



Team Handbook 2013

Practices

Swim Team		Dive Team	
9 & 10	7:45 am-9:00 am M-F AND 5:00 pm-6:00 pm <i>Tues (girls) & Thurs (boys)</i>	Group 1 (must sign up for only one practice time)	4:45 pm-6:00 pm Mon-Thurs
13 and older	7:45 am – 9:30 AM AND 5:00 pm – 6:00 pm T&R		
8 & under	9:15am -10:15 am M-F AND 5:00 pm-6:00 pm <i>M (girls) & W (boys)</i>	Group 2	12:00 pm-1:15 pm Mon-Thurs
11 & 12	9:15am -10:30 am M-F AND 5:00 pm-6:00 pm M & W		
All Ages	4:00 pm-5:00pm Fridays <i>(8&Us done at 4:30; 9-10s done at 4:45)</i>	All ages in that Friday's* meet (also 6/25)	10:30 am – 12:00 pm Friday* for competing divers June 12, 19, 26 AND Tuesday June 25
Little Sharks	9:15am-10:00 am <i>Tues & Thurs only</i>		

Contact Information

Pool Phone	608.266.2559	
Coaches E-mail	swimcoach@shorewoodpool.com	divecoach@shorewoodpool.com
Website	shorewoodpool.com	
Team e-mail lists	Go to shorewoodpool.com , enter your e-mail address in the "Sign-up for our Newsletter" section. Fill out the form and select which e-mail list you'd like to join: Pool, Swim Team, Dive Team.	
Parent Questions directed to:	swimparent@shorewoodpool.com (swim) diveparent@shorewoodpool.com (dive)	
All City info:	www.allcityswimdive.org	

Swim & Dive Team Meets		
Dive	Swim	Location
06/21/13	06/22/13	@Middleton
Tues June 25	06/26/13	@Westside Swim Club
06/28/13	06/29/13	Home vs. Parkcrest
07/05/13	07/06/13	Home vs. Seminole
07/12/13	07/13/13	Home (vs MB Dive); (vs MO, NK Swim)
07/19/13	07/20/13	@ Hawks Landing
07/26/13	07/27/13	@ Ridgewood
July 28 @ Nakoma, NOON	07/28/13 @ Middleton	Warm Ups for All City
July 29-30 @ Nakoma	Aug 1-3 @Middleton	All City Meets

Extra-Fun Social Activities for Swim and/or Dive Team		
Date	Activity	Team
06/09/13	Parents and Coaches Mtg	Swim AND Dive @ Blackhawk CC, 6pm
06/14/13	Potluck & HotDog Roast	Swim AND Dive @ pool entrance, 5 pm
06/18/13	Bike to Babcock	Swim AND Dive, 1:30 pm start
06/30/13	Pizza/Bench Painting	Dive, 4:30 pm start
06/27/13	Photo Day!	SWIM @ 9 am; DIVE @ Noon
07/01/13	Noah's Ark Day!	Swim & Dive, 8:30 am – 6 pm
07/09/13	Movie Day, 10 & Under	Swim, approx. 1 pm, TBA
07/12/13	Noodles Dinner	Dive, Post-Meet, about 7 pm
07/12/13	Shelly Glover Swim-a-thon	Swim team, during practice
07/26/13	Pancake Team Breakfast	Swim, 8-10 am
07/27/13	Pre-AC Potluck & Banner Painting & Meeting	Dive Team, 5 pm-6:30 pm
07/31/13	Pre-AC Pizza Meeting	Swim Team, 5 pm-7 pm
08/04/13	Post-All City Celebration!	Swim AND Dive, 6:30 pm-8 pm

Notes will be sent home for those events that require parental permission and/or fees. Remember to check the swim and dive team board for social event information. Register at the Shorewood Pool website, www.shorewoodpool.com, to receive important Team emails.

Important Info for Swim & Dive Parents

Organization and Structure:

The Shorewood Hills Swim and Dive Team is a not-for-profit organization offered to pool members' children at a minimum fee. The coaches are pool staff that work cooperatively with the team

members, their parents and the pool manager. The Parent Committee, an all-volunteer group of parents, is committed to helping coaches and the teams by organizing safe and efficient weekly swim and dive meets, in addition to fun social events for the teams (see table of events above). **Parent volunteers are essential to the functioning of the team and it is expected and required that at least one adult from each family will assist at every home meet in which their child participants.** All families must also donate an item to sell at the concession stand for each home meet that their child participates. A list of items is provided on an electronic sign up form, which is located on the team website: www.shorewoodpool.com.

