

ARDEN PARK
DOLPHINS
2010
HANDBOOK



www.apdolphins.org

ARDEN PARK DOLPHINS CONTACT INFORMATION

Board Members

President	Heath Charamuga	489-2821
Vice President	Matt Back	486-8128
Secretary	Paula Harris	485-7829
Treasurer	Jenny Davini	972-1714
League Representative	Amy Halloran	483-2928
Registrar	Cathy Phillips	283-4606
Fundraising	Merry Iseley	971-0211

Committee Chairpersons

Apparel Sales	Darcie Garcia	484-6014
Awards Coordinator	Renee Estacio	485-7178
Championship Coordinator	Diana Locke	488-4822
Communications Coordinator	Jenny Harmon	359-1791
Computer Scoring	Tina Shaw	485-1515
Jobs Coordinator	Lisa Burke	359-5330
	Marisa Alcalay	977-0743
Spirit Coordinator	Cindy Martin	359-4221
	Kelly Downey	482-1240
Webmaster	Dave Smith	359-4091

Meet Officials

Meet Referee	Joe Davis	974-1019
Head Starter	Greg Peterson	481-5026
Head Stroke & Turn Judge	Lisa Boylan	359-8948
Head Timer	Sean McDaniel	978-0408
Head Team Parent	Elaine Minow	481-4136
Incentives	Debbie Hougham	489-7844
Snack Bar	Greta Garverick	977-0954
	Beth Watley	484-7720
Swim-A-Thon	Tracy Parrott	489-9078

Coaching Staff

Head Coach	Jeff Carlson
Assistant Head Coach	Scott Hougham
Assistant Head Coach	Julie Calnero
Assistant Coach	Ross Hougham
Assistant Coach	Tess Calnero
Assistant Coach	Wally Harmon
Fun Fridays	Lauren Calnero

April 2, 2010

Dear Swimmers and Families:

On behalf of the Board of Directors, I would like to welcome both new and returning families to the new swim season for the Arden Park Dolphins. We look forward to a new and exciting year in 2010 for our swimmers and parents.

We would like to introduce some new additions to our coaching staff for 2010. Jeff Carlson has accepted the position of Head Coach and has been instrumental in running the swim clinic the past few weeks. Jeff grew up in Arden Park area and began swimming at the age of 6 for the Arden Hills Otters and eventually joined the U.S. Swim Team. Jeff attended High School at Rio Americano where he swam varsity all four years and also played water polo. After high school he was an assistant swim coach for the Arden Hills Swim Team. He is currently attending UC Davis where on top of a full course load he is a member of the Triathlon Team.

Jeff will be joined by two new additions to our staff, Tess Calnero and Wally Harmon who will represent two of our three, swimmer assistant coaches. Our coaching staff would not be complete without past coaches Ross and Scott Hougham and Julie Calnero who will be returning for another year, rounding out our staff.

As the Dolphins is a recreational swim program, your Board and coaching staff are committed to the swimmers enjoying themselves in a positive atmosphere of fun, hard work and good sportsmanship. Safety is a primary concern of your Board and the coaching staff. We want the children to have fun but also must be mindful of maintaining a safe experience for all involved. We appreciate the cooperation of all the parents, friends and family in this endeavor.

Thank you in advance to all our parent volunteers that make the season and meets run as smoothly as possible. Also, the Board wishes to thank the Arden Park Recreational Park District and their staff that provides tremendous assistance and support to our team.

On behalf of your Board of Directors, welcome to the 2010 Arden Park Dolphins swim season.



Heath E. Charamuga
President

Arden Park Aquatics, a California Nonprofit Mutual Benefit Corporation.

MARK YOUR CALENDARS!

