

Swim Team Handbook

WELCOME TO THE 2022 SEASON

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Welcome

Welcome to all swimmers and families! We are really excited to be able to host meets and have a more “normal” swim team this summer. We are proceeding with caution and will adjust plans as needed. 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 and community 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. Swim team helps the swimmers to 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 twelfth 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 assistant coach for James River High School, has been 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 is the mom of four Gators! Coach Merry is currently attending school to become an RN.

Gabriella Springer, assistant coach

Anna Wood, assistant coach

Johnathan Zimmer, assistant coach

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, please email brightongreenswim@gmail.com and let the coaches or swim parent rep know so they can plan accordingly. In the event that your swimmer will miss a meet, please add their name to the spreadsheet [linked here](#) so that coaches are aware of who will be absent when they are planning the meet. Word of mouth is not reliable as often things are said in passing and can be forgotten. Texting is also not preferred as that usually goes to one coach and not all coaches. Please email!!

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.

Swim Team Communication

Remind – This is a one-way texting system where the coaches and swim parent rep 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” (yes, there are two colons after the word Gators). If you are looking for more information regarding swim teams, you may also want to 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.

Website – We do our best to make sure all the information on the Brighton Green website it accurate and up to date. On the BG website you can find a Swim team calendar that will have all the dates and times for the season listed. Brightongreen.org

Parent Involvement

Swim meets require more participation from parents than many other 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 number of positions that need filled especially at home meets. See Swim Team Parent Volunteer Duties (below) for more details. Please contact the parent rep, Michele Turlington, to get involved. You can also email any questions to brightongreenswim@gmail.com

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. Info will be shared on how to sign up to volunteer at the meets. Below is a list of duties where help is needed to run a meet smoothly and efficiently. A meet can NOT start until all volunteer spots are filled. Here is a [link](#) to job descriptions.

- 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 operators
- Head timer
- Hospitality
- Young Gator Coordinator parents
- Movie parent
- Positive check-in
- Referee
- 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)
- Bake sale coordinator
- Grill operator
- Movie parents

Swim Practice Schedule

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

Beginning May 23	Ages 11-18	3:30 - 5:00pm
Beginning May 23	Ages 7-10	5:00 - 6:00pm
Beginning May 23	Ages 6 and under and new swimmers*	6:00 - 6:30pm

** Any 11 years olds that are in 5th grade should join the 5:00-6:00 practice while school is in session and then during the summer they can join the 11-18 practice group.

Morning Practice - Beginning June 6 for all ages (these changes were made during the 2021 season)

Ages 6 and under and new swimmers*	8:15 - 8:45 am
Ages 7-10	8:45 - 9:45 am
Ages 11 and up	9:45 - 11:00 am

*To help our swimmers get the best lessons we can provide and to help ensure their safety, we will be holding a new swimmers 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. **New from 2021 season – Swimmers will have approximately two weeks to show the coaches that they can swim and safely make it across the pool unaided. They are allowed to hold the lane line but need to be able to make one length of the pool without an older swimmer/adult in the pool assisting them. After the swim test if swimmers are not strong enough for the swim team, we will be asking them to step away. The final date for the swim test will be announced once the season gets underway.

Starts and Turns Practice – Beginning June 12

This is an optional practice for swimmers ages 11-18 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 12th.

Evening Practice – Beginning June 8

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 7:00 - 8:00 pm beginning on June 8. 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.

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 at least 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. 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. **Please do not drop off any swimmers until coaches have arrived!!**

Weather Rules/Policies for Practices

Ages 11-15 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.

Ages 10 and below practice will typically be cancelled in the event of heavy rain, thunder, lightning, or extreme cold.

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 potentially continue practice. 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 Buddies

Swim Buddies will be assigned at the start of the season and this is when older swimmers (ages 13-18) are paired with the youngest swimmers (ages 8 and under) or the middle aged kids (ages 9-12) 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 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.

Team Apparel

Swimsuits The team suit is available through VA Swim Shop, where they have our team on file, and we have a new suit for the 2022 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/swim parent rep 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 or briefs.

Caps Each new swimmer will receive a latex team cap and extras are available for \$5.00 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, highly encourage those with long hair to wear one. Silicone caps will be available for purchase for \$15.00.

T-Shirts A new team shirt was distributed in 2022. Every new swimmer will get 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 for \$15 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 older shirts (shirts from 2018 and prior), limited sizes are available for \$5.00 a shirt.

