

# Avalon Golf and Country Club



## 2018 Swim Team Handbook

## **Welcome to the Avalon Golf and Country Club Swim Team!**

Parents and swimmers should read through this handbook together. Please feel free to speak with the coach regarding any information contained within this handbook.

Head Coach: James Kopp  
Phone: (330) 369-2749

Avalon Golf and Country Club

Phone: (330) 539-5008

### **OUR MISSION STATEMENT**

The primary goal of our swim team is to provide our children with a structured swim program that will teach and develop their competitive swimming ability in a relaxed and fun environment.

### **MEMBERSHIP REQUIREMENTS**

1. All swimmers must be current members of Avalon Golf and Country Club.
2. All swimmers must complete a Swim Team Registration and Swim Team Medical Form.
3. Parents must sign the Youngstown Swim Team Code of Ethics Pledge.
4. A \$75 registration fee must be paid, per swimmer.
5. All swimmers must **be able to swim in deep water**.

### **SWIM TEAM INFORMATION**

Each meet offers a variety of events and distances depending upon the age of the swimmer. The Youngstown Swim League (YSL) age of the swimmer is his/her age on June 1<sup>st</sup>. The swimmer will swim this age group for the entire summer swim season.

Each swimmer can swim three events. Relay participation will depend on the swimmer's times. The events the children will swim will be determined by the coach after considering: **a.)** the child's ability and times, **b.)** the needs of the team and **c.)** the availability of the swimmer to swim certain events.

The head coach will decide what is in the best interest of the team.

**In order for the child to get the most out of the team experience, the child should be able to swim a lap of the pool freestyle. Each new swimmer will be evaluated by the coach to determine their ability to join the team at the coach's discretion. The swim team is not a substitute for swim lessons.**

Please, do not approach the coach for discussion during practice or at a swim meet. The coach will meet with any parent after the scheduled practices or before and after the swim meet.

## **PRACTICE SCHEDULE**

New swimmers will be evaluated the week of May 22<sup>nd</sup>. Practices will be Tuesday and Thursday from 5:30 p.m. to 7 p.m. Returning swimmers will have registration and practice beginning the week of May 29<sup>th</sup> with practices on Tuesday and Thursday from 5:30 p.m. to 7 p.m. Regular swim team practice begins Monday, June 4<sup>th</sup>. We will practice every Monday, Wednesday and Friday from 8:30 a.m. to 11 a.m. at Avalon Golf and Country Club Squaw Creek Facility and every Tuesday from 8:30 a.m. to 11 a.m. at the Avalon Golf and Country Club indoor facility, weather permitting. There are two practice sessions divided by age/skill level. Intermediate/Advanced practice is 8:30 a.m. to 10 a.m. and beginners practice is 10 a.m. to 11 a.m.

A swimmer may be assigned to another practice time at the discretion of the coach.

**All swimmers are required to attend a minimum of two practices per week in order to participate in swim meets, unless a valid written excuse from a parent or physician is provided.**

## **SWIMMING EVENTS**

Medley Relay

Freestyle

Backstroke

Breaststroke

Butterfly

Free Relay

Swimmers may swim a total of three events in any combination.

## **DISTANCE**

The distance a child swims is determined by his/her age:

8 and under

Swim 25 meters/yards in all four strokes (butterfly, back, breast, free) including relays.

9 and 10

Swim 25 meters/yards in all four strokes, including relays.

11 and 12

Swim 50 meters/yards in all four strokes, including relays.

13 and 14

Swim 50 meters/yards in all four strokes, including relays.

15 to 18

Girls swim 50 meters/yards in all four strokes, including relays.

Boys swim 100 meters/yards in freestyle and 50 meters/yards in the remaining three strokes, including relays.

## **RIBBONS**

Ribbons will be awarded for First through Sixth place in individual events, First through Third for Medley Relay and First place for Free Relay. Heat winners will also receive a ribbon.

## **TEAM EQUIPMENT**

All team members should have a competitive swimsuit, goggles and towel. We recommend the following:

- Practice Suits – swimming suits worn during practice sessions that are durable and comfortable.
- Competitive Suit – either team suit or other racing suit that is tight fitting to reduce resistance and is made of lycra.

- Goggles – competitive swimming goggles are worn by the swimmers during practice and competition to enhance vision and protect the eyes from the effects of chlorine.
- Cap – a latex or silicone cap is used to protect the hair and cut down on resistance while swimming.
- Sweats – a sweat suit should be worn to keep the body warm after swimming and to keep the muscles warm and loose.
- Towel – a thick large towel is preferred.

### **SWIM TEAM RULES**

1. Swim team practices are for swimmers who will participate in swim meets.
2. Swimmers are expected to practice at assigned times, unless other arrangements are made with the coach.
3. Swimmers are expected to participate in meets, according to the events assigned by the coach. If a swimmer is unable to attend a meet, prior notice should be given to the coach whenever possible.

For regular meets, please notify the coach by Friday morning prior to the meet. This will allow time for line-up changes prior to the league deadline of Monday at 4 p.m. **Absolutely no changes can be made after this time.**

For the Relay and Championship meets, please notify the coach **at least two weeks in advance of the scheduled date.**

4. The coach will determine the order of all relays.
5. Swimmers are expected to stay for the entire meet, unless excused by the coach.
6. If a swimmer is unable to swim the length of the pool in a reasonable time as determined by the coaches, he/she may be asked to return next season after further development.