Communication:

Our main communication pathway to families is via e-mail and website. Sign up online to receive the swim team and/or dive team e-mails. At the very top and far right of the pool website (www.shorewoodpool.com) is a link that says "Sign Up For Our Newsletter". Click on that, fill in the information and which teams you want to receive emails from. Then click on "Subscribe To List". That's it.

The website's online calendar notes meets and other activities such as the team potluck, Noah's Ark, Bike to Babcock and the 10 & under team movie.

Swim & Dive Team Philosophy

The number one goal of the Shorewood Hills Swim & Dive Team is to have fun while learning the sport of competitive swimming and diving. Our hope is to provide an environment in which kids can improve upon their abilities and participate in low-key competitions, all while having a good time. By keeping team participation fun and exciting we can ensure that kids will continue to enjoy being a part of the Shorewood Shark family and work to achieve their individual competitive goals.

Volunteering

Please volunteer to work the meets in which your child participates. Well-run meets are a hallmark of Shorewood! You can sign up online at www.shorewoodpool.com and look for the link. These meets are run completely by volunteers—we rely upon our swim and dive team families!!

Concessions (Swim Meets Only)

All families must bring a snack to sell at the home swim meet concession stand. Have the items pre-cut in a pan or individually wrapped, and bring them to warm ups before the meet. Popular items are:

- ✦ Fresh fruit cups, sliced oranges, (watermelon slices, apples and bananas do not sell or keep well), cut up vegetables
- ✦ Bags of trail mix, gorp, puppy chow, chip pretzels
- ✦ Fruit roll ups, fruit snacks, beef jerky
- ✦ Cookies, bars, muffins, rice krispie treats, brownies, cupcakes
- ✦ Juice boxes, freezer pops (no Jello; it melts!)

New this year, families are able to sign up electronically to bring homemade treats, fruits, and non-perishable items to the swim meet concessions. All concession items must be delivered to the pool no later than 7a.m. the morning of the meet.

Team Apparel:

There are many options for team clothing available to show everyone you're a Shark:

- ⤴ Team suits can be purchased at Middleton Sport and Fitness or online, but are not required.
- ⤴ Team shirts are given to all registered members of the swim team and are handed out during the first week of morning practices for those who signed up before April 23. Those who registered later for swim or dive team will receive their team shirts later in the season.
- ⤴ Team sweats are also available to purchase, but are not included in the swim team fee. Go to [shorewoodpool.com](http://www.shorewoodpool.com) and look for the team link at the top of the page, or to <http://www.middletonsports.com/> and click on team apparel.

Dive Team Information

Practices (please attend only 1 practice per day):

- 12:00 noon to 1:15 pm Monday -Thursday --OR--
- 4:45 pm to 6:00 pm Monday -Thursday
- Friday practice is only for divers competing later that day in the meet: 10:30 am – 12 noon, and only on the following dates: June 12, 19, 26.
- Special Tuesday, June 25 at 12 pm – 1:15 pm practice only for divers competing later that day in the Westside meet. There will be no evening practice on June 25.

Requirements:

Dive Team participants must be able to perform the following number of dives in order to join the dive team. 10 & Under: 4 dives; 11 & Up: 5 dives. These can come from any of the following categories (but no more than 2 within each category): Front, Back, Inward, Reverse, and Twist.

During the first 2 weeks of practice (June 3-13), practices will be open to all who wish to join the team, and think they have 4 or 5 dives. At the conclusion of the week, the coaches will decide if a participant is ready to join the dive team or should continue with dive lessons. If your child is asked to continue dive lessons, but during the course of lessons attains his/her number of dives to participate on the team, they may join the team at that time.

Dive lessons are offered at Shorewood Pool in the morning at 10:30, 11:00, and 11:30 A.M. Again, these lessons are open ONLY to those who are not on the Dive Team.

Dive Meets:

Dual Meets: We have seven dual meets (3 home, 4 away) this season, all but one meet (June 25) will be held on Friday evenings (see schedule on page 1). Meets are not mandatory, however we encourage kids to participate because they are a lot of fun and promote team community and spirit. One of the highlights is the variety of treats that divers and their families bring to share with the team! (Please, no peanuts or nuts).

