**WALDEN GLEN SWIM TEAM HANDBOOK**



**Wahoos: "The Faster Fish"**

**Pool Website:**  [http://www.waldenglenpool.org](http://www.waldenglenpool.org/) **Pool Phone:** [703- 451-9503](tel:703-%20451-9503)

**Walden Glen on FACEBOOK:**[**https://www.facebook.com/groups/waldenglen/**](https://www.facebook.com/groups/waldenglen/)

**NVSL website:** <http://mynvsl.com>

**WALDEN GLEN SWIM TEAM GENERAL INFORMATION**

Welcome to the Walden Glen Swim Team! Since its inception in 1971, the Walden Glen Wahoos Swim Team has always been a strong and active team known for its determination and spirit.

The Wahoos compete in the Northern Virginia Swimming League (NVSL).The NVSLwas founded in 1956 to sponsor competitive swimming and diving in and among the community swimming pools in that area of Northern Virginia contiguous to the District of Columbia and to develop in the children participating in this program – *a love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship.*

**SWIM TEAM GROUPS**

There are three levels of team membership. 

**GENERAL SWIM TEAM**  
This level is for swimmers aged 8-under who can complete a minimum of 25 meters freestyle and 25 meters backstroke AND for swimmers aged 9-18 who can complete a minimum of 50 meters freestyle and 50 meters backstroke. All swimmers in this group must possess an understanding of breaststroke and butterfly.  General team swim practice is Monday through Friday.

The coaching staff will select swimmers from this group to swim in the Saturday morning dual meets, the Division Relay Carnival, and the Division Individual Championship meet. These swimmers will also have the opportunity to compete in the Monday evening dual meets.

**MINI WAHOOS**

This level is for 8-under swimmers who can complete 25 meters without stopping in a manner that resembles freestyle and with their faces in the water. These swimmers will have the opportunity to compete in the Monday evening dual meets when the coaching staff feels they are properly prepared. Some Mini Wahoos may also be selected for Saturday dual meets. Mini Wahoos practice Monday through Friday and are invited to attend all team functions.

**SWIM SCHOOL**

This level is for swimmers 6-under who can swim 10 meters in any fashion with their faces in the water. As soon as the coaching staff feels a swimmer has mastered the basic skills of competitive swimming, the swimmer will progress to the Mini Wahoo level. These swimmers may compete at home Monday dual meets when the coaching staff feels they are prepared to do so. Swim School will practice Monday through Friday. Swim school participantsare invited to attend all team functions.

**\*\*\***All potential Mini Wahoos and Swim School swimmers should come to the 8-under practice time on the Tuesday after Memorial Day for a coach's evaluation.

**SWIM TEAM PRACTICES**

The general team and the Mini Wahoos practice from the Tuesday after Memorial Day until the last Saturday in July. Practice times are in the afternoon until Fairfax County Public Schools releases; at which point, practice times shift to the morning.

The first practice for Swim School will be on the day of the first morning practice.

Add linked schedule

**MEET INFORMATION**

**TIME TRIALS**

This is a meet scheduled for practice and experience only. No ribbons will be awarded, and no team records can be set. However, time trials are important to establish a swimmer's current year seedtimes. Having accurate and current times on all swimmers allows the coaches to strategize against our opponents. Time Trials also offer an opportunity for new officials (timers, clerks, judges) to get valuable hands-on experience before the meet season begins. All officials should plan to attend time trials. Mini Wahoos and Swim School will not participate in Time Trials unless invited by the coach.

**SATURDAY NVSL DUAL MEETS**

There are five dual meets with the last dual meet always occurring on the next to last Saturday in July. These meets are scored and determine the team's standing in the Division at the end of the season. Dual meets permit three swimmers from each team in each event to compete against each other in these age groups: 8-under boys, 8-under girls, 9-10 boys, 9-10 girls, 11-12 boys, 11-12 girls, 13-14 boys, 13-14 girls, 15-18 boys, and 15-18 girls. The meet's 52 events start with freestyle races for each age group, then backstroke, breaststroke, butterfly, and an age group relay. The last two events of the meet are mixed-age relays swum by one 11-12, one 9-10, one 13-14, and one 15-18, in that order.

The top three finishers in each individual event will earn ribbons and score points for the team (5-3-1 points). Winners of each relay event earn a blue ribbon and 5 points for the team.

Swimmers may compete in no more than two individual events. In addition, qualifyingswimmers may compete in a maximum of one relay and the mixed-age relay.

The coaches will determine the placement of swimmers in events for NVSL dual meets. Occasionally, swimmers may be asked to swim in an age group older than their own (swimming up). These decisions are made for the good of the team, and team members can support the team by supporting these decisions.

**NVSL DIVISION RELAY CARNIVAL**

There are six teams in each NVSL division, and all six compete in the Division Relay Carnival, which takes place on the Wednesday evening between the third and fourth dual meets. The Relay Carnival is a scored meet where all events are relays.  Each age group competes in a freestyle relay and a medley relay. Points are scored for first through sixth place.