2010 SWIM MEET SCHEDULE

Date	Location	Teams	Swimmer Check-in
Fri. May 14	Arden Park	Blue vs. White Time Trials	4:00 PM
Sat. May 22	West Sac	AP @ West Sacramento	7:00 AM
Sat. May 29		Memorial Day Holiday	
Sat. June 5*	Arden Park	Carmichael @ Arden Park	7:00 AM
Sat. June 12*	Arden Park	Arden Hills @ Arden Park	7:00 AM
Sat. June 19*	Amador	Arden Park @ Amador	7:00 AM
Sat. June 26*	Arden Park	Galt @ Arden Park	7:00 AM
Sat. July 3		4th of July Holiday	
Wed. July 7	Arden Park	Del Norte @ Arden Park	3:30 PM
Sat. & Sun July 17-18th	Folsom	Conference Championships	7:00 AM
July 31 - Aug 1	Woodland	Meet of Champions	TBA

* Denotes Conference League Meet which counts towards our League standings

OTHER IMPORTANT DATES

Rubio's Night (fundraiser)	March 3
6&U Readiness Test	April 8 and 9
Kick-Off BBQ	April 16: 5 - 7 PM
Pictures	May 19
Steve's Pizza Night (fundraiser)	May 19 (after pictures)
Swim-a-Thon	June 2
Pasta Night - spirit rally – decorate cars/banners	July 15
Conference Championships at Folsom	July 17 th – 18 th
Awards Night	Monday, July 19
Meet of Champions	July 31 st – August 1 st

PRACTICE SCHEDULE (Subject to Change)

AGE GROUP	APRIL 1- JULY 16 Mon-Fri	APRIL 5 - JULY 16 Mon-Fri
6 & Under	* See Below	4:00 – 4:30 PM
7 – 8	4:30 – 5:15 PM	
9 – 10	5:15 – 6:00 PM	
11-12	6:00 – 7:00 PM	
13-18	7:00 – 8:00 PM	

* 6&U have regular swim practices beginning April 5 & readiness tests on April 8 and 9.

Drop-In Morning Clinics (Optional)

June 14 – July 16

Monday, Wednesday, Friday

Session I: 7:00 – 8:00 AM & Session II: 8:00 - 9:00 AM

Designed to help those swimmers wanting extra practice time to enhance their performance.

Monday: During this practice, swimmers will focus on stroke technique. Individual coaching from the coaching staff and demonstration will be included.

Wednesday: During this practice, swimmers will work on turns and breathing. Focus sets and instruction from the coaching staff, to include demonstration.

Friday: During this practice, swimmers will work on starts, streamline, relay starts, and turns. Individual instruction is available from the coaching staff and demonstrations will be included during this practice.

SCHEDULE OF FRIDAY PRACTICE ACTIVITIES

Fridays are a day for fun and AP spirit. It is a day for the kids to bond with the coaches and get to know each other! We will have games, goodies, cheers and even some events for the **WHOLE** family!! Show your spirit and wear your Arden Park Dolphin attire on Fridays!!! Activities take place during regular practice times.

April 9th- Inflatable Relays

April 16th kick-off BBQ 5:30 to 7:30 (no practice)

April 23rd - Soccer Day (please bring tennis shoes, and shorts)

April 30th - Pool Game Day

May 7th -Noodle Day

May 14th – Time Trials

May 21st - Diving Games

May 28th – Olympic Relays

June 4th – Chalk Art (decorate the pool deck for the home meet)

June 11th – Ice Cream Sundaes

June 17th (**THURSDAY**) - Disco Bingo Night (Disco Bingo? - everyone dresses up in disco gear and we play disco music when there is a winner)

June 25th – Fun Swim

July 3rd- Float Day – Decorate bikes for the 4th of July parade and drink root beer floats

July 9th – “Squeaky Clean” Day (fun with bubbles, shaving cream...)

July 15th (**THURSDAY**) -Spirit Day – pasta feed, car painting, cheers, tattoos...

SWIM FAST
ARDEN PARK
DOLPHINS !

