



2010

SUDLEY

SWIM

TEAM

HANDBOOK

***CALENDAR**

***SCORING METHOD**

***SWIM TEAM HISTORY**

www.sudleyclub.org

FORWARD

The Sudley Club Swim Team Committee has prepared this handbook to serve as both an introduction to the sport of competitive swimming for new members and as a package of useful information for all to further your enjoyment of the swim season. We hope you will gain a basic working knowledge of how the sport is organized and where our team fits in. Please ask any of the committee members (listed at the end of handbook) for any clarifications or additional information you may desire. We want you to be well informed, and we sincerely welcome your participation with the team.

SUMMER SWIM TEAMS

A summer swim team is set-up to swim competitive meets with other swim teams in an atmosphere of fun, personal challenge and development, and friendly rivalry.

This team is a part of a larger league, the Prince William Swim League (PWSL), which has eight divisions and currently 24 teams.

Prince William Swim League (PWSL)

Blue:

Kingsbrooke
Braemar
Sudley

Yellow:

Dominion Valley
Dale City
Montclair

Red:

Lake Ridge
Ridgewood
Victory Lakes

Black:

Brookside
Stonewall
Virginia Oaks

White:

Bridlewood
Ashland
Wellington

Orange:

Ben Lomond
Veterans' Park
Westridge

Green:

Old Bridge
Piedmont
Meadowbrook

Purple:

Lake Manassas
Southbridge
Urbanna

Teams may be organized at private communities from membership only or recreation clubs, or at public or park pools (e.g., Ben Lomond). The teams combine swimmers who may be members of year-round teams (often called winter league), summer-only swimmers, or first-time members just interested in seeing what competitive swimming might be about.

A typical summer season runs about 8 weeks and usually includes a generous schedule of practice hours, a time-trial meet at the beginning of the season to establish baseline times for each swimmer in each stroke he or she can swim, six regular swim meets (for the 2010 swim season, the Sudley Team will swim dual meets), and a Divisional Championship which combines all the teams within one division for a season finale.

During the short, busy season and numerous dual meets, a summer team is often able to create more intense excitement and team spirit. The summer is fun and the swimmers can feel themselves improving so much that many of them hate to see the season come to a close.

SUDLEY SWIM TEAM PRACTICE

Swimmers will be assigned by the Head Coach to "Lane" Coaches or Dennis's Group depending upon age and ability.

May 27 - June 18

4:30 - 5:30 - Swimmers assigned to lanes

5:30 - 6:30 - Dennis's Group (first day of practice is May 28)

June 21 - July 30

Morning Practice 9:00 - 11:00

Evening Practice (Optional) 5:15 - 6:00 Swimmers assigned to lanes

6:00 - 7:00 Dennis's Group

June 30 - July 28 (Dennis's Group Only)

*Breakfast Club (Optional) Wednesdays 6:45 - 7:45 a.m.

(*Bring \$ for Breakfast)

Practice arrival time should be early enough for the swimmer to be in his/her lane with cap and goggles BEFORE the start of practice.

INFORMATION PERTINENT TO SWIM MEETS

Swimmers will swim in meets upon the discretion of the Head Coach who will determine which events the swimmer will swim and who will be on the relays. If a swimmer is not entered into the meet, he/she will swim during the regular season in the Friday evening "Mini" Meet held each Friday at 6 p.m.

Swimmers will compete in particular age groups determined by their age on June 1st. Each swimmer is eligible to swim in 3 individual events and 2 relays. Each team is only allowed 600 entries. A lot of time and effort is put into entries for each meet--making sure everyone swims as many events as possible making sure swimmers obtain 1 legal time in each stroke, and not exceeding 600 entries. **It is very crucial for the swimmer/parent to sign in the book located in the canteen if the swimmer will not be attending a particular swim meet. This should be done no later than the Sunday prior to the meet. Meet entries must be turned in on Thursday evening. Twenty-four changes are allowed on Saturday, BUT these changes will not count towards the team score.**

To swim in the Divisional Meet, swimmers must have swum in two regular meets and have 1 legal time in the strokes they are entered. Again, each swimmer can swim 3 individual events and 2 relays, and each team is only allowed 600 entries.

On the day of the swim meet, swimmers should arrive at least 15 minutes prior to the assigned warm-up time. This will be announced each week. Swimmers need to stay in the designated team areas and report to the "Team Callers" when their event is called. If it is **necessary to leave the meet early, NOTIFY** the Head Coach and "Team Callers." This is especially important for the relays. **Even if you're not entered into a relay**, please be available if there needs to be last minute adjustments.

Ribbons will be handed out in the picnic area immediately after the home meets and at a designated time after the away meets. For Regular Swim Meets, ribbons are given for the top twelve places in each event (see "2005 Scoring Method"). In addition, achievement ribbons are given to swimmers who take half a second or more off their best time. A white ribbon is given for taking off .5 - 2.99 seconds; a red ribbon for 3 - 4.99 seconds; and a blue ribbon for 5 seconds or more. **It is requested that during the ribbon presentation, the adults and children give the coach and swimmers their attention and keep the noise down so it is not distracting.**

During the regular swim meet season, a weekly newsletter will be available by Tuesday mornings in the canteen. The newsletter will include "Mini" Meet results, meet results, next meet information, and other pertinent information. Highlights of the Swim Meets will appear in local newspapers.

