



Central Valley Aquatics of Turlock

Marlins Team Handbook

2010



TEAM HANDBOOK

**CENTRAL VALLEY AQUATICS WOULD LIKE TO THANK YOU FOR
CHOOSING THE MARLINS!**

Welcome to the sport of competitive swimming. Swimming benefits the entire body. Athletes will develop superior cardiovascular efficiency, increased muscle strength, improved bone density and an increase in vigor and vitality. Swimmers learn the benefits of hard work, goal setting and determination.

The Marlin's swim team will enrich your child's memories for a lifetime. Competitive swimming in Turlock will offer your child the opportunity to forge new friendships and compete with athletes from around the region. We are excited to bring you a summer program designed around fun, fitness and participation.

The Marlins are a member of the Mid Valley Swim League (MVSL). The league is comprised of the Manteca Dolphins, Sea Dogs Swim Team, Oakdale Gators, Ceres Dolphins, Ripon Sea Lions, Tracy Tritons, and the Modesto Sharks.

Teamwork is essential from everyone on our team: coaches, athletes and parents. Swimming requires everyone involved to fulfill a role. Inside every child is a champion and every parent is a valued volunteer.

FUN FUNDRAISING OPPORTUNITIES

Central Valley Aquatics is determined to keep the cost of the Marlins reasonable. Fundraising is not an obligation for the Marlins summer swimmers. It is an opportunity to raise money for your team. Fundraising also pays for special events such as the Awards Banquet.

SWIM-A-THON

The Swim-a-thon is an hour and a half event that will replace one practice day. Swimmers will be encouraged to request pledges from friends, family and neighbors. Sponsors may pledge money on a per lap basis or they may donate a set amount.

PIZZA NIGHTS

The Team will have social nights at Lamp Post Pizza. A percentage of the pizza purchased will be donated to the team. These are wonderful opportunities for everyone to get to know each other outside of the pool.

FIREWORKS COUPONS

Every year Central Valley Aquatics has a fireworks booth on the corner of Geer and Monte Vista. If your family, friends, neighbors or co-workers are planning on purchasing fireworks, think how convenient it will be for them if they have pre-purchased their coupons through you!

TEAM MERCHANDISE

Wearing the team swimsuit, tee-shirts and sweatshirts is just another fun way to support your team and show your team spirit. Team apparel and other swim-related stuff can be purchased through the Marlins' team store.

GUIDELINES FOR PARENTS & SWIMMERS

With your positive attitude and willingness to lend a hand, you will have a great impact on your child's athletic environment, and his/her love of swimming. Volunteers are vital to the success of our program.

Volunteer time slots are usually two hours at each meet with breaks to watch your children swim.

Parents, **We Need You!** No experience required!

To help us all receive maximum benefit from the program, we have listed a few guidelines for parents and swimmers. Without help and cooperation from parents and swimmers, a successful program is not possible.

PARENTS' RESPONSIBILITIES

Parents are needed in many ways to help the team function properly and efficiently. Swimmers swim and coaches coach, *the rest is up to the parents*.

- Parents should aid the swimmer's efforts to improve by bringing and picking up him/her to practice regularly and on time.
- During practice, parents are not allowed on deck by the swimmers unless personally requested by the coach.
- During swim meets, parent participation is **mandatory**. There are numerous time slots covering various jobs that must be filled. For parents with small children, please trade off childcare with other parents to help the meets run smoothly. **Please see below**.

SWIM MEET RESPONSIBILITIES AND VOLUNTEER WORK REQUIREMENTS

Without the volunteer efforts of everyone, swim meets would not take place. In order to ensure that each meet is run smoothly, parents must be available to work a two-hour shift. Please see below for a description of each swim meet job.

CHECK-IN

All swimmers must check-in with their team by 7:00 a.m. on the day of a meet or they will be scratched from the day's events. This job requires two people stationed at tables at the meet by 6:30 a.m. to check in our swimmers and parent volunteers.

STARTERS

These volunteers direct every event. They state the event, tell swimmers to take their marks, and press the buzzer to begin the event.

