

Seminole Recreation Division

Swim Team



Handbook 2017

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This manual is available online at www.quickscores.com/getseminole

Welcome to the Seminole Recreation Non-Competitive Summer Swim Team

Our goal for the swimmers in the summer swim team program is to improve swimming skills in a fun and learning environment. Our coaches provide stroke instruction for participants ages 15 and younger that can swim two lengths (50 yards) of the 25-yard pool using either freestyle or breaststroke techniques. We hope all our swimmers will get the most out of this great opportunity to interact, learn, and have fun!

The sport of swimming offers individuals the opportunity to build endurance, gain self-confidence, and develop their ability and potential.

Our main objectives for the summer swim team league are as follows:

- To have a great time while staying in shape.
- To learn proper fundamental techniques in competitive strokes, starts, and turns.
- To develop high self-esteem and the feelings of success through participation.
- To meet new friends while participating in a challenging, exciting, and rewarding activity.
- To have lots of FUN and be the BEST YOU CAN BE!!

Our coaches will be responsible for providing a positive learning environment, corrective feedback, and workouts that will help improve the skills of each individual swimmer.

The swimmers' responsibilities are to attend daily practices (please notify your coach if you are unable to attend practice), arrive on time, listen attentively, and try to become the best they can be.

The most important role for our staff is to support and encourage each and every swimmer. We strive to make sure each child knows they are important whether they come in 1st or not. We try to allow the swimmers to do their best without the fear of failure. We attempt to help individuals realize that trying hard, improving their skills and having fun while participating is a valuable part of life.

Sportsmanship will be emphasized throughout the summer during swim team practice and swim meets. Congratulating other swimmers, praising each other, and recognizing others' accomplishments will be encouraged and rewarded.

Swimmer's Ear

Spending more time swimming may lead to an infection known as swimmer's ear. A mild case may appear as an itching, clogged ear canal with or without a discharge; hearing may be diminished. A severe case may induce intense pain, fever, and swollen and tender lymph nodes in front of, behind, and below the ear. See your physician for proper diagnosis and medication.

Swimmer's ear can be prevented with daily ear care. Over the counter medicines are available or you can mix your own solution: **1 part white vinegar and 1 part isopropyl alcohol**

Place 2 or 3 drops of the solution in each ear immediately after practice. Treating ears before bed time is also a good idea, so excess water does not collect behind the ear drum.

Swim Team Meets

THE FEE WILL BE \$2.00 PER EVENT PARENTS CAN PAY AT THE GATE

- **Saturday, June 10** Swim Meet @ City of Seminole
- **Saturday, June 24** Swim Meet @ City of Pinellas Park (Skyview Pool)
- **Saturday, July 8** Swim Meet @ City of Seminole
- **Saturday, July 22** Swim Meet @ City of Pinellas Park (Skyview Pool)
- **Tuesday July 27** Swim Meet @ City of Clearwater (Ross Norton Pool)

For Saturday Morning swim meets the warm up will begin at **8:00 AM**. Meets will begin at **8:30 AM**.

For Thursday Evening swim meets the warm up will begin at **5:30 PM**. Meets will begin at **6:00 PM**.

Decisions to reschedule a meet due to inclement weather will be made by the meet supervisor. Meets will be rescheduled to the following Saturday. Warm ups for the rescheduled meets will be at 8:00 AM. Saturday meets begin at 8:30 AM. You can attend Saturday Morning at the Races. If a meet is canceled on the Saturday rain date, it will not be made up.

Coaches may enter swimmers in four individual events and one relay. Swimmers must have correct stroke mechanics before entering an event. Heat ribbons will be distributed to swimmers at the finish of each event.

Coaches please train and practice the relays prior to the meets so we can ensure a smooth and quick transition from the butterfly event to the relays.

Parents/Guardians

Parents/Guardians are a very important part of the success of the summer swim team. We need you to get involved!! Volunteers for swim team meets will be needed to help make things run more smoothly. The following volunteer and staff positions are needed for each meet:

- 6 ribbon distributors
- 1 place judge (usually provided by city staff)
- 2 assistants for the staging area
- 1 starter (usually provided by city staff)
- 1 announcer (usually provided by city staff)

Please let the supervisor in charge know that you are interested in helping. We Need YOU!!!