ARDEN PARK SWIM TEAM PHILOSOPHY

The philosophy and goals of the Arden Park Swim Team are to promote the finest recreational swim program and to provide an enjoyable experience for participant and spectator alike. Each swimmer is encouraged to grow to her/his full potential. We are guided by these Northern California Swim League objectives:

- To be recreational in nature and to promote good sportsmanship, physical fitness and team spirit.
- To promote the participation throughout the course of the swim season of all swimmers, regardless of swimming proficiency, thereby enabling the maximum number of swimmers to enjoy a well-rounded, recreational program.
- To recognize the need for and seek to maintain to the maximum extent possible competitive parity among the teams participating in the League.

General Swim Team Rules

Swimmers:

- Respect, listen to and follow the instructions of the coach, Arden Park staff members, parent Board members, team parents and host officials. Respect all team members and teams we are competing against at all times.
- Attend practices regularly, listen attentively to the coaches' instructions and ask questions before the set begins.
- Discuss problems with the coaching staff directly.
- No horseplay, foul language, unauthorized running, or other such conduct. Demonstrate good sportsmanship at all times.
- Cooperate with the coaching staff at all times.
- Arrive to practices wearing modest swim attire. Girls are expected to have **one piece suits**.
- Girls need to wear swim caps at all times while in the pool.
- Boys are required to wear brief or jammer style swimsuits during practices, as well as meets. **Board shorts or other swim trunks are not allowed.**
- Remember the Code of Conduct that you signed.

Parents:

Workouts are a learning situation and swimmers need to be able to concentrate. Parents are encouraged to remain and watch workouts. We ask that you honor the following requests:

- Refrain from communicating with your swimmer during practice.
- Avoid analyzing practice.
- Please don't talk to the coach while she/he is giving instruction. During each practice there is a focus on a particular skill set and talking to the coach during practice takes time away from all the swimmers.

- Please arrange a mutual time to communicate with the coach any concerns you may have about your swimmer.
- Please stay off the deck and on the grass area, leaving the deck area open for the swimmers and the coaching staff.
- Do not allow any other children or siblings in the baby pool area.

Coaches:

The Head Coach implements the program and supervises the coaches. All coaches shall model positive leadership and sportsmanship qualities and foster these qualities in the team members. They are responsible for:

- Providing instruction in all aspects of competitive swimming, including strokes, starts, turns, and touches.
- Responding to parent concerns in a timely manner.
- Maintaining an atmosphere at practice conducive to a good instructional program.
- Familiarizing themselves with the swimmers and their abilities. Assisting each swimmer to develop individual goals for the swim season.
- Complying with the rules of the Northern California Swim League.
- Preparing, delivering and posting all league meet sheets on swim meet day. Swimmer assignments are based on the coaches' determination of consistent times, legal strokes and cooperative attitudes, and are final. Changes may be made only at coaches' discretion.

Disciplinary Guidelines and Procedures

1. The use of foul language, derogatory statements towards teammates, coaches, opposing team members or parents and/or meet officials, uncooperativeness, fighting, inattentiveness, chronic complaining, or any other unsportsmanlike conduct are grounds for immediate dismissal. A phone call will be made to the parent.
2. Repeated misconduct may result in a suspension from practices and/or swim meets until a conference is arranged with the swimmer, parent(s) and coach. The Board will also be informed immediately thereafter as to the results to the conference.
3. If the misconduct continues after the above conference, the swimmer will be suspended from practices until a conference is arranged with the swimmer, parent, coach, and the Board. The President shall preside over this conference and the matter shall be reviewed by the Board. Serious infractions may result in the swimmer being placed on suspension for the remainder of the swim season.

Everyone has the potential to be a WINNER. The objective of the program is to give every swimmer the opportunity to become as good as they desire. The purpose of these guidelines is to insure that this objective is achieved.