**NVSL ALL-STAR RELAY CARNIVAL**

There are seventeen divisions in the NVSL. The eighteen fastest relays in each event from these Division Relay Carnivals compete at the NVSL All‑Star Relay Carnival. This is a scored meet swum on the Wednesday evening between the fourth and fifth dual meets.

**DIVISION INDIVIDUAL CHAMPIONSHIP MEET (DIVISIONALS)**

Divisionals is held on the last Saturday of July. Two swimmers from each team in the division compete in each of the individual events. The individual medley (I.M.) event is included in lieu of the relay events. Swimmers may swim a maximum of two events at Divisionals. The top six swimmers in each event receive a plaque.

**ALL-STAR INDIVIDUAL CHAMPIONSHIP MEET**

This meet is swum on the first Saturday in August. The eighteen fastest times in each event swum at the Divisional meets throughout the NVSL are brought together to swim at All-Stars.

**MONDAY NIGHT DEVELOPMENTAL MEETS**

Walden Glen is a member of the Springfield-Burke Developmental League. The goal of the league is to develop more well-rounded, competitive swimmers.

These meets are not scored; however, they are conducted with the same competition rules as Saturday dual meets. and ribbons are awarded. These meets include the I.M. events and afford swimmers the opportunity to select their events in accordance with the eligibility rules below and the approval of the coaching staff.

**SPRINGFIELD-BURKE DEVELOPMENTAL LEAGUE MEET RULES**

**Reference rule 3. ELIGIBILITY**

A. Swimmers shall not swim any event swum at the preceding NVSL-

sanctioned dual meet.

B. Swimmers shall swim no more than two events.

C. Swimmers shall not be entered in events in which the swimmer has no

likelihood of swimming legally.

D. Swimmers shall swim in their age groups at Developmental Meets.

**GENERAL MEET GUIDELINES**

1. Swimmers will get their own transportation to and from meets.
2. When we travel to Saturday away meets, we meet at our pool in the morning. Directions to the away meets will be emailed weekly. When the team travels to Monday night meets, we do not meet first. Just go to the away pool and look for the team area.
3. Each team is assigned a designated team area. Swimmers may not leave the team area without the permission of the coach so that they do not miss an event. **PARENTS**: **Please do not remain in the team area.**
4. The coaches will help swimmers report for their events on time. Swimmers will go to the Clerk of Course and remain in that area until they are ready to compete.
5. Swimmers should report to their coaches before and after each swim.
6. The call for quiet (referee's whistle) must be observed if the starter is to start each race fairly.
7. Please respect all volunteer officials. If you have questions, please take them to the Team Rep (only a Team Rep may approach an official).
8. Unsportsmanlike behavior will not be tolerated. There will be no booing, vulgarity, or any form of poor sportsmanship.
9. After each meet, the entire team is expected to make sure that our team area is completely clean beforeanyone leaves.
10. Do not leave a meet without informing the **head coach** to ensure that the swimmer is not needed for a later event.
11. If something unexpected happens that will prevent your swimmer from competing, please let the head coach know as soon as possible.

**WHAT TO BRING TO A MEET (LABEL EVERYTHING WITH YOUR LAST NAME)**

1. Cap and goggles (wear your suit)

2. Towel

3. Sunscreen

4. T-shirt or sweatshirt (esp. Monday evening meets)

5. Shoes or sandals

6. Water bottle and/or light snack. (Swimmers may not hang out at the concession stand).

**NOTE about electronics: Don't bring 'em!**

**TEAM EQUIPMENT**

**SUITS**: All swimmers are strongly urged to purchase and wear the official team suit, but team suits are *not* mandatory. Team suits can be purchased at SuitUp LLC in Fairfax.

10631 Braddock Road                      Open Mon, Wed 10am-7pm; Tue, Thu-Fri 10am-6pm;

Fairfax, VA 22032                              Sat 10am-5pm  
[(703) 278-8202](tel:%28703%29%20278-8202)                                  *www.suitupnow.com*

**CAPS**: Walden Glen team caps should be work while participating as a Walden Glen team member in an NVSL meet (you can also wear a plain swim cap with no other team logo, but we hope each swimmer will want to sport the Wahoo colors). The concession stand for home meets will have caps for sale. Swim team members can wear any kind of swim cap during team practices.

**GOGGLES**: Goggles are a must-be-worn item in practice and meets.

**How to be successful as a Wahoo!**

Come to practice **on time and prepared** with everything you need, including suit, goggles, cap, towel, and water bottle. Team members must obey the coaches and follow all pool rules.

During the first weeks of afternoon swim practice, parents may remain on the deck during practices. However, please hold all comments or questions for the coaches until after practice is finished.  Once morning practices have begun, parents should **NOT** be on deck during practices. Please sit in the pavilion or the grass area.

Since our team spans all ages, **all conduct from coaches, swimmers and parents should be an example for our younger swimmers and appropriate for their observation and imitation.**

Success in summer swimming is directly linked to time in the water. Success does not necessarily mean wins or faster times in races. Success comes with confidence and smiles on your children’s faces. Consistent practicing over the 8-week regular season can yield amazing improvements. As many of us know, routines are good for most children. The daily summer practice routine will help get the day going. The coaches will ensure that practices are fun and challenging for all age groups.

