



Lakefront Swimming Association Handbook Summer 2010

Grosse Pointe Park *Grosse Pointe City* *Grosse Pointe Farms*

Grosse Pointe Shores *Grosse Pointe Woods* *St. Clair Shores*



Lakefront Swimming Association

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Introduction

The Lakefront Swimming Association is happy to have you as part of its program. The Association is made up of at least one representative from each of the following cities: Grosse Pointe Park, Grosse Pointe City, Grosse Pointe Farms, Grosse Pointe Shores, Grosse Pointe Woods, and St. Clair Shores. The Lakefront Swimming Association is proud to consist of the following teams:

- St. Clair Shores Sea Serpents
- Grosse Pointe City Norbs
- Grosse Pointe Park Mutants
- Grosse Pointe Shores Sharks
- Grosse Pointe Woods Warriors
- Grosse Pointe Farms Barracudas



A relay meet will be held to initiate the swim season. During the season, each team will participate in weekly dual meets on Wednesday evenings. Each team will swim against each of the other teams once. Mini meets will be held on Saturday mornings for swimmers 12 and under. Mini-meets are not scored, but coaches and swimmers use them as a tool to gauge times.

After each team swims against each other once, the Swim Team Finals culminate the season. The preliminary meet is held to determine which swimmers will compete in the final meet. At the prelims, each team submits a line-up with two swimmers and one alternate for each event. The top six swimmers for each event are then entered in the final meet.

Park Locations

- **St. Clair Shores Park**
Located at 27600 Jefferson at Eleven Mile, behind City Hall
- **Grosse Pointe Shores Park**
Located at 800 Lake Shore, just North of Vernier.
- **Grosse Pointe Farms Park**
Located at 350 Lake Shore at Moross.
- **Grosse Pointe City Park**
Located at 17150 Jefferson at Neff, just North of Lakeland
- **Grosse Pointe Park Windmill Pointe**
Located at 14920 Windmill Pointe. Take Jefferson south to Berkshire. Turn left on Berkshire. Turn right on Windmill Pointe. The street comes to a dead-end at the park.
- **Grosse Pointe Woods Lake Front Park**
Located at 23000 Jefferson, St. Clair Shores, 48080 at Marter Road

Summer Schedule

Day	Date	Time	Meets
Saturday	June 19	10:00 a.m.	Relay meet at GPC (all teams)
Wednesday	June 23	5:30 p.m.	GPF AT SCS, GPW AT GPC, GPS AT GPP
Saturday	June 26	9:00 a.m.	GPW AT GPC, GPF AT GPP, SCS AT GPS
Wednesday	June 30	5:30 p.m.	GPC AT GPP, GPF AT GPS, SCS AT GPW
Wednesday	July 7	5:30 p.m.	GPP AT SCS, GPS AT GPC, GPW AT GPF
Saturday	July 10	9:00 a.m.	GPS AT GPC, GPW & EP AT SCS, GPP AT GPF
Wednesday	July 14	5:30 p.m.	GPF AT GPP, GPC AT SCS, GPS AT GPW
Saturday	July 17	9:00 a.m.	GPF AT GPS, GPP & EP AT GPW, GPC AT SCS
Wednesday	July 21	5:30 p.m.	GPP AT GPW, SCS AT GPS, GPC AT GPF
Tuesday	July 27	8:30 – 10:15 (11 & over)	Prelims hosted by GPP
Tuesday	July 27	10:30 – 12:30 (10 & under)	Prelims hosted by GPP
Wednesday*	July 28	5:30 p.m.	Finals hosted by GPP
*Rain date - Thurs	July 29	9:00 a.m.	Finals hosted by GPP

Dual meets are shown in **bold**.

Rules governing swimmers

Eligibility Forms

Each swimmer must complete an eligibility form when registering for the swim team. The form shall include the swimmer's full name, age (years and months), full date of birth, and legal residence.

From the eligibility forms, each team shall supply an eligibility list to the League Secretary, or appointee, by a specified deadline. This appointee shall be responsible for maintaining an accurate list of eligible swimmers for each team. The final eligibility list is due to the appointee 24 hours before the third dual swim meet of the season. After this deadline, no additional swimmers can be added to the roster.

During the season, each swimmer must swim in the age group he/she is eligible for before June 1st. An exception is allowed if a coach places a swimmer in a higher age group as long as the maximum number of events per meet is not exceeded.

Residency

If a child's legal residence changes, he/she must compete for the city in which his/her parents or guardian(s) have legal residence established as of the first dual meet. A swimmer who competes and does not meet residency requirements will forfeit any point(s), which he/she may have earned and the meet will be re-scored. A swimmer's legal residency is defined as the residence of at least one parent, or legal guardian. Verification of legal guardianship must be provided upon request.