Readiness Testing Requirements

All new swimmers to the team, regardless of age, will be required to demonstrate their readiness for swim team by meeting the following criteria:

1. Swim one-half the length of the pool without assistance. This means no help from a coach or actual touching of a rope line. No kick boards or floaties.
2. Swimmer must be able to swim one length of the pool with minimal assistance in a reasonable amount of time. After swimming one-half unassisted, the swimmer may touch the lane rope, but must start swimming after catching his/her breath. Swimmer cannot stop and wait at the lane rope.
3. Swimmers must be able to get out of the pool on his/her own strength (from the side of the pool.)
4. All swimmers that meet the above criteria on the readiness testing date will be under a two-week probationary period during which the coach will evaluate his/her practice abilities. This includes following directions from the coaching staff as well as completing the required practice laps safely.

Arden Park's #1 priority is safety. If the Head Coach feels a swimmer is not quite ready for swim team, the swimmer will be asked to try again next year. That swimmer will be refunded all registration fees.

While almost all children that try-out make the team, it is important to remember that this is a swim team. Your child will be developing swimming skills and refining strokes, but swim practice is not to be thought of as swimming lessons. Your child should come prepared to swim 4-5 laps at the first half hour practices (6 & Unders). Many parents gear up for readiness testing with private swim lessons. Some swimmers continue with these lessons throughout the season, in addition to the regular swim team practice.

SWIMMER AND PARENT RESPONSIBILITIES

Swimmers should:

- ✓ Attend practice regularly and be on time – in the pool ready to swim.
- ✓ Check in 1 hour prior to the start of each meet.
- ✓ Stay in your team area during meets until it is time for your events.
- ✓ Discuss any problems with the coaching staff.
- ✓ Demonstrate good sportsmanship.
- ✓ Stay out of the shallow end of the pool and the wading pool before and after practice and during swim meets.
- ✓ Obey the coaches' and team parents' instructions during practices and meets.
- ✓ Proper swim attire must be worn at all times.
- ✓ **SWIM YOUR BEST.....AND HAVE FUN!**

Parents should:

- ✓ Sign your swimmer out for a meet using the sign out procedure by the deadline if he/she will not be at the meet.
- ✓ Be there on time to perform your volunteer assignment. Find a replacement if necessary. The \$200 job deposit check will be cashed for failure to volunteer or find a replacement.
- ✓ Check your email and family file folders regularly for notices and/or ribbons.
- ✓ Check the team website regularly for season updates.
- ✓ Keep your children out of shallow end of pool and the wading pool before and after practice and during swim meets.
- ✓ Monitor young children in and around pool areas at all times. If dropping off older children, please remind them of appropriate and safe behavior.
- ✓ Stay off bleachers and pool deck during practices.
- ✓ Talk to coaches outside of practice hours.
- ✓ **ENJOY YOUR SWIMMER(S)AND HAVE FUN!!!!**

GENERAL INFORMATION (but very important!)

Attendance

Regular and prompt attendance is very important for each swimmer and for the team. A swimmer who does not attend practice is not likely to swim his or her best at meets. A swimmer who is not at the meet deprives the team of his or her contributions and may also deprive other swimmers of the opportunity to swim.

Meet Sign-out Procedure

Each swimmer is required to sign out of any meet he/she will not be swimming. There will be a sign-out binder at practices. **Swimmers who will not be participating in a meet MUST sign-out no later than the Monday preceding a Saturday meet and the Thursday preceding a weeknight “twilight” meet.**

It is very important for the Coach to know if a swimmer will not be at a meet. If a swimmer is not signed out per the sign-out procedures and does not attend a meet, he/she will not be able to swim in the next meet.

Swimmer Check-in

Swimmers must check-in no later than one hour before the start of a meet. See “What Happens at Swim Meets” for more information.

Swimmers who do not check in one hour prior to the start of the meet may not be allowed to swim at that meet.