**Nutrition and hydration for your swimmer**

On meet days, a good light breakfast is the order. Remember athletes need healthy fuel to swim. Let your swimmer have a doughnut AFTER the day’s swims, not before. The concessions crew wants your sales, but just spread the purchases out over the course of the morning.

**Hydration**:  We strongly urge all swimmers to bring their own water bottles both to practices and meets with their name indelibly written on the bottle. Hydration is a key element in swimming.

Also, if you are swimming on Saturday, please do not stay out in the sun on Friday afternoons. Coaches do not want to see dual meet swimmers hanging out at the pool unless you are at the pep rally!

**WEATHER CONDITIONS**

If the pool is open, the team will practice. At swim meets, we swim rain or shine. NVSL dual meets are rarely rescheduled and never canceled. If there is inclement weather, swimmers should wait in cars until a decision has been made by the Team Reps on when the meet will resume.

**PARENT VOLUNTEER PARTICIPATION IS EXPECTED**

The Wahoos need volunteer commitment. Each family should plan to volunteer throughout the season. Our volunteer coordinators are creative and will work with you to ensure you have the opportunity to volunteer.

It takes over 40 adults to conduct a dual meet. This does **not** include concession workers at the home pool. Below is a list of the officials required to conduct a dual meet. Positions marked with an \* require attendance at an NVSL instructional clinic within the past 2 years:

Home team provides:                                                     Visiting team provides:

1 Referee\*

1 Starter\*

1 Marshall                                                                       1 Marshall

2 Stroke & Turn Judges\*                                                 2 Stroke & Turn Judges\*

4 Relay Take-off Judges                                                   4 Relay Take-off Judges

1 Clerk of Course                                                             1 Assistant Clerk of Course

1 Announcer

9 Timers                                                                            9 Timers

1 Scorer                                                                           1 Assistant Scorer

1 Chief Timer                                                                     1 Asst. Chief Timer

1 Awards Clerk                                                                  1 Ass't Awards Clerk

1 Table Runner

The NVSL requests that dual meet officials **wear white shirts and dark blue shorts** (no denim or team affiliated gear). For developmental meets, there are no attire requirements.

In addition, there are many other volunteer needs to be met. Other possible volunteer positions include parking lot officials,meet prep (deck setup), meet takedown, concession supply shopper, grill master, pep rally helper, photographer, and videographer.

Link with List of Volunteer Coordinators

**TEAM ACTIVITIES**

Team social activities begin after the end of the school year. Information on each week's activities will be emailed in a weekly newsletter. All three levels of the team are encouraged to attend all team activities.

**Pep Rallies** will be held on the Friday evenings before dual meets and Divisionals. The team gathers around the pool pavilion for a pot-luck dinner and an activity related to the next day’s dual meet. Each Friday, a girl and boy swimmer will receive a “Wahoo of the Week" Award, selected by the coaches, given to the team members who best exemplify team effort, attitude, and drive during that week.  The Pep Rally will end with some cheers and a treat.

**The Wahoo Hop** is the social affair of the summer for our swimmers who love to dress to the nines! Snacks are brought by families as the kids dance the night away. The older kids get the last hour to themselves.

**The Lip Synch** is the night when the kids and even some parents do their best pop star imitations and display their talents. The coaches always impress us with their own productions! Prepare your acts and get ready to shine!

**Swim Team Pictures** will be taken by a professional photographer (team and individual pictures). Purchase of pictures is optional; however, please plan to attend the team photo session. Please come in your team (or like-colored) suit.

**The Lollipop Meet** for the Mini Wahoos and Swim School takes place on the last day of their practice. All Mini Wahoos and Swim School participants will have a chance to compete. The meet is run by the coaches and older swimmers. Assistance in the water will be provided for those swimmers who want it.

**The End of Season Awards Banquet** is held the evening of the Divisional Meet (the last Saturday in July). The team banquet held at Walden Glen gives us a time to come together as a team and celebrate our season. The awards are decided by the coaches.

Coaches will honor the **Most Improved** and **Most Spirited** swimmer in each age group.

**The Wahoo Award** exemplifies all that it means to be a Wahoo. The Wahoo Award is awarded to two leaders (one boy and one girl) whom the coaches trust and the teammates respect. They are dedicated to the Walden Glen Wahoos and the sport of swimming. They excel in effort, team spirit, and good sportsmanship.

**The Jeff Trowbridge Award** is given to a swimmer graduating from the team whose Wahoo career best exemplifies Jeff Trowbridge's commitment to his team and to swimming. Jeff was an active member of the Wahoos for ten years (1973 to 1982). He remained involved with the team until he graduated – swimming at the NVSL All-Star Meet as well as winning the Wahoo Award when he was 18.  Jeff Trowbridge died on January 1, 1994, while on active duty in the U.S. Navy aboard a destroyer in Japan.  He was 30 years old at the time of his death.

**NVSL SCHOLARSHIPS**

Each year the NVSL awards three or four $1500 scholarships to graduating seniors. The application deadline is in the middle of June. See the NVSL website for details.

Go

Wahoos!!