The meets are participatory with a focus on fun and low-key competition. The divers are divided into four age groups: 10 & unders, 11-12s, 13-14s, and 15-18s. The age group of the divers is determined by their age as of **June 1st**. The meets start with the youngest age group, with girls diving prior to the boys in each age group, and end with the oldest age group. The first dive for each participant is the meet's sole required dive; the remaining 4 or 5 are called voluntary dives. Typically the competitions begin at 5:00 pm with the 10 & unders and finish around 7:00 -7:30 pm with the older age groups. Meet warm-ups will begin at 3:00 pm for home meets and 4:00 pm for away meets. The exact timing of the meet (both start and finish times) varies depending on the size of the team we are competing against.

Items to Bring to a Dive Meet: Your diver will want at least 2 towels, regardless of the weather.

On cool days, it is nice to have a shammy or towel to dry off after each dive, plus a dry towel to use to keep warm. On those cool days a thermos of hot cocoa and warm clothing (hat, fleece blanket) can be handy, too. It is also a dive team tradition for dive meet participants to bring yummy treats to the meet to share with teammates.

All City Dive Meet is Monday, July 29 and Tuesday, July 30 at the Nakoma Country Club Pool. This is the season finale where Shorewood competes against the eleven other dive teams in the Madison All-City League. In order to be eligible to compete in the All-City Meet, a diver must have competed in at least **three dual meets** during the summer. While this meet continues to promote participation, it is a championship meet and will have a stronger emphasis on competition.

Meet Sign-in Procedure: For each dual meet, divers will fill out a competition sheet with the coaching staff during practice on the Tuesday preceding the meet. Therefore, attendance at practice on these days is crucial to ensure that a diver has the correct dives and is entered into the competition. The dive coaches will send out a confirmation email each week on Thursday to verify who is registered for that weeks meet.

Parent Responsibility:

Parent volunteers are essential to the success of the team, and it is expected that at least one adult from each family will assist at every home meet in which their child is participating. Dive meets are much smaller and shorter than swim meets, and the work is very easy! We need many parent volunteers per meet, and this season we are scheduled to host 3 HOME MEETS. Please sign-up and help out so we can start the meets on time and run them efficiently. It is also a great way to meet other dive team parents. *Sign-up sheets are posted on the Dive Team announcement board in the entryway of the pool.* OR email the dive team parent at diveparent@shorewoodpool.com.

Short List of Volunteer Positions: Volunteers help with aiding the younger divers on the deck (informing them of their next dive, getting them on deck), awards preparation and distribution, scorekeeping (paper and keyboarding), announcing, and also meet set up. We also would like families to sign up to bring treats to share with the team.

Coaching Staff:

DIVE COACHES

Logan Knauss is coaching at Shorewood Pool for the first time. He may be new to the Shark family, but he is no stranger to the diving board! Logan is a two-time All-American and 4-year state finalist in his home state of Pennsylvania, and named a National Junior semifinalist, while in high school. Now Logan dives for the University of Wisconsin, where he has been named Diver of the Week among other honors. Fun Fact: Logan is a triplet!

Josh Williams is back for his third year as a dive coach at Shorewood Pool. Josh is a student at Edgewood College where he is studying to become a teacher. You may spot Josh throughout the year running around Madison, as he is an accomplished cross country runner. In fact, Josh is the first Edgewood College Track and Field athlete in history to qualify for the NCAA Division III outdoor championships. Fun Fact: Josh has been a Shark since age 6!

Swim Team Information

Practice:

The swimmers' age is determined by their age as of **June 1st**. Below are the same groups in which the swimmers will compete with the exception of the 13 & older (divided into 13-14s and 15-18s for competition) and Little Sharks (who compete in one special event at our last home meet). The main practice for all groups is in the morning. The coaches highly recommend that swimmers make at least three morning practices per week.

It is crucial that swimmers arrive at practice ON TIME. The coaches use the beginning of practice to make announcements. Swimmers arriving late will miss these announcements and will disrupt the flow of practice.