Parent Participation

The Arden Park Dolphins swim team is run by parents in cooperation with the Arden Park Recreation and Park District and is totally dependent on family participation for its operation. Parent volunteers conduct all swim meets, as well as fundraising and other team activities. Therefore, it is very important that parents be responsible for performing their assigned jobs.

Each family is expected to work four jobs at swim meets during the regular meet schedule regardless of the number of swimmers in the family. In addition, each family is expected to work two jobs at the conference championship meet.

It is the family’s responsibility to fulfill their job assignments. You may switch jobs with another family or find a replacement to cover your job if you are unable to attend the meet. Failure to work your scheduled job or find a replacement to cover your job if you are unable to attend will result in the loss of your \$200 job deposit.

Team Swimsuits and Caps

Swimmers are expected wear a team swim suit to each meet. No deck changes will be allowed. Straps must be worn on the shoulders at all times.

Arden Park Dolphin team swim suits are available from:

California Swim Shop
7330 Fair Oaks Boulevard
Carmichael, CA 95608
(916) 971-9836

Family File Folders

Plastic file boxes are placed near the bulletin board each day. Inside there is a manila folder for each family, filed alphabetically by last name. This is where important notices, ribbons, etc. are placed for distribution to the swimmers and their families. Swimmers and/or parents should check their family files frequently.

Team Web Page

The team has a web page located at www.apdolphins.org. At this site you can find important information including meet and practice schedules, calendar of events and meet job listings.

League Web Page

The league has a web page located at www.norcalswimleague.com. At this site you can find directions to pools, meet results, and other league information.

Incentives for Individual Improvement

Debbie Hougham is our bead incentives program coordinator. She will give each swimmer a Dolphin Bead ring. Every time swimmers improve their time on a swim in a meet, they can head over to the "Bead Lady" to select a bead for their ring. This helps encourage individual improvement, and acknowledges swimmer successes. Individual swim times can be tracked on the swimmers log at the back of this handbook.

Swim Championships

The Northern California Swim League conducts a championship meet at the conclusion of the swim season. All swimmers are expected to attend championships. The teams competing in the championship meet are the same teams we have met in the official dual meets. In order to be eligible to compete in the championship meet, a swimmer must have competed as an official entrant in at least two events each at two Saturday meets during the season where both teams are members of the Northern California Swim League.

The championship meet is conducted over a two-day period (Saturday & Sunday), from approximately 9 AM - 5 PM each day. Time trials are conducted in the mornings with ten finalists in each event competing in the afternoon. Half the events are conducted each day. All 6&U events are held Saturday. Ribbons are awarded to first place finishers in each morning time trial heat. Medals are awarded to all ten finalists in each event.

**This year's Conference Championships will be held on
Saturday, July 17th and Sunday, July 18th at the
Vista del Lago High School
1970 Broadstone Parkway, Folsom**

Each team is responsible for participating as volunteers (i.e., timers, announcers, ready bench, t-shirt sales, deck patrol, etc.) at the championship meet. The team is responsible to staff league-specified responsibilities and volunteers from each conference team will be scheduled to carry out these tasks.

Parents are responsible for getting their own children to the ready bench area to swim their events during Championships. There are no team parents at the Championship meet.

Award Ceremony/Picnic

Our swimmers work hard throughout the swim season, and each child deserves recognition for his/her effort. We will have an award ceremony and picnic to celebrate our swimmers' successes at Arden Park on Monday, July 19, from 5 pm – 8 pm. Each family should bring a picnic and chairs/blanket; drinks and dessert will be provided.

Every child in each age group is acknowledged and honored by the head coach and staff. High point trophies will be presented to the top three swimmers in each age and gender group for their point totals accumulated during the season. Most Improved Swimmer Trophies and Coach's Trophies will also be presented to each age/gender group.

Meet of Champions

This "All Star Swim Meet" brings together the top Rec/Summer League swimmers, from the greater Sacramento Area, for a true meet of champions. The meet is usually scheduled for after the Conference Championships. More information on dates and times to come at a later date.