Swimming Requirements

Prior to the first scheduled swim practice, each team shall host a swim evaluation for new swimmers. All new swimmers 12 and under are required to do an evaluation with the coaches to determine if the swimmer qualifies for the team.

Swimmers in the 8 & under age group must be able to swim according to American Red Cross Learn to Swim requirements for Level 4.

Swimmers in the 10 & under age group must be able to swim according to American Red Cross Learn to Swim requirements for Level 5. The coaches will inform the swimmer at the evaluation if the swimmer is ready for the swim team.

Any swimmer who has passed the appropriate American Red Cross class and has verification of such may be exempt from attending the swim evaluation.



Swimmer's Code of Conduct

The swimmers' code of conduct is designed to enhance the team experience for all participants. Each swimmer and a parent/guardian should read over the code of conduct together.

1. Swimmers are expected to be on time for each practice. Training time should be considered vital, so work hard for daily improvement. It is expected that each swimmer will try to do their best at all practices and meets.
2. Cooperation is expected with your coaches and teammates at all times.
3. Put team success before individual accomplishment. Be supportive of your teammates at practice and at meets.
4. Appropriate behavior is essential at all practices, meets and whenever you represent the team.
5. Promote and maintain all the elements of good sportsmanship and fair play.
6. The coaches are responsible for practice schedules, lane assignments and meet line-ups. These decisions must be respected by parents and swimmers.
7. The decisions of meet officials are final and not to be disputed.
8. Verbal or physical confrontation will not be tolerated in any instance.
9. Any behavior that can be construed as intimidating, humiliating, harassing, threatening or embarrassing to teammates, officials or opponents is unacceptable.

The coaching staff expects 100% compliance with the code of conduct. Failure to adhere to the policies may result in loss of swim meet assignments.

Swim practice

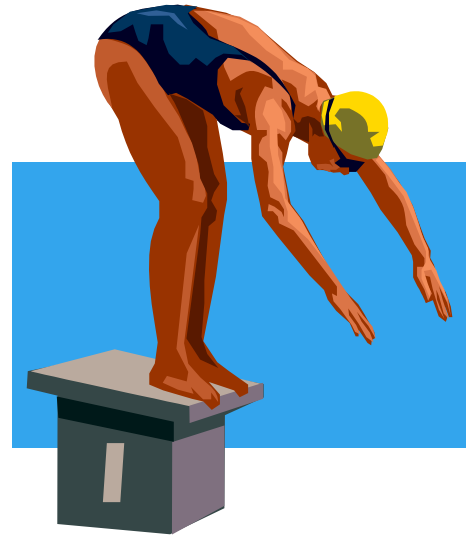
Attendance

Attendance at swim practice will be recorded for each swimmer. In order to participate in dual meets, each swimmer shall be required to attend 50% of available practice sessions prior to the dual meet. If a coach enters a swimmer in a line-up without meeting this requirement, the swimmer must be scratched from the meet. If the swimmer is not scratched, the points earned will be deducted and the meet will be re-scored.

Swimmers participating on other swim teams or clubs are not exempt from this rule.

Swimmers should arrive to practice with enough time to put on their suits and to be on the pool deck ready to swim five minutes before practice is scheduled to begin. Swimmers are required to check in with their coach upon arrival to be marked on the attendance sheet.

During practices each of the coaches will do their best to give each swimmer the time and individual help they require. The practices will be structured to improve swimmers' strokes, turns and finishes along with increasing their speed and endurance. For swimmers who may need more individualized attention, stroke clinics may be required.



Practice skills

At swim practice, coaches will focus on improving technique and endurance. Coaches will group swimmers in lanes based on ability in order to keep practice moving at an acceptable pace. Swimmers are asked to swim in the assigned lanes regardless of the swimmer's preferences.

Coaches may break into smaller groups to work on skills such as starts, turns, and finishes. This may occur at the beginning or end of practice. For this reason, swimmers are asked to attend the entire practice session. Individual teams may have specific rules regarding tardiness or leaving early.

Swim meets

Before the Meet

At swim meets, swimmers are required to check in with their coach at least 10 minutes before warm-up is scheduled to start. Warm-ups usually begin one hour prior to the start of the meet. Each swimmer must stay on the pool deck during the meet. They must let a coach know if they need to leave the pool deck for any reason. Swimmers are expected to know what events they are in. (Some swimmers write the event numbers and lanes on their hands).



During the meet

During meets the coaches will be on the pool deck and available to the swimmers if they have questions. Any questions or comments from parents should be directed to the coach **after the meet** since the coaches are usually very busy before and during the meet. There will be a coach stationed behind each of the lanes in order to talk with the swimmer before and after their event.

Parent volunteers are usually responsible for gathering the swimmers prior to events and escorting the younger swimmers to their lanes. All swimmers must stay in the team area throughout the meet so they do not miss their events.