Evening practices: For the 10 & unders, practice focuses on stroke technique and provide swimmers with a little more individualized attention. The 11 & older practice offers stroke development and additional yardage for those interested in more aerobic training. Friday afternoon practices focus on starts and turns and to prepare swimmers for the upcoming meet. While these practices are a great way to get some extra help, they are designed to be **supplementary to the morning workouts and should not be the only practices a swimmer attends.**

Swim Team participation guideline:

All children on swim team must be able to swim 50 yards (2 lengths of the pool) with 1 minute of rest between lengths. **There will be testing of swimmers at the beginning of the season.**

Little Sharks: For children unable to complete the two lengths but who want to be on the swim team we offer Little Sharks.

Little Sharks Practices: Tuesdays & Thursdays from 9:15 am-10:00 am.

- Swimmers must be at **least 5 years old**;
- **Swim 1 length** of the pool (25 yards with any combination of movements) without stopping;
- Must be registered with the Shorewood swim team
- As swimmers improve, they can may move to regular 8 & under practices

Little Sharks can provide supplemental work for young swimmers to get better at all four competitive strokes. It will also give kids the chance to be on the team even if they aren't quite ready to fully participate in practices. They will be encouraged to attend all swim team events to support the team and they will receive their own swim and dive team t-shirt. Little Sharks have the option of swimming at the last home meet in a special event just for them.

At the beginning of the summer some children may not be strong enough to complete two lengths of the pool; please consider joining Little Sharks. At any point, kids in Little Sharks can move to the swim team when they can swim two lengths (50 yards) of the pool.

Meets:

Dual meets: There are seven dual meets (3 home, 4 away) throughout the season. This season all are held on Saturday mornings (the exception is Wednesday June 26, an evening meet at West Side. This meet will begin at 5 pm). Meets are not mandatory, but we encourage kids to participate because they are a lot of fun, we show people how much team spirit we have and it gives swimmers an opportunity to show the results of their hard work. The meets are participatory with a focus on fun and low-key competition. Typically meets begin at 8 am and finish around noon, with warm-ups starting at 7 am for 10 & unders and 7:15am for 11 & older. The exact timing of the meet (both start and finish times) varies depending on the size of the competing team.

For each dual meet a swimmer must either “sign-up” or “sign-out” by the pool closing time on the TUESDAY before the meet. The sign-up sheets will be posted on a clipboard on the wall, across from the checker desk in the office. Each week, the coaches will send an email of the meet entries by 5:00 PM on WEDNESDAY. We ask that parents review for accuracy and respond with any problems by THURSDAY at 5:00 PM. Relay assignments will be posted at the pool, by 4:00 pm on Friday evenings. Swimmers should sign up for their best or favorite two individual events and will be placed on relays accordingly (let coaches know if you do not want to be in relays). Please make sure that you sign-up for the meet ONLY if you are positive you will be available. Our relays require exact numbers and if we have just one kid scratch it can leave us scrambling for swimmers. **Signing-up (or out) early is crucial to ensure that the coaches have enough time to get an accurate entry before the meet.** Sign-up deadlines for All-City will be determined at a later date.

All City Meet is August 1-3 at Middleton Pool. It's the season finale where Shorewood competes against the twelve other teams in the All-City League. This meet promotes participation; however, it is a championship meet and has a stronger emphasis on competition. Thursday and Friday are dedicated to preliminary individual events. The top 16 qualifiers swim in the finals and consolation finals on Saturday. All 8 & under relays swim on Friday (please find your team at the team's tent!). All 11 & Up relays swim on Saturday. There are team and individual awards for high placement. **To compete in All City, swimmers must swim in a minimum of 3 DUAL meets during the season.**

During All-City, the captains pair an 8 & under swimmer with a 13 & older swimmer. The older buddy will give their younger buddy a few token gifts such as bubbles and cards, with a value no

greater than \$10. The older kids also cheer for their buddies during the Friday swims. A gift for the older swimmer is optional. A team picnic is held at the pool after Saturday's races to celebrate the finish of the season.

Coaching Staff:

HEAD COACHES:

Dan Graham: Hey All! My name is Dan Graham, and I will be coaching 11-12, and 13 and older age groups. I grew up swimming for Shorewood and have coached for 10 years... or so. I coach for BAC year round and have taught at a few YMCA's. I love Shorewood, swimming, bagels, and am so jazzed about another season in and around the Shark Tank.