SWIM MEETS

Who Swims at Meets?

All swimmers who are not signed out of a meet will be scheduled to swim. The number of events each swimmer is scheduled to swim depends on the number of swimmers in that age group; however, each swimmer will swim a minimum of three events. The maximum number of events for a swimmer is five (three individual events and two relays).

What Happens at Swim Meets?

Saturday meets begin at 8:30 AM. (Check the start time for a weekday meet.) Swimmers are expected to be at the meet location at least **one hour prior to the start of the meet**. Upon arrival, **swimmers should immediately check-in** and proceed to the team area. Check in is between 7:00 and 7:29. If a swimmer does not check in by 7:30 am, he/she will be "scratched" from the meet and will not be allowed to swim. Each team will have a time to warm-up in the pool prior to the start of the meet.

Swimmers **must remain in the team area until it is their turn**. The 6&U, 7-8, and 9-10 swimmers will have team parents with them in the team area who will assist in getting the swimmers to the "ready bench". Swimmers should proceed to the "ready bench" four events prior to the event in which they are swimming. After an event is completed, swimmers should return to the team area.

Swim meets generally last about five hours. 6&U swimmers can leave after their events are completed midway through the meet.

Some things to bring: chairs, towels, swim cap, sleeping bag or blankets, drinks and/or snacks, sun screen, and things to amuse restless children waiting to swim, such as hand-held games, books or playing cards. Some families find that bringing a portable shade structure makes them more comfortable. Things not to bring: crayons, chocolate, etc. (they melt!)

What If A Swimmer Can't Be At A Meet?

If a swimmer can't attend a meet, it is critical that the absence be reported in the sign-out binder by the deadline. Remember the penalty for not signing out is suspension for the next meet. See General Information for Sign-out procedures.

Ribbons

Ribbons are awarded to all swimmers finishing an event who do not receive a DQ (see Strokes section). First through sixth (or eighth) place ribbons are awarded for each heat. Ribbons will be placed in the family file folders after each meet.

Categories of Races

Boys and girls compete separately in the following age groups, as determined by their age on June 15 of the current year: 6 & Under, 7-8, 9-10, 11-12, 13-14, and 15-18. In the 6&U age group, the freestyle relay is coed.

There are two basic categories of races: individual and relay.

Individual: There are five categories of individual races: freestyle, backstroke, breaststroke, butterfly and individual medley (IM). The IM consists of each of the four strokes in the following order: butterfly, backstroke, breaststroke and freestyle.

Relay: Relay races involve four swimmers from each team. The races are the freestyle relay and the medley relay. In the medley, each of the four swimmers swims an equal distance in a different stroke. The first swims the backstroke, the second breaststroke, the third butterfly, and the fourth freestyle.

The 6&U age group swimmers participate in freestyle, freestyle relay and backstroke. The 7-8 age group does not swim the IM race. The other age groups swim all events.

Conference and Non-Conference Meets

Conference, or "A", meets are official dual meets against each of the other teams in the Northern California Swim League - Eureka Conference. Scores from these meets are used to determine official standings within the league. Each team is allowed three entries per race in all individual events and three relay teams for each relay event. Points are awarded to the top four finishers in all individual events and to the winning team in relay events, as follows: (Finishers of additional heats in an event do not receive points.)

<u>Place</u>	<u>Points-Individual Event</u>	<u>Points-Relay Event</u>
1	5	7
2	3	0
3	2	0
4	1	0

Non-Conference, or "B", meets are non-scoring meets which do not count toward league standings. These meets provide additional opportunities for our swimmers who do not get to compete in every event at the "A" meets. The 13-14 and 15-18 age groups sometimes do not compete at the weekday twilight meets.