Swim-a-Thon

The annual swim-a-thon is currently scheduled for Wednesday, June 29 and is held at Brighton Green pool. 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 of pool = 25 meters)

ages 6 and under	50 lengths
ages 7 and 8	75 lengths
ages 9 and 10	150 lengths
ages 11 and 12	175 lengths
ages 13 and over	200 lengths

Post-Meet Sonic Gatherings

Following each swim meet (home and away) members from the team, including coaches will head to Sonic for a post meet gathering. This is completely optional and not a formal organized type event. Just a time to sit back and socialize. Swimmers, families and siblings are all welcome to come and hang out.

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 rated 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 may bring sleeping bags, pillows, snacks, lunch, etc.

Swimmers should arrive at 12:15pm to get situated. The pick-up time will be established by the parent volunteers in charge depending on the length of the movie. Please be prompt in picking up your swimmer and make sure they have cleaned up their area before leaving. Swimmers should be seated and watching the movie and should not be up and running around during movie time.

This is a swim team event, and therefore only open to swim team members. Younger 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 non-swim team members.

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, 2022. Swimmers DO NOT age up during the competitive season.

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

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 are 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 RMAL rule.

Competitive Classification for Swimmers

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

Silver: This is where all swimmers start. 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 (BG is a six lane 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.

Swim Meet Schedule for the 2022 Season

Thursday, June 16 Home vs. Woodlake (this is home meet but we are the away team)

Tuesday, June 21	Away at Shenandoah
Tuesday, June 28	Away at Walton Park
Tuesday, July 5	HOME vs. Charter Colony
Tuesday, July 12	HOME vs. ACAC
Monday, July 18	HOME vs. Bon Air

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.

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! Swimmers ages 8 and under will be taken to the clerk of course by volunteer parents. Swimmers ages 9-18 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.

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).

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. It is possible that if we have a weather delay, some events may be cut from the meet once the meet resumes. All of these changes will be communicated through the Remind app. If we have a weather delay it is possible that some events such as mini mite events will be cut from the meet.

Swim Meet Order of Events

- Ages 7-8: mixed 100 free or medley
- Ages 9-10: 100 individual medley
- Ages 11-12: 100 individual medley
- Ages 13-14: 100 individual medley
- Ages 15-18: 100 individual medley

- Ages 6 and under: 25 free
- Ages 7-8: 25 free
- Ages 9-10: 50 free
- Ages 11-12: 50/100 free
- Ages 13-14: 50/100 free
- Ages 15-18: 50/100 free

- Ages 6 and under: 25 back
- Ages 7-8: 25 back
- Ages 9-10: 50 back
- Ages 11-12: 50 back
- Ages 13-14: 100 back
- Ages 15-18: 100 back

- Ages 7-8: 25 butterfly
- Ages 9-10: 50 butterfly
- Ages 11-12: 50 butterfly
- Ages 13-14: 50 butterfly
- Ages 15-18: 50 butterfly

- Ages 7-8: 25 breast
- Ages 9-10: 50 breast
- Ages 11-12: 50 breast
- Ages 13-14: 50 breast
- Ages 15-18: 50 breast

- Ages 9-10: mixed 200 free medley
- Ages 11-12: mixed 200 free medley
- Ages 13-14: mixed 200 free medley
- Ages 15-18: mixed 200 free medley

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 Awards/Ribbons

Ribbons - Ribbons are awarded at 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. 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.

Swim Meet Procedures

Arrive on time!!!

CHECK IN WITH PARENT VOLUNTEER AT CHECK-IN AREA, who will write event numbers on each swimmer's hand.

Congregate in the Brighton Green designated area.

Warm-up following the coaches' instructions.

Ages 7 and 8 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.

Stay in the Brighton Green team area and be ready for your events.

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!!

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.

Come talk to the coaches before and after you swim. We want to talk to you about your race and offer praise and suggestions!

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.

Ribbons will be handed out at practice following a meet. Please check the file box for any ribbons that you haven't received.

Before leaving the meet, check in with the COACHES to be sure you are NOT needed for a relay!!!

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!

Appropriate behavior is always expected. At home meets, please be helpful and make the visiting team feel welcome. At away meets, be polite guests.

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 have 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.

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.

RMAL Swim Meet Rules

All RMAL rules can be found by going to <https://www.swimrmal.org/rmal-and-usa-swimming-rules> and looking through the handbook.

Each swimmer may swim in no more than 3 events per meet plus a relay.

Each event will consist of Blue, Gold and Silver heats, combined if necessary, depending on the number of swimmers entered.

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).

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.