Ben Bauch: What up new and old Sharks!! This is Ben Bauch, 4th year Shorewood swim coach, and head of the 10 and Under swimmers for the summer of 2013. I am currently a marketing and non-profit business student at the University of Minnesota, and so stoked to spend the summer at my favorite place on the planet, Shorewood pool. I love swim team and you will too!! YEE 2013

ASSISTANT COACHES:

Pat Bauch: Greetings Shark Family!! I am so excited to be returning for my 8th summer coaching the sharks. If you are new, I look forward to meeting you and welcoming you to a unique and fantastic way to spend your summer. DG is the tall one, Jesse is the blonde one, Ben wears bandanas, and I'm the other guy. So come say "hi" and let me help you have a blast living the Shark Life in 2013.

Amanda Ellmaker: Hey guys! My name is Amanda Ellmaker. I have been swimming since I was 7, and this will be my 4th year as a Shorewood swim coach. This year I will be coaching the 8 and Unders as well as the 9-10s. I spent this past year in Cleveland teaching fourth graders at a low performing school. It was an incredible experience, but so excited to experience another summer at Shorewood pool! YEE

Ilsa Feierabend: Back from the green mountains of Vermont and ready for some serious summer fun! I have been swimming at Shorewood since age 9, and love nothing more. Last year I coached Little Sharks, but I am so excited to work with the 8 and Under and 13-14 age groups this summer. I swam all four high school years at Madison West and am now swimming at the University of Vermont. My favorite food is chocolaty-cheese bacon. Super excited! Yee!

Sarah Lindstrom: Hey y'all!!! I'm back for another exciting and entertaining summer at Shorewood. I'm fresh off my sophomore year of college at UW-Madison, where I learned all about yelling without losing my voice. This summer has been on my mind since Labor Day 2012, and I could not be more excited to coach the 8 and Unders of 2013. YEE!!

Jesse O'Keefe: Greetings Shorewood Sharks!! My name is Jesse O'Keefe, and I am the new 13 and older Shorewood coach. I was born and raised a Hill Farm Holstien, but am now a full time Shark, forever. I have swum 13 years of my life, competing at the city, state, and national levels. I cannot wait to know you all this summer!!

Emily Schwabe: Hi Guys!! My name is Emily Schwabe. I've been in pools since I was 5, and cannot get away from them! I have swum collegiately at both LSU and UW-Madison. Having recently hung up my racing suit for good, I am so excited to share my skills with the sharks in my very first Shorewood summer. I will be coaching the 9-10 and 11-12 age groups. You will always find me excited about swimming, cheering, ice cream... anything. Cannot wait to share my summer with ya'!!! YEE!!!

COACHING ASSISTANTS: (work with the 8 & unders and Little Sharks)

Luke Landgraf, Peter Faecke, Paulina Gralow, and Laura Tetrick

Information & Questions

The Swim and Dive Team have a very well-regarded website, www.shorewoodpool.com. Along the top bar you will find links for TEAMS (Swim and Dive teams). There are also links for newsletters, and volunteering. This website, along with weekly coach emails to team families, is the primary source of team information. Please refer to it frequently to keep informed. The website has links, too, for who to email (contacts) when you have questions for which you cannot find answers to in the Swim and Dive Team Handbook. In addition, large team bulletin boards that are located in the entrance to the pool. This is for information regarding upcoming events and weekly announcement sheets. **Keeping informed is the responsibility of the team parent as well as the swimmer/diver!**

Coaches are always happy to answer any questions that you may have. They are available before and after every practice. Please do not try to talk to coaches during practice due to the large number of swimmers and divers they are responsible for coaching. If you need to contact a coach outside of practice times you could either call the pool (608-266-2559) and leave a message for them, or send an email to swimcoach@shorewoodpool.com or divecoach@shorewoodpool.com.

The Shorewood swim and dive team meets, and team social events, are organized by the Parent Committee and require team family volunteer support. Should you have any question about volunteering, etc, contact a parent committee member by submitting an email to swimparent@shorewoodpool.com or diveparent@shorewoodpool.com.

Common Questions:

I can't seem to get enough useful information about meets. What is the best way to get more information?