Dual Meet Order of Events

Each swim meet is conducted according to a pre-determined standardized order of events. This order consists of eighty-three (83) events staged in the following order:

<u>Event #</u>	<u>Age</u>	<u>Event</u>	<u>Event #</u>	<u>Age</u>	<u>Event</u>
1 (Coed)	6&U	100 Free Relay			
<u>Girls</u>	<u>Boys</u>		<u>Girls</u>	<u>Boys</u>	
2	3	7-8	44	45	7-8
4	5	9-10	46	47	9-10
6	7	11-12	48	49	11-12
8	9	13-14	50	51	13-14
10	11	15-18	52	53	15-18
12	13	9-10	54	55	7-8
14	15	11-12	56	57	9-10
16	17	13-14	58	59	11-12
18	19	15-18	60	61	13-14
20	21	6&U	62	63	15-18
22	23	7-8	64	65	7-8
24	25	9-10	66	67	9-10
26	27	11-12	68	69	11-12
28	29	13-14	70	71	13-14
30	31	15-18	72	73	15-18
32	33	6&U	74	75	7-8
34	35	7-8	76	77	9-10
36	37	9-10	78	79	11-12
38	39	11-12	80	81	13-14
40	41	13-14	82	83	15-18
42	43	15-18			

Strokes

Each of the four strokes has rules which govern the proper way to swim the stroke. Stroke and turn judges, who are posted on each side of the pool during meets, check each swimmer to make sure the stroke rules are being followed. If a swimmer violates these rules in a race, he/she will be disqualified (DQ). The stroke and turn judges look for the following:

Backstroke

Start - The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. The toes can be out of the water but not above the gutter or curled over the gutter.

Stroke: The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 16.4 yards after the start and each turn. By that point the head must have broken the surface of the water.

Turns: Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast. If the swimmer turns past vertical, such motion must be part of a continuous turning action and the swimmer must return to a position on the back before the feet leave the wall.

Finish: The swimmer shall have finished the race when any part of his person touches the wall at the end of the course.

Breaststroke

Start: The forward start shall be used.

Stroke: From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water and shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Kick - After the start and each turn, a single downward butterfly kick followed by a breaststroke is permitted while wholly submerged. Following which all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must turn outwards during the propulsive part of the kick. A scissor, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly movement.

Turns: At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface, and the shoulders shall be in line with the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall and the form prescribed in "stroke" above must be attained from the beginning of the first arm stroke.

Finish: At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface. The body shall be on the breast and the shoulders in line with the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch.

Butterfly

Start: The forward start shall be used.

Stroke: After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. From the beginning of the first arm pull, the swimmer's shoulders shall be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously.

Kick: All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is NOT permitted.

Turns: At each turn the body shall be on the breast and the shoulders in line with the water surface. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The swimmer's shoulders must be at or past the vertical toward the breast when the feet leave the wall.

Finish: At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface. The body shall be on the breast and the shoulders in line with the water surface.

Freestyle

Start: The forward start shall be used.

Stroke: Freestyle means that in an event so designated the swimmer may swim any style; except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke.

Turns: Upon completion of each length the swimmer must touch the wall.

Finish: The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

Individual Medley

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

Start: The forward start shall be used.

Stroke: The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

Turns: A. Intermediate turns within each stroke shall conform to the turn rules for that stroke.

B. The turns, when changing from one stroke to another, shall conform to the finish rules for the stroke just completed, and shall be as follows:

1. Butterfly to backstroke: The swimmer must touch as described in Butterfly. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the feet leave the wall.
2. Backstroke to breaststroke: The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the feet leave the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
3. Breaststroke to freestyle: The swimmer must touch as described in the breaststroke turn section. Once a legal touch has been made, the swimmer may turn in any manner.

Finish: The swimmer shall have finished the race when any part of his person touches the wall after the prescribed distance.

Relays:

FREESTYLE RELAY: Four swimmers on each team, each swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

MEDLEY RELAY: Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

Rules for Relay Races

1. No swimmer shall swim more than one leg in any relay event.
2. A swimmer, other than the first swimmer, shall not start until his/her teammate has concluded his/her leg.
3. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
4. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
5. In relay races, the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.