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.

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.

A swimmer may swim in only one relay in a dual meet (not true for championships, may swim in freestyle and medley relays).

Swimmers must swim in their age group. However, a swimmer ages 6-8 may swim a particular relay in the 6 and under or the age 7-8 age group, but not both. All 6 and under swimmers may swim in an event for 7-8 year olds if that particular event is not offered to the 6 and under age group.

Freestyle and Backstroke will be the only individual events offered in the 6 and under category. These events will use the ages 7-8 time standards. Only the silver category of the ages 6 and under event will be swum. If an ages 6 and under 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. An ages 6 and under may swim in the 7-8 age group in any stroke at any time, but may not swim in the 6 and under and the 7-8 age group in the same stroke during the same meet. Points will NOT be assigned to placements in the age 6 and under events.

Swimmers will be allowed one false start per event. Upon commission of the second false start, the swimmer will be disqualified.

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.

Ages 13-15 and ages 15-18 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 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.swimrmal.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 quite 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. Very important that **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 <https://www.swimrmal.org/rmal-and-usa-swimming-rules> 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.

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 couple swimmers from each practice 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.

Champs Information

The championship meet will be held on Monday, July 25th. Champs will be held at SwimRVA located at 5050 Ridgedale Parkway, Richmond, VA 23234.

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

End of Year Awards Criteria

Most Improved: An award where multiple factors are considered, 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 considered, 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.

2022 Brighton Green Swim Team Calendar of Events

2022 Day	Date	Time	Event
Monday	May 23	3:30-5:00pm	Evening Practices start for ages 11-18
Monday	May 23	5:00-6:00pm	Evening Practices start for ages 7-10 and select 6 and unders that can swim
Monday	May 23	6:00-6:30pm	Evening Practices start for 6 and unders and all first time to BG swimmers
Monday	May 23	3:00-6:00pm	Virginia Swim Shop will be at practice with the new suit for this season and other items such as goggles, straps, etc.
Friday	May 27	n/a	No Practice – Memorial Day Weekend
Monday	May 30	n/a	No Practice - Memorial Day
Tuesday	May 31	6:45pm	Parent Meeting (mandatory for new families and optional for others)
TBD	TBD	TBD	Mock Meet
Thursday	June 2		No practice due to pool being open to public
Friday	June 3	n/a	No practice due to pool being open to public
Monday	June 6	8:15-8:45am	Morning Practices start for 6 and unders and all first time to BG swimmers
Monday	June 6	8:45-9:45am	Morning Practices start for ages 7-10
Monday	June 6	9:45-11:00am	Morning Practices start for ages 11-18
Wednesday	June 8	tentative 8:15am	Swim test for new swimmers
Wednesday	June 8	7:00-8:00pm (change from 2021 season)	Evening practice on Wednesday & Thursday for swimmers unable to make morning practices.
Sunday	June 12	7:00-8:00pm	Starts and Turns Practice Begins (optional for ages 11 and up swimmers)
Thursday	June 16	6:00pm	Meet #1 Home vs Woodlake (Woodlake is home team)
Tuesday	June 21	6:00pm	Meet #2 Away at Shenandoah
Friday	June 24	8:15-10:30	Swim team pictures followed by team bonding events (Individual pictures start at 8:15, team photo at 9:15 prompt, team building event after pictures)
Tuesday	June 28	6:00pm	Meet #3 Away at Walton Park (new to the league this year)
Wednesday	June 29	9:00-11:00am	Swim-a-thon for 10 and unders (no regular practice this day)
Wednesday	June 29	7:00-10:00pm	Swim-a-thon for 11 and ups (swim 7-9, followed by pizza party)
Tuesday	July 5	6:00pm	Meet #4 Home vs Charter Colony
Tuesday	July 12	6:00pm	Meet #5 Home vs. ACAC
Monday	July 18	6:00pm	Meet #6 Home vs Bon Air (senior night, theme: Gator Pride)
Tuesday	July 19		Fun/Team Building practice to get ribbons and celebrate the season
Wednesday	July 20	TBD	Champs practice begins (typically practice times same as regular season)
Friday	July 22	6:00-9:00pm	Swim team Awards and Pool Party (no pot-luck, bring your own dinner)
TBD	TBD		11 and ups team building event at Olive Garden
Monday	July 25	TBD	Champs (Times are still TBD but based on past likely 10 and unders will have warm-ups start at 9:00am with a meet start time of 10:30am and 11 and ups will have warm-ups at 2:30pm and start time of 4:00pm)