SUMMER SWIM TEAM – SWIM MEET ORDER OF EVENTS

#	Freestyle		Butterfly
1	6 & Under Girls 25 Freestyle	31	6 & Under Girls 25 Butterfly
2	6 & Under Boys 25 Freestyle	32	6 & Under Boys 25 Butterfly
3	7 & 8 Girls 25 Freestyle	33	7 & 8 Girls 25 Butterfly
4	7 & 8 Boys 25 Freestyle	34	7 & 8 Boys 25 Butterfly
5	9 & 10 Girls 25 Freestyle	35	9 & 10 Girls 25 Butterfly
6	9 & 10 Boys 25 Freestyle1	36	9 & 10 Boys 25 Butterfly
7	11 & 12 Girls 25 Freestyle	37	11 & 12 Girls 25 Butterfly
8	11 & 12 Boys 25 Freestyle	38	11 & 12 Boys 25 Butterfly
9	13-15 Girls 25 Freestyle	39	13-15 Girls 25 Butterfly
10	13-15 Boys 25 Freestyle	40	13-15 Boys 25 Butterfly

Backstroke

11	6 & Under Girls 25 Backstroke
12	6 & Under Boys 25 Backstroke
13	7 & 8 Girls 25 Backstroke
14	7 & 8 Boys 25 Backstroke
15	9 & 10 Girls 25 Backstroke
16	9 & 10 Boys 25 Backstroke
17	11 & 12 Girls 25 Backstroke
18	11 & 12 Boys 25 Backstroke
19	13-15 Girls 25 Backstroke
20	13-15 Boys 25 Backstroke

Breaststroke

21	6 & Under Girls 25 Breaststroke
22	6 & Under Boys 25 Breaststroke
23	7 & 8 Girls 25 Breaststroke
24	7 & 8 Boys 25 Breaststroke
25	9 & 10 Girls 25 Breaststroke
26	9 & 10 Boys 25 Breaststroke
27	11 & 12 Girls 25 Breaststroke
28	11 & 12 Boys 25 Breaststroke
29	13-15 Girls 25 Breaststroke
30	13-15 Boys 25 Breaststroke

Relays

Saturday Meets

41	10 & Under Freestyle Relays
42	11 & Over Freestyle Relays

POOL LOCATIONS

North Greenwood

900 N. Martin Luther King Jr. Ave.
Pool Phone (727) 462-6276

Directions:

Take US 19 or Belcher Rd. to Drew Street (light). Go West onto Drew Street (head towards the beaches).

Go North onto Martin Luther King Jr. Ave. (Formerly Greenwood Ave.)

Ross Norton Pool

1426 S. Martin Luther King Jr. Ave.
Pool Phone (727) 462-6025

Directions:

Take US 19 or Belcher Rd. to Drew Street (light). Go West onto Drew Street (head towards the beaches).

Go South onto Martin Luther King Jr. Ave. (Formerly Greenwood Ave.)

Long Center

1501 N. Belcher Rd.
Phone (727) 793-2320

Directions: Take Belcher Rd. Just pass over railroad tracks. The Long Center is located between Sunset Point Rd. and Drew Street

Clearwater Beach

Family Aquatic Center

51 Bay Esplanade
Pool Phone (727) 462-6020

Directions:

Take US 19 or Belcher Rd. to Gulf to Bay. Go west onto Gulf to Bay/FL-60 W to Clearwater Beach. Enter roundabout and take the 2nd exit onto Mandalay Avenue.

Make a right onto Bay Esplanade.

*Metered parking spaces till 6pm

Morningside Pool

2400 Harn Blvd.
Pool Phone (727) 507-4064

Directions: Take US 19 or Belcher Rd. to Harn Blvd. (traffic light at intersection). Facility is located at 2400 Harn Blvd.

Skyview Pool

9040 54th Way N
Pinellas Park, FL 33782
Pool Phone: (727) 541-0777

Directions: Go east on Park Blvd N, turn left onto 66th St N, Turn right onto 94th Ave, turn right on 54th Way N.

Southwest Pool

13120 Vonn Rd
Largo, FL 33774
Pool Phone: (727) 518-3126

Directions: Go north on 113th St N, turn left on Walsingham Rd., turn left on FL-688/Walsingham Rd., take the first right onto Vonn Rd., Southwest Pool is on the right just past Wilcox Rd.

The Ten Commandments for Parents of Athletic Children

Reprinted from *The Young Athlete* by Bill Burgess included in "The Swim Parents Newsletter"

- ◆ Make sure your child knows that - win or lose, scared, or heroic - you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- ◆ Try your best to be completely honest about your child's athletic ability, his/hers competitive attitude, their sportsmanship, and their actual skill level.
- ◆ Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
- ◆ Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.
- ◆ Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If he/ she is comfortable with you - win or lose - he/she is on their way to maximum achievement and enjoyment.
- ◆ Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc... with your athlete.
- ◆ Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.
- ◆ Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
- ◆ Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting.
- ◆ Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort.