

Sun Valley Sharks 2019

Information Sheet

Welcome to the Sun Valley swim team. Whether you are a veteran swimmer or brand new to the team and competitive swimming, the Sun Valley team is for you. All members of our team are unique individuals and demonstrate a strong personal commitment to our team. Parents, staff, and members recognize the hard work that being a Sun Valley Shark entails. All that is asked is that you work to the best of your ability. We want each person to have an enjoyable experience! Our coaches are available to hear about your concerns and hopes for your children. Please don't hesitate to talk with them before or after practice, but not during meets.

General Information:

Sun Valley Swim & Tennis is part of an interclub league, which includes clubs in Lexington and Winchester. Practice starts in late June and goes until the Championship Meet at the end of July. We end the season with a pot luck banquet for all parents, team members, coaches and staff, typically on the Monday evening following Championships. Our main goal is to provide instruction and encouragement to enable each child to have the best chance of improving their skills, demonstrate good sportsmanship, and have fun.

The team mascot is a shark and team colors are turquoise and black. A minimum of two coaches and a lifeguard are always at each practice. **Each swimmer is asked to purchase a black swimsuit for meets.** Girls usually wear a **black tank suit** and boys may wear **either black swim trunks or a black Speedo**. Goggles are also essential for each swimmer to have during practice and meets. Sun Valley provides a "Sharks" swim cap to each swimmer to complete the uniform during meets.

Swim team members range in age from 5-16. During competitions, the age a swimmer reaches by JUNE 22 is the minimum age group in which they can participate (i.e. a swimmer who turns 12 on/before June 22 must swim in "12 & under" events OR UP, if they turn 12 on June 23 or after they may swim in "10 & under" events and above). Swimmers "age out" when they turn 17 before the above date (i.e. those turning 17 on/before June 22 not longer eligible, swimmers turning 17 on/after June 23 or later may compete all season).

During swim meets, no team member can compete in more than two events and a relay race or one event and two relays. Swimmers may compete in two different strokes in the same or different age groups, however they may not compete in different age groups in the same stroke (i.e. 12 and under and 14 and under breaststroke).

Practice:

Swim practice takes place every weekday EXCEPT on days when there is a swim meet (typically Wednesdays). We do not practice or hold meets on July 4th. Practice is from 8:30 to 10:00 for ages 11-16 and 9:00 to 10:00 am for ages 5-10. Practice is held in the rain and on cool days, but not during a thunderstorm. The pool is heated and will be kept between 76 and 78 degrees. Practice starts with a warm-up on dry land consisting of stretching and strengthening activities. This warm-up helps to prevent injuries and is an important part of the practice. Please try and have your child at practice on time so they can adequately warm-up. Activities in the pool concentrate on specific strokes, turns, starts, and relays. Games are used occasionally to build team spirit and cooperation. We understand that this is the summer but ask that your child try and attend practice regularly, so that the coaches know them and their abilities. Bring a water bottle and snack to practice, especially if your child is staying at the pool once practice is over.

Swim Meets:

The season consists of 5-6 meets. We typically start the season with an inter-club relay meet. The last is an all-league meet for the Championships. All other swim meets are dual meets against one other team. The other teams in the league are Winchester Swim and Tennis Club, Winchester Boat Club, Winchester Country Club, Lexington Town Pool, and Paint Rock. Swim meets usually start at 3:30 pm with warm-ups a half hour before the start of the meet. Please be on time for warm-ups, as it helps your child to feel less anxious. We encourage families to car pool to home and away meets, as parking is limited at all locations.

Swim meets can be anxiety producing for some children, especially if this is their first year or if they are young. To help alleviate this anxiety it is best to have your child stay with the team at all times so that coaches and assistants can call them early for their event. If you must take your child away from the team, please let someone in charge know of your whereabouts.

Coaches prepare swim meet line-ups a couple days before each meet. Please be sure your child signs up for each meet at the front desk by the posted deadline. Once signed up, please keep this commitment because no-shows negatively impact the entire team and morale.

A master list of events and swimmers will be posted before each meet. Children and parents should note which number event and lane number their child will be swimming in. Due to the large number of events, there may be long waits between races, but it is imperative that swimmers do not leave the pool area. Assistant coaches will line swimmers up at least two events prior to the child's race. **We encourage swimmers to cheer for teammates while they are swimming.**

Each event is an age group, stroke and distance (i.e. Under 10 backstroke 25 yards). There may be 1, 2 or 3 heats per event depending on the number of children in each event. No child can swim in more than 2 events and 1 relay (this is a league rule). Dependent on the size of our team, there may be times when children swim in 1 event for the meet. Points are awarded for 1st – 5th place in *heat one only*. We encourage swimmers to try and improve their times in each meet. Swimmers may swim an event in an older age group, but not in a younger one. In order to get points we have to have entries in the events. If this occurs, encourage your child to do the best they can, it may win us points even if they don't come in 1st.

During meets the coaches are very busy organizing swimmers. It is not the time to discuss your child's events or concerns. The coaches are available before and after practices to speak with you, or you may call Sun Valley and have them call you. Swimmers will receive their ribbons at practice, not at the swim meet.

Parent Volunteers:

As with any endeavor that is this large, parent volunteers are needed in many ways. Volunteers are needed at all meets to work as timers, ribbon writers and runners. Meets can not go on without these vital roles. You will be instructed in what to do at the meet. Please let the coaches know if you are available to help out. Additionally, at home meets, Sun Valley sponsors a bake sale to raise money for the end of the season gift fund. There will be a sign-up sheet at the check-in desk before each meet. Volunteers are needed to coordinate the sale, bake, sell, and clean up. Please help us out however and how often you can!

THANK YOU and we look forward to a great season!