False Starts:

There will be one false start per event allowed any swimmer for age groups 6 & Under, 7-8, and 9-10. There will be NO false starts allowed any swimmer for age groups 11 and older. A swimmer who is disqualified for a false start shall not be permitted to swim the event (not even unofficially).

VOLUNTEER JOB DESCRIPTIONS

Announcer –

The home team is responsible for providing the meet announcer. The announcer's job is to announce each event by event number and description, and to inform swimmers when to report to the ready bench and/or the pool.

Data Entry / Runner –

The data entry job is responsible for carrying completed official lane cards from the timer area to the scorer. Then, the scorer will provide the data entry person with blank event cards to be brought to the timers.

Hospitality –

At home meets, the hospitality workers provide refreshments to timers, coaches, scorers, ribbon writers, ready bench, stroke and turn judges and announcers.

Meet Director –

The Meet Director has the overall responsibility for overseeing meet proceedings and making sure all other meet positions are properly staffed.

Meet Referee –

The Meet Referee acts as decision maker in disputes over placing, disqualification or other problems that may arise during a meet.

Ready Bench –

Responsible for organizing swimmers in the ready area. A list of events, swimmers, heat number and lane assignments is given to the ready bench area workers at the beginning of each meet. Each team is responsible for organizing its swimmers correctly by event and lane. The ready bench workers for both teams assure that each swimmer goes to the correct lane at the time of his/her event.

Ribbon Writer –

Each team is responsible for providing ribbon writers. After ribbon labels have been printed by the computer, the ribbon writers place the labels on the ribbons and then file the ribbons in a separate box for each team.

Set-Up/Take Down –

Set-up volunteers are responsible for setting up equipment, tables, chairs and shade covering for home meets. The Take-Down volunteers are responsible for taking down what was set up after the home meets and ensuring the area is clean.

Scorer –

Each team is responsible for providing one scorer. This person records each swimmer's race time and place for each completed event card. This information is recorded on the meet scoring sheet (meet sheet). In league meets, the scorers award points and maintain team scores for the meet.

Snack Bar / BBQ –

Snack Bar workers assist the snack bar coordinators. They assist in set-up, food preparation, food sales, and clean-up.

Starter –

The home team is responsible for providing the starter. This person must have participated in a starter clinic put on by the league.

Stroke & Turn Judges –

The head stroke and turn judge is responsible for organizing the stroke and turn judges.

* All stroke and turn judges must have participated in a stroke and turn clinic offered by the League.

Team Parent –

Team parents monitor swimmers in the team area, given them their events (usually by writing them on the swimmer's hand), assist swimmers in getting lines up for the events and bring them to the ready area as their events are called by the announcer. Team parents are assigned to girls and boys in the 6 & Under, 7-8, 9-10 age groups.

Timers/Lane Timers –

The head timer is responsible for organizing lane timers. The home and visiting teams must provide an adequate number of timers and lane writers. The lane writer records the swimmer's time onto the official lane cards as determined by the lane timers.

ARDEN PARK DOLPHINS 2010 SWIMMER'S LOG

Name: _____

Age: _____

Date/ Opponent	IM	Medley Relay	Short Free	Long Free	Back	Breast	Fly	Free Relay
Fri. May 14 Time Trials								
Personal Goals								
Sat. May 22 Arden Park @ West Sac								
May 29		Memorial	Day	Holiday				
Sat. June 5* Carmichael @ Arden Park								
Sat. June 12* Arden Hills @ Arden Park								
Sat. June 19* Arden Park @ Amador								
Sat. June 26* Galt @ Arden Park								
July 3		4th of	July	Holiday				
Wed. July 7 Del Norte @ Arden Park								
July 17-18 Conf. Champs @ Folsom								

* Denotes Conference League Meet which counts towards our League standings