TIMERS

There are three timers per lane. One timer will write down the times recorded from the stopwatch. All three timers will push their lane button for the Colorado time system after each heat. One timer will write down the times recorded from the stopwatches. We will need approximately eight timers during each two-hour shift for home meets.

ANNOUNCERS

These volunteers sit at the head table on the pool deck and announce the names and teams of the swimmers for each event using the P.A. system. They also call for missing swimmers and make other announcements during the meet. Two volunteers per meet.

RUNNERS

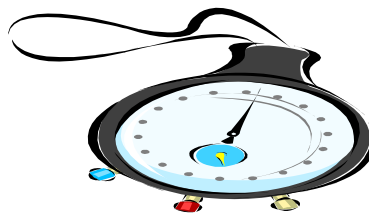
Before each event, time sheets must be distributed to lane and then collected after the event is over. Runners distribute and collect these sheets and return them to the data processor at the end of an event. Two volunteers are needed for every two-hour shift.

STROKE AND TURN JUDGES

These are the referees or judges who must determine whether or not a swimmer has correctly competed in an event. They walk up and down the side of the pool checking on the swimmers in their assigned lanes. These positions are usually filled by experienced parents who have attended an officiating clinic.

COLORADO TIMING SYSTEM

These volunteers will run the Colorado System at the head table. The two jobs associated with the Colorado System are the console operator and the verifier. The console operator will run the Colorado system and print a hard copy of the results from each heat. The verifier will compare the printed information from the Colorado to the results from the stopwatch timers.



MEET MANAGER/PRINTING

One volunteer per shift will input data collected from the Colorado System into the Team Manager program to run reports. The printer volunteer will print up reports for distribution and another volunteer will help in the distribution to staging, coaches, etc of reports.

RIBBONS

This job requires you to take the computer-generated result stickers and place them on ribbons to be given to swimmers .

HOSPITALITY

During each two-hour shift, the volunteers at each position are given snacks, coffee, water, juice, etc. The volunteer uses a wagon to offer snacks and drinks to the volunteers and coaches. You may also have to cut up fruit, muffins or pizza.

RELAYS

Gathers and organizes medley and freestyle relays. Two volunteers are needed for the morning and afternoon relays.

SWIMMERS' RESPONSIBILITIES

The initial responsibility of the swimmer is to participate wholeheartedly in both workouts and competition. Consistent participation will produce good health, a feeling of tremendous personal accomplishment and a lot of good friends. Some guidelines for the swimmers are listed below.

- Go to practice ready to work hard. You are attending practice to train and improve your skills and times.
- During meets, talk to your coach before and after each race. Your coach will have last minute points for you to remember before the race. Your coach may also want to discuss the race itself while it's still fresh in your mind.
- Schedule other activities at times that will not conflict with practice whenever possible.
- Team spirit is very important in any sport. When we are at a meet, please act like a team.
- If you must miss successive practices for any reason, please inform your coach as soon as possible.

SWIM MEETS
MVSL 2010 SCHEDULE

	HOST	TRAVEL
5/29	Tracy Invitational	All Teams
6/5	Turlock	Ripon
6/12-13	Oakdale Invite	All Teams
6/19	Manteca	Turlock Sea Dogs
6/26	Sea Dogs Invitational	All Teams
7/3	BYE	
7/10	Turlock	Modesto Oakdale
7/17	Modesto	Turlock Ceres
7/24 –25	CHAMPIONSHIPS	All Teams

All meets begin at 8:00 a.m. Parking and tent sites are first-come-first serve. Arrival time is 6:45 am. Check-in begins at 7:00 and if you are not checked-in by 7:30 you will be scratched for the day.

Bring nutritious snacks, plenty of drinking water, cash for concessions, tent or E-Z up for shade, towels, chairs, sunscreen, flip-flops, extra shirt/pants. Don't forget your suit, cap & goggles!

It is always a good idea to write your name on all of your belongings.