Your first stop is the pool website at www.shorewoodpool.com. Register there at the website to receive important Team emails. The website has links to the swim team, dive team, and water ballet, as well as newsletters, and this handbook. You can even register to volunteer at swim meets from this website! In addition, paper notes will be sent home for those events that require parental permission and/or fees, (as well as posted on the website). For specific questions, email the Parent Committee at swimparent@shorewoodpool.com or diveparent@shorewoodpool.com.

Is swim team only for really good swimmers?

No. Shorewood Swim Team accepts swimmers of all levels. For safety reasons we require that a swimmer be able to make it across the pool (25 m) and back with a 1 minute or less rest between, and without using the bottom or a lane-line for support. A Little Shark need only to make it once across the pool (25 m). Other than that there is no minimum ability level to be on the team.

Is it possible to be on swim team or dive team, or do I have to choose one or the other?

DO BOTH! We have many swimmers that also compete on the dive team. Shorewood's dive team is lead by a duo of awesome coaches and is a lot of fun. They are always looking for new members (with knowledge of 4 or 5 dives) and the swim coaches highly encourage anyone who is interested in joining to give it a try.

Can my child sign up for dive lessons if they are already on the dive team?

No. Dive lessons are for those needing a few more dives before joining dive team as well as those who just want to learn some basic diving skills. Our teaching staff will be able to focus on improving these beginning divers' skills so that they may meet their personal goal, whether it be to join the dive team or just feel safe on the board!

Who should join Dive Team?

Anyone who has an interest in improving their diving skills, and has the prerequisite number of dives for their age group. Divers age 10 & under need to be able to perform 4 different dives, and older divers perform 5 different dives. Those divers close to meeting this minimum requirement will have priority in enrollment for dive lessons during session 1, where they will work towards their goal of joining the team. Competing at meets is not required, but they sure are fun!

Since my child is on swim team does that mean that he/she shouldn't take swim lessons?

No again. Swim lessons are a great supplement to being on the team, especially for younger or newer swimmers. They offer much more individualized attention from Shorewood's quality guard staff. This could be a great chance for instructors to focus on some of the "fine tuning" aspects of a swimmer's strokes that might not have been addressed in practice.

What's with the Swim meet themes, and are the kids supposed to dress up too?

For each meet the Swim coaches come up with a fun dress up theme. From togas to Hawaiian, the Shorewood coaches are known all across the city for their vastly superior costumes. We highly encourage swimmers participate in dressing up as it is a great way to show team spirit.....but it is not a requirement, don't worry.

What happens if I'm late, and what should I do if I know I'm going to be late?

It is very important that swimmers and divers arrive on time to both practices and meets. Many important announcements are given at the beginning of practice. Children arriving late not only miss these announcements but also disrupt the flow of the practice. At meets it is especially important to be on time. During warm-ups coaches are trying to ensure that all of their swimmers are there for relays. If a swimmer is not in the water for warm-ups, a coach has to try to find a replacement for that swimmer. It is the policy of the Shorewood coaching staff that if a swimmer is not in the water on time for warm-ups, he/she may be removed from any and all relays for that

meet. These problems can be avoided if a parent notifies a coach prior to the practice/meet when they know they will be late. Your communication is greatly appreciated by the coaches.

****** If your child will miss the swim meet on a Saturday after signing up to compete, is it ABSOLUTELY NECESSARY to email the coaches with that information, by 7am on the morning of the meet, to: swimcoach@shorewoodpool.com. ******

How do coaches pick who is on a relay and who is not?

It is the unofficial policy of the Shorewood Swim team that for dual meets, the coaches will do their best to put every swimmer on at least one relay. That being said, swimming on relays is a privilege, not a right. This privilege is earned through hard work, dedication to the team, and respecting coaches and teammates. The number of swimmers signed up for each meet also determines participation.

Is a team suit required?

No, a team suit is not required. However, team suits are available from **Middleton Sport and Fitness** at an excellent discount to Shorewood swimmers & divers! Check out information on swim suits at shorewoodpool.com, under the TEAMS link. Or, go to middletonsports.com, and click on the TEAM APPAREL link.

Where do I get a team t-shirt for my child?

All Shorewood Swim and Dive Team members receive a complimentary t shirt. You must place your order on the team registration form. T shirts will be distributed by parent volunteers beginning at the season's start. The first wave of T-shirts will be distributed first to those who registered for a team before April 23.

What are the 2013 fees and how do we register?