Times

Swimmers are encouraged to keep track of their swim times at meets and time trials. Coaches will have a record on the computer for meets and mini-meets. Any swimmer or parent wishing to get a copy of the times can request it from a coach.

Events

The events are separated by age group, gender and stroke.

The age groups are broken down as follows:
8 & under, 10 & under, 12 & under, 14 & under,
17 & under

Swim meets consist of 56 events. Each swimmer may only be entered in three events; no more than two relays or two individual events. Depending on the number of swimmers in each age group, a swimmer may only be entered in one event per meet in an attempt to enter more swimmers in the meet.



Swimmers must swim in the age group according to his/her eligibility except when a coach places him/her in a higher age group. A swimmer may swim in any event when aged up, as long as the number of events is not exceeded.

A swimmer who competes and does not meet age group requirements will forfeit any points he/she may have earned and the event will be re-scored.

Scoring

Points will be given on the basis of 5-3-2-1 for the individual events and 8-4 for the relays. Ribbons will be awarded for all six places in all events.

A swimmer will be allowed one false start. Any contestant having two false starts charged against him/her shall withdraw from the race he/she is competing in as a contestant for points. He/she may not swim as an exhibition swimmer.

Exhibition Events

All dual meets will be run without any exhibition heats. Large teams who need to enter more swimmers or to get times for swimmers are encouraged to participate in mini-meets, which are scheduled on Saturday mornings.

Exhibition (non-scoring) lanes may be used at dual meets. The following list indicates the number of exhibition lanes available at each pool.

Grosse Pointe City: 9 lanes, 3 exhibition (2 home, 1 visiting)

Grosse Pointe Farms: 8 lanes, 2 exhibition (1 home, 1 visiting)

Grosse Pointe Park: 7 lanes, 1 exhibition (1 home)

Grosse Pointe Shores: 6 lanes, 0 exhibition

Grosse Pointe Woods: 10 lanes, 4 exhibition (2 home, 2 visiting)

St. Clair Shores: 8 lanes, 2 exhibition (1 home, 1 visiting)

Parent Involvement

The success of a well-run swim team depends on dedicated parents. Several volunteer positions exist within the swim team with varying levels of responsibility. It is important for parents to get involved in the swimming program. Not only will you get better acquainted with the coaches but you and your swimmer will get much more out of the program.

How to get involved

- Timing at dual and mini swim meets
- Marshalling at dual swim meets
- Joining a committee
- Volunteering at prelims and finals
- Planning for team picnics



Talk to the team coach to get more information about volunteering throughout the season.

Prelims and Finals

Two-Day Event

The culmination of the swim season is a two-day swim meet consisting of preliminary heats on Tuesday morning and the final championship meet on Wednesday evening. Because of the limited number of swimmers entered in the line-up, not all swimmers on the team will participate in prelims & finals. However, all swimmers are asked to attend the meets to cheer for their team and show support.

All teams in the league take turns planning this event, however, due to the fact that some pools have inadequate water depth for starting blocks, the host pools are limited to Grosse Pointe Park, Grosse Pointe City and Grosse Pointe Woods. Therefore, during some years, the city planning the event will be hosting it at a pool other than their own.

Only swimmers and alternates listed on the line-up are expected to be at the remaining practices leading up to the finals. A new practice schedule will be posted on Thursday evening for the swimmers competing in the pre-lims and finals. Some practices will be scheduled at the hosting city's pool so that the swimmers can practice with the starting blocks and touch pads.

Swimmers participating in finals should come to the events prepared for a long day. They should bring a water bottle to fill from the team water jug and snacks which will provide energy. Swimmers should always be respectful of the host site and clean up after themselves throughout the event.

Finals t-shirts

All team members are encouraged to support swimmers in the finals by purchasing a t-shirt. To ensure availability of your shirts, pre-ordering is encouraged. Order forms are provided in this handbook or in your team's pool office. T-shirts can be picked up the day of the event at the table marked accordingly.

Program Ads

Another way to support the swimmers is by purchasing an ad in the program. The programs are sold at both events for \$2. The ads can include a message or picture to help swimmers remember the event. Order forms are provided in this handbook or in your team's pool office.

Line up

On Thursday evening following the last dual swim meet, the preliminary line-up will be posted. Two swimmers and one alternate will be entered into each individual event. For relays, only one set of swimmers and two alternates will be entered into the finals line-up. Relays do not swim at the prelims.

For individual events, alternates may only swim if they appear in the line up.

Scoring

For the League Championships, points will be awarded on the basis of 7-5-4-3-2-1 for the individual events, and 14-10-8-6-4-2 for the relays.

A trophy will be awarded to the park whose swimmers received the most points in an age group at the Championships.

The dual meet trophy will be given to the team, which wins the most dual meets. In the event of a tie between teams, the trophy will go to the team, which places higher in the League Championships.