POOL LOCATIONS

Ceres Dolphins	Oakdale Gators	Tracy Tritons
Ceres High School	Royse Memorial Pool	Tracy High School
2320 N. Central Ave.	555 N. 3rd Ave.	315 E. 11th. St.
Ceres, CA 95307	Oakdale, CA 95361	Tracy, CA 95376
Modesto Sharks	Sea Dogs Swim Team	Ripon Sea Lions
MJC College Pool	Turlock High School	Ripon Aquatic Ctr.
435 College Ave	1600 E. Canal Drive	301 N. Acacia Ave.
Modesto, CA 95350	Turlock, CA 95380	Ripon, CA
Manteca Dolphins		
Lincoln Pool		
245 S. Powers Ave.		
Manteca, CA 95336		

**MID-VALLEY SWIM LEAGUE STANDING RULES
ADOPTED JANUARY 14, 1986**

AMENDED December 2009

MISSION STATEMENT

Mid-Valley Swim league will strive to positively and efficiently coordinate and supervise a summer recreational youth swim league in the northern San Joaquin Valley. The goal of the league is for all swimmers, regardless of ability, to reach their highest personal potential, gain knowledge of the sport, and develop the spirit of sportsmanship.

Mid Valley is a recreational swim league made up of teams from the Central Valley of California, as formed by the respective teams each year, from April 1, through League Championships.

The governing board is made up of one (1) vote for each team, the coach or chosen representative. Officers (President and Secretary) are elected each year in the month of October.

The rules and decisions of the Board shall oversee the activities and procedures of all swim meets and the Championship meet. The president will decide a tie vote. A minimum of four members must be present to vote.

When no specific rule applies, USS rules have jurisdiction.

Specific Mid-Valley Standing Rules:

ELIGIBILITY:

A swimmer who is a member of a league team must remain with his/her original team unless his/her family physically moves. If his/her family does not move, he/she may swim unofficially with his/her new team or may not swim for a year prior to joining the new team. The exception to this rule includes physically moving for "summers only" in the case of child joint custody. The gaining team of an inter- league transfer will notify the league for eligibility verification. Unofficial swimmers may swim in individual events at dual and invitational meets only. They will be entered into events with a "no time" (NT). Unofficial swimmers may not swim on a relay team and are not allowed to participate in the league championship meet.

Any swimmer, who is a member of a team not in the conference after the first scheduled league meet, will not be eligible to compete on a conference team for that year. (This does not apply to swimmers competing on a high school or college swim team.)

To be eligible for the conference Championship Meet, a swimmer must have competed in at least two individual events in at least five (5) scheduled League Meets in an eight (8) meet season (including invitational meets where at least two (2) other League Teams are participating) as an official member of his/her respective team during that season. Relay races in Relay Invitational Meets shall count as an individual event for swimmers with verified participation. In the case of a seven (7) meet season, swimmers must participate in at least four (4) meets in the capacity outlined above.

A swimmer will compete in the age group in which he/she starts as of April 1. A swimmer may move up if his/her birthday occurs during the season (after April 1), but it is not mandatory to do so. If the swimmer moves up, the swimmer must swim in the higher age group for the remainder of the season.

In order to promote the recreational nature of this swim league, the following criteria will be used to determine eligibility:

Organized practices may not begin before April 1 of each year. Exceptions to this rule will be granted to swimmers participating in high school and college swim programs.

In order to remain eligible to participate in the recreational swim program, a swimmer may neither practice with nor swim for any water sports team or program from November 1, through March 31. Organized Water Polo programs and or clinics are allowed. Private lessons and league-approved clinics are exempt from this rule, as well as swimmers who participate in high school or college swim programs.

From April 1 through the League Championship meet, league swimmers may also participate in other summer water sports programs, excluding year round swim team programs.

A swimmer may choose to participate in any swim program after the League Championship Meet, through October 31.

Any tryouts, lessons, clinics, or stroke and turn classes designed to identify or enable potential new team members must take place within the framework of the league season.

Stroke and Turn (all ages): any swimmer who alters the specific stroke being swum will be disqualified.

A swimmer may be disqualified for unsportsmanlike conduct at the discretion of the meet referee.

During dual and tri-meets, an experienced starter without confirmation can disqualify a swimmer for a false start.

A swimmer who has a false start may continue to swim for unofficial time only.