## **SWIMMER AND PARENT CONDUCT**

Swimmers are reminded that their behavior reflects on the entire team. It is expected that all swimmers and parents will act in a considerate and sportsmanlike manner to teammates, coaches, parents, officials, and any other member of the swimming community at meets, as well as at practices. Consistent with this premise, team members will remain in the pool area at all times during practice and meet unless otherwise approved by the coach. Any misconduct will be dealt with and may result in suspension from the next scheduled swim meet or suspension from the team. In addition to these special rules, the Avalon Golf and Country Club Rules will also be strictly enforced.

## **DISCIPLINARY ACTION FOR SWIM TEAM MEMBERS**

1. A swimmer may be asked by the coach to terminate practice for failure to follow instructions and/or behave in an acceptable manner.
2. A swimmer may be suspended from participation in a meet or removed from the team at the discretion of the coach if any of the following occur:
  - a. Unreported absences from practice
  - b. Chronic tardiness at practice
  - c. Leaving practice without permission
  - d. Fighting, physical or verbal abuse, vulgarity, disrespect, or similar unacceptable behavior
  - e. Practice disruption
  - f. Destruction of property, dishonesty, theft

*First offense – verbal warning*

*Second offense – one-week suspension*

*Third offense – expulsion from team*

## **SWIM TEAM BULLETIN BOARD**

Please check the bulletin board, located by the pool cafe, regularly for the latest news and information. Summer swimming moves very quickly and changes take place frequently. This bulletin board may be the only way to get current information to you.

Weekly results of the swim meets will also be posted on the bulletin board.

To avoid confusion, parents should make sure their swimmer knows what events they are swimming prior to the start of the meet. A list of each swimmer and the events they are swimming will be posted on the bulletin board. This list will be posted by Tuesday of each week.

## **VACATION BOARD**

There will be a vacation list posted on the bulletin board with all of the scheduled meets listed. Please sign the board under the appropriate meet if unable to attend. We ask that you sign up as soon as possible so that the coach can make the proper line-ups for each meet.

## **SWIM MEETS**

- The evening swim meets begin at 5:45 p.m.
- Swimmers should be at the pool by 4:45 p.m. for warm-ups, unless otherwise instructed by the coach.

## **TRANSPORTATION**

Parents are responsible for transporting their swimmer(s) to all meets. Directions to each club are available below.

## **WEATHER**

The YSL policy is whatever the weather (unless there is a tornado sited in the area) swimmers must go to the host pool (the place where the meet is being held) and it is determined there by the meet officials. **DO NOT** call the coach or the team representative because they will not know if the meet is being held until they get to the host team's pool. We **WILL NOT PERMIT** any swimmer in the water if thunder can be heard or if lightning is seen. Swimmers will not be permitted back in the water until at least **20** minutes has passed since the last time thunder was heard or lightning was seen.

## **SWIM MEETS**

Although Avalon Golf and Country Club is an independent swim team which holds its own practices and has its own coach, we combine and compete as one team at all swim meets with Tippecanoe Country Club, Trumbull Country Club and Youngstown Country Club. All of our home meets will be held at Tippecanoe Country Club. Because the country club teams are usually smaller in size than some of the swim clubs we compete against, this gives us greater numbers at the meets and makes all of the country club teams more competitive.

## **PARENT INVOLVEMENT**

From time to time, you will be asked to help at a meet. Some of the volunteer positions at a meet are:

**Clerk of Course** – this group makes sure all swimmers are lined up in proper order with their time card for each event.

**Timer** – there are three timers in every lane with a stopwatch. One member of the three records the time and circles the middle time.

**Runner** – hands time cards to timers then collects them after each heat and gives them, along with a finish judge sheet, to the reader.

**Scorer** – determines winners from times sent by timers and finish judges.

**Finish Judges** – stands at the finish line and visually determines place finish.

**Ribbon Table** – write winners names and times on back of ribbon during meet and distributes them.



## **Swim Club Information**

### **Boardman**

6907 West Blvd.  
Youngstown, Ohio 44512  
(330) 758-7802

### **Canfield**

522 Briarcliff  
Canfield, Ohio 44406  
(330) 533-6907

### **Applewood**

750 Teakwood Drive  
Youngstown, Ohio 44512  
(330) 758-1232

### **Warren Olympic**

3961 Tod Ave. NW  
Warren, Ohio 44485  
(330) 399-4048

### **Firestone (FAST)**

338 East Park Avenue  
Columbiana, Ohio 44408  
(330) 482-1026

### **Tippecanoe Country Club**

5870 Tippecanoe Road  
Canfield, Ohio 44406  
(330) 758-1232

### **Poland**

6072 Clingan Road  
Poland, Ohio 44514  
(330) 757-375

### **Logan**

3245 Logan Way  
Youngstown, Ohio 44505  
(330) 759-1060

Coach Jim offers private swim lessons to swim team members. Please contact him directly to set up a session.