Fees are \$50 per athlete. Register with your pool information, and don't forget to sign the waiver on the back side of the form. You may also register at the Shorewood Parent/Coach Meeting, Sunday, June 9th, 6 pm at the BlackHawk Country Club in Shorewood.

How do I volunteer?

Sign up to volunteer on the pool website (to sign up for home swim meets, go to www.shorewoodpool.com – look for the link on the right side of the home page! (Look to sign up for home dive meets in the lobby of the pool). We require that you volunteer your time and energy during each home meet in which your child participates. Volunteering is fun and no experience is necessary. We cannot run the swim and dive meets without your help!

What about the Team bulletin boards?

CHECK THE BULLETIN BOARD REGULARLY! Although this is a secondary source of information, Team announcements, meet volunteers, directions, and other information will be posted on the bulletin board. It is located in the lobby near the non-pool side entrance. The other source of information is the Shorewood website www.shorewoodpool.com, where you can register to receive swim and dive team emails.

When is the Swim & Dive Team End-of-Season Picnic?

Our Swim & Dive Team Picnic will be held the day following the All-City Swim Meet, Sunday August 4th, at 6:30 p.m. Dive & Swim team awards will be handed out at that time, and the “dual athlete” award will be presented to the swimmer/diver who best exemplifies Shorewood team spirit!

If you still have a few more questions...

Please contact your child(ren)’s coach(es) or the parent committee:
diveparent@shorewoodpool.com or swimparent@shorewoodpool.com.

Swim Meets 101

What to Pack:

Swimmers may consider bringing: the following items:

- The essentials: suit, towel, sunscreen, goggles, cap
- Food -- Bring money to buy food at the meet;
- Blanket or sleeping bag;
- Extra towels;
- Sweats -- are nice on chilly days to keep warm between events;
- Deck of cards or a quiet game;
- Water, Gatorade, or chocolate milk -- helps to keep swimmers hydrated;
- Special clothing or items for the theme of the week.

Swim Meet Events:

Swim meets are run according to the "order of events":

- Medley Relays
- Freestyle events
- Backstroke events
- 8 and under Free Relays
- Individual Medley events, excluding 8 and under
- Breaststroke events
- Butterfly events
- 8 and under Individual Medleys
- 9 and up Free Relays

Within an event, the order goes by age: 8 & unders first, then gender: girls, then boys. (Exceptions to age order is noted above.) It is each swimmer's responsibility to know his/her events, heats, and lane assignments and to be available to swim when they are called. **Parents should check the heat sheets before the meet and assist their swimmers (including writing on their hands) with this information.**

Events are announced ahead of time to allow the swimmer to report to the staging area (called the Clerk of Course). The swimmers are kept in this area until they are ready to swim and go to the pool area in a group. This is for the younger kids only! Older swimmers (13 & up) need to get behind the blocks on their own.

Heats are established according to the swimmer's seed time. The lower (faster) a swimmer's time, the closer the swimmer is to the final heat. A swimmer can win in any heat; their final time determines the outcome. (Exception is the consolation finals and championship finals in All City.) Every swimmer who comes in first in any heat receives a heat winner ribbon. Ribbons are given to first through sixth place finishers in each event. All swimmers in every heat are timed for their event.

Swim Meet Lingo:

Strokes	Back	Backstroke
	Breast	Breaststroke
	Fly	Butterfly
	Free	Freestyle
	IM	Individual Medley: one swimmer swimming each of the four strokes in the following order: fly, back, breast, free
	Medley Relay	Four swimmers swimming in succession a different stroke in the following order: back, breast, fly, free
Other Terms	25 (yards or meters)	One length of the pool
	50 (yards or meters)	Two lengths of the pool
	Anchor	Last swimmer on a relay
	Clerk of Course	Official who stages events
	DQ	Disqualification of a swimmer because of improper stroke, touch, turn or entry into the water
	Event	All races within an age group stroke category
	Heat	One race of an event
	False Start	Swimmer starts prematurely, resulting in a false start call or a disqualification by meet officials
	Meet Officials	Starter, referee, stroke and turn judge; meet officials are provided by the host team
	Scratch	Cancellation of a swimmer's participation in a meet or event
	Split	Time for each individual on a relay, or the time for a set portion of a swimmer's individual event
	Whistle Start	The series of whistles that officials use to inform swimmers to get ready for their race and to step up on the starting blocks