A swimmer who misses their event may be seeded in another heat if space allows, and will swim for time only.

DUAL AND TRI MEETS

To be held at the time and place scheduled, unless team officials arrange a change. Standard meet starting time is 8 AM.

Any two teams may change their proposed meet date by informing the League President of their mutual decision. The League President must be informed in advance of the meet change.

Scoring will be the same for both dual and tri meet individual events.

Scoring: Individual Events Relays - Dual Meets/Tri-Meets

1 st	7	1st	8	8
2 nd	5	2nd	5	5
3 rd	4	3rd	3	3
4 th	3			
5 th	2			
6 th	1			

If a team requests a league meeting, the League President will determine, in the best interests of the League, when the meeting will be held.

The host team furnishes ribbons for all individual and relay events, first through sixth place (or eighth place depending on the pool), and heat winners. The host team administers the meet. Visiting teams must supply one half of the help necessary to conduct the meet (or an amount of help proportional to the number of teams participating in the meet).

Place selection in all meets and championships shall be decided by time.

The League recommends three watches be placed at each lane. A Colorado-type timing system may be used with one backup watch per lane. Official time will be determined as follows when watches are not the same:

Two watches: if both times are different, the slowest time is the official time.

Three watches: if two watches are the same that is the official time. If all watches are different, the middle time is the official time.

Colorado Timing System: when this system is used, it will determine the placement and official time. It should consist of three buttons and one backup watch per lane, or two buttons, a touch pad, and one backup watch per lane.

Lane assignments for all meets, including the championship meet, will be designated by seeded times. Lane seeding will be as follows:

8 LANE POOL

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>Lane</u>
7	5	3	1	2	4	6	8	Swimmer

6 LANE POOL

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>Lane</u>
5	3	1	2	4	6	Swimmer

All teams will keep computerized summary forms and a meet database will be presented to the visiting team upon completion of the meet. Times shall be kept and recorded for all lanes.

All entries must be submitted on an entry file by Thursday, 8:00 p.m., prior to a Saturday meet. The meet referee must approve any entry changes on Saturday, prior to the start of the meet.

Each dual meet must follow the order and event numbers as decided by the governing board. Varied distances may be added by mutual consent of the coaches.

A swimmer may compete in three (3) individual events per day, and two (2) relay events.

A swimmer may move up two age groups for relays only, and must swim in his/her own age group for individual events. The relay must consist of at least two individuals of the relay age group. Only one combined age group relay team may be formed per relay event.

“Six and under” age group relay teams may consist of any gender combination of “six and under” swimmers.

The host team must have a copy of the USS handbook on hand and be acquainted with its contents.

Disqualification protests should only come from coaches, the team president, or league representative.

INVITATIONALS

Invitational meets shall be included in the League schedule.

All teams in the League must be invited and allowed to attend invitational meets included in the League schedule.

All League invitational meets shall conform to League rules regarding eligibility of swimmers.

Teams will include their actual sign up sheets with their entries to all invitational meets and the championship meet.

LEAGUE CHAMPIONSHIP MEET

The Championship Meet determines final League standings. Records are established in the Championship Meet only. Records for meter times as well as yard times will be kept. At Championships, either record may be utilized depending on the pool type.

The Championship meet will be held in a minimum eight-lane pool with warm-up area.

The Championship Meet shall be co-hosted by all League teams. All information about the League championship should come from the League Secretary. The information for Championships should be sent one month in advance, with entries due a minimum of twelve (12) days prior to the meet. The teams’ consolidated lists, with event assignments and times, will be submitted to the League President one week prior to the meet (to be cross-checked against the Championship program).

Points through eight (8) places in individual and relay events will be awarded as follows:

	INDIVIDUAL	RELAYS
1 st	9	16
2 nd	7	14
3 rd	6	12
4 th	5	10
5 th	4	8
6 th	3	6
7 th	2	4
8 th	1	2

Awards will be: medals for first through third; ribbons for fourth through eighth. Individual high point trophies for each age group; team awards for first through third place teams.

A participation ribbon will be given to all non placing swimmers. Heat winner awards will be given to all heat winners.

