites to the Clerk of the Course.
9. Come talk to the coaches before and after you swim. We want to talk to you about your race and offer praise and suggestions!
10. Swim team scores and individual swimming times are posted on a designated wall as the meet progresses. They are first tabulated and verified by table workers, which takes a while. If you leave a meet before all results are posted, they will be posted at practice as soon as they are available.
11. Ribbons will be handed out at practice following a meet. Please check the file box for any ribbons that you haven't received.
12. Before leaving the meet, check in with the COACHES to be sure you are NOT needed for a relay!!!
13. Please leave the pool area free of litter at Home and Away meets. Also, you are responsible for your own belongings. We want to leave the area cleaner than we found it!
14. Appropriate behavior is always expected. At home meets, please be helpful and make the visiting team feel welcome. At away meets, be polite guests.
15. The coaches have the final say on the events in which a swimmer will compete. If the swimmer does not wish to swim what they've been assigned, he/she must discuss it with a coach. If the coaches decide to keep the swimmer in the designated event and the swimmer intentionally fails to report to the Clerk of the Course, that swimmer will be removed from all remaining events in that meet, including relays. In the event that this happens again, that swimmer will be dismissed from the team.
16. Coaches are NOT to be thrown into the pool when we are guests at someone else's pool. It is rude to assume that we were victorious. Throwing the coaches in at a home meet is permitted when we think that we have won, but safety should be kept in mind at all times. Many meets come down to the wire, and therefore it is unknown until long after the end of the meet as to who has won. Coaches are only to be thrown into the pool in the event of a victory.

Swim Meet Awards/Ribbons

Ribbons - Ribbons are awarded at dual meets and at championships for 1st through 8th places for each event, in each age category and for each competitive classification (Silver, Gold or Blue). Ribbons are also awarded for relays.

Points - Cumulative points determine the meet winner. Relays score double points. Note: Points are NOT earned in the mini-mite events, but ribbons are awarded.

Place	Individual Points	Relay Points
1st	7	14
2nd	5	10
3rd	4	8
4th	3	6
5th	2	4
6th	1	2
7th	0	0
8th	0	0

Individual Improvement A chart will be posted each week to show best times and achievement of qualifying, gold, or blue times. Be sure to praise your children for individual improvement, rather than for winning ribbons and to also praise them for learning or improving new strokes. Every other year, each child has the opportunity to have the “age advantage” or disadvantage, so keep that in perspective.

End of Year Awards Criteria

Most Improved: An award where multiple factors are taken into account, including time improvement, stroke improvement, attitude, behavior, etc. One award will be given in each age category.

Coaches Award: An award where, again, multiple factors are taken into account, including leadership, commitment, behavior, attitude, etc. This award generally goes to a swimmer that goes above and beyond what is asked of them from the coaches. One award will be given in each age category.

Graduating Senior Award: Each swimmer who has completed their final season with Brighton Green and will be ineligible for the next season due to age (over the age of 18), will be recognized as a Graduating Senior. They will be recognized at our final home meet, and at the awards ceremony.

10 Year Award: A plaque will be presented to those swimmers who have swum on the Brighton Green Swim Team for 10 years. Years swum at other clubs will not be included for this award. A year constitutes participation in 3 or more swim meets, not just being on the roster.

Top 10 Awards: Following champs, the individual points will be computed to determine the Top 10. Those top 10 swimmers who have scored the most points for the team overall will receive an award. In the event of a tie at any place, two (or more) awards will be given.

Big “D” Award: This is the most prestigious award given for the season. Every attempt is made to decide on one recipient for the whole team, but occasionally this is an impossible task. This award exemplifies the essence of Brighton Green. The recipient will display superior leadership, dedication, loyalty, team spirit, attitude, behavior, etc. Generally, those considered for this award go far beyond what the coaches ask of them. This award does not necessarily go to the fastest swimmer (but sometimes does) and is not a judge of swimming ability or speed, but a judge of character.