Each swimmer may enter three (3) individual events and two (2) relays.

An arbitration committee consisting of one vote per team (either the team president or league representative) shall assist the referee upon request. Arbitrated issues will be recorded.

Any number of team members may compete in the individual events, but only three relay teams, A, B, and C teams, will be allowed to compete in a relay event.

For the purposes of the Mid-Valley League Championship Meet, a place judge and confirmation starter will be used. In the event of a suspected timing error, both judges must concur on the winner, or the final decision will be based on times.

The lead off swimmer in a relay may set a League record if official timing is available by the head timer, with notification to the meet referee.

Teams will include their actual sign up sheets with their entries to all invi-

tational meets and the championship meet.

MISCELLANEOUS

The host team at all dual, tri, invitational, and Championship meets is to furnish data files to all participating teams upon their departure from the meet.

Yard/meter conversions for all distances:

$$\text{Meter time} = \text{Yard time (seconds)} \times 1.1$$

Meter/yard conversions for all distances:

$$\text{Yard time} = \text{Meter time (seconds)} / 1.1$$

The Mid-Valley Swim League shall establish the months of October and November to review the Standing Rules for the subsequent season. Rule changes shall become effective January 1. The President may call a special meeting for consideration of an exception to the Standing Rules at his or her discretion.

Any team who breaks League Rules at any time during the season may be fined up to \$500.00 at the discretion of the governing board, with collected funds to go to the League Championship fund.

Complete season data files from all meets shall be brought to the Championship Meet by each team president.

Standard league event numbers shall start with #1 and end with #102, for a one-day swim meet.

Medical exceptions granting swimmers Championship Meet eligibility will be determined on an individual basis by the league board.

GLOSSARY

Anchor: The swimmer who swims the last leg of the relay.

Backstroke: The race starts with the swimmer in the water, and is performed with the swimmer on their back at all times, except during the turn.

Breaststroke: The race starts with the swimmer on the starting block, and is performed with the swimmer face down, and the legs kicking in unison. The arms must stroke in a simultaneously symmetrical motion.

Butterfly: The race starts with the swimmer on the starting block, and is performed with the swimmer face down, both arms coming out of the water simultaneously and legs in a dolphin kick.

Dolphin Kick: The feet move up and down together without separation.

Disqualified (DQ): The swimmer who leaves the starting position prior to the starting signal is judged disqualified. In a relay event a swimmer who leaves the starting block prior to the completion of the previous swimmer's leg disqualifies the relay team. Swimmers are also disqualified for swimming a stroke illegally.

Flip Turn: A tumbling turn used in freestyle and backstroke in which the swimmer somersaults at the wall and pushes off the wall with their feet.

Flutter Kick: Kick used in freestyle and backstroke. Alternating legs.

Freestyle: The fastest competitive stroke. The race starts with the swimmer on the starting blocks, and is performed face down with the arms pulling independently of each other and the legs kicking individually.

Heat: The total number of swimmers, ranked slowest to fastest in the event, divided by the number of lanes of the pool, determines the number of heats in an event.

Heat Sheets: Provides heat and lane assignment for each event.

High Point: Award given to the boy and girl in each age group who earns the highest number of points during an *individual* meet, invitational, or championship.

High Points Award: Award given to the boy and girl in each age group who accumulates the highest number of points during the season. All meets will count, including invitational's.

Individual Medley (IM): Race in which the swimmer uses all four basic strokes. Each stroke is swam for 1/4 the total distance of the race in the order of butterfly, backstroke, breaststroke and freestyle.

Lap: One length of the pool.

Medley: Race in which all four basic competitive strokes are used. Each stroke is swam for 1/4 the total distance of the race.

MVSL: Mid Valley Swim League. Comprised of teams from Ceres, Hughson, Manteca, Modesto, Oakdale, Patterson, Ripon, Tracy and Turlock.

Seeding: The process of determining the heat and lane assignment of the swimmers in an event, ranked slowest to fastest. The heat and lane assignment is determined according to a swimmer's best time in a previously sanctioned meet in relation to the other swimmers in that event.

Tri-Meet: A swim meet where two swim clubs visit another team's pool.