2010 Swim Meet Schedule

June 19.....	Sudley vs. Dominion Valley.....	Away	
June 26.....	Sudley vs. Ridgewood.....	Away	
July 3.....	Sudley vs. Braemar.....	Home	<i>Directions to</i>
July 10.....	Sudley vs. Lake Ridge.....	Home	<i>pools on</i>
July 17.....	Sudley vs. Kingsbrooke.....	Home	<i>last page.</i>
July 24.....	Sudley vs. Montclair.....	Away	
July 31..	Divisionals....Sudley vs. Kingsbrooke vs. Braemar... ..	Home	

COMPETITIVE SWIMMING

Competitive Swimming has four basic strokes--freestyle, backstroke, breaststroke, and butterfly. Strokes are swum to obtain the fastest legal time and points are awarded to the swimmers with the fastest times for a designated number of places. Points accumulate for the team throughout the meet. The team with the highest score wins the meet.

In a meet, the strokes are swum in a variety of events. An event is a classification of: who's swimming; what stroke; and the distance, e.g., Event #10, Boys 8 & U, 25 meter, Freestyle. Each event is swum in Heats--sets of usually 6-8 swimmers grouped to swim in order from slowest to fastest with the number of heats dependent upon the total number of swimmers signed-up for that event. Our meet schedule has 67 events and usually is completed within 5 hours.

MEET FORMAT

**66	15-18	200 meter Free Relay	**67
1	8 & U	100 meter Mixed Medley Relay	
<u>BOYS</u>			<u>GIRLS</u>
2	9-10	100 meter Medley Relay	3
4	11-12	100 meter Medley Relay	5
6	13-14	200 meter Medley Relay	7
8	15-18	200 meter Medley Relay	9
10	8 & U	25 meter Freestyle	11
12	9-10	50 meter Freestyle	13
14	11-12	50 meter Freestyle	15
16	13-14	50 meter Freestyle	17
18	15-18	50 meter Freestyle	19

<u>BOYS</u>			<u>GIRLS</u>
20	10 & U	100 meter I.M.	21
22	11-12	100 meter I.M.	23
24	13-14	100 meter I.M.	25
26	15-18	100 meter I.M.	27
28	8 & U	25 meter Backstroke	29
30	9-10	50 meter Backstroke	31
32	11-12	50 meter Backstroke	33
34	13-14	50 meter Backstroke	35
36	15-18	50 meter Backstroke	37
38	8 & U	25 meter Breaststroke	39
40	9-10	50 meter Breaststroke	41
42	11-12	50 meter Breaststroke	43
44	13-14	50 meter Breaststroke	45
46	15-18	50 meter Breaststroke	47
48	8 & U	25 meter Butterfly	49
50	9-10	25 meter Butterfly	51
52	11-12	50 meter Butterfly	53
54	13-14	50 meter Butterfly	55
56	15-18	50 meter Butterfly	57
58	8 & U	100 meter Free Relay	59
60	9-10	100 meter Free Relay	61
62	11-12	100 meter Free Relay	63
64	13-14	200 meter Free Relay	65

** Events 66 and 67 (15-18 Free Relays) will be swum first then Events 1, 2, etc.

STROKES

FREESTYLE events allow the competitor to swim any stroke he/she prefers (even combinations of stroke parts or switching among them). Freestyle is usually the swimmer's fastest stroke. The stroke most often used is the crawl--an alternating overhand pull and alternating up and down flutter kick.

BACKSTROKE events require the swimmer to stay on his/her back at all times throughout the swim except at a "flip turn" where he/she may, as part of a continuous turning action, roll past vertical toward or onto the breast just before flipping down to kick off the wall. Backstroke is rather like an upside-down crawl stroke.

BREASTSTROKE is one of the most difficult strokes for many swimmers to master. The arms pull simultaneously in a heart-shaped movement and are pushed forward together (called recovery) on, under, or over the surface of the water and in the same horizontal plane (no alternation up-down or left-right). The kick is a simultaneous frog-like action with the toes pointing outward to the sides during the propulsive part of the stroke. The stroke must be done as one arm pull--one kick, in that order with some part of the swimmers head breaking the surface at least once during each complete cycle. At turns and at the finish, the wall must be touched by both hands simultaneously at, above, or below the surface of the water with the shoulders kept in-line with the surface of the water level. The body must be positioned on the breast at all times during the stroke except during a turn. There, the shoulders may be off the breast as far as vertical (one up, one down) when the feet leave the wall, but must be in-line again from the beginning of the first arm stroke after the turn (i.e., the swimmer may push off on his side, not tilted toward the back, and roll into position during the glide before beginning the arm stroke.)

BUTTERFLY (also called the Fly or Butter) is a beautiful and powerful stroke. The arms stroke simultaneously with an overhead pull and recover forward over the surface of the water. The kick is a simultaneous up and down dolphin-like action. At the turn and the finish, the hands must touch simultaneously. Butterfly developed as a variation of breaststroke in the early 1950's.

INDIVIDUAL MEDLEY (called IM for short) is an event in which one swimmer swims all four strokes; each stroke is swum for one-fourth the total distance. IM is swum in stroke order of butterfly, back, breast, and free. It requires balance in all strokes as well as starts and turns to obtain a good performance.

RELAY TEAMS consist of four swimmers together. Each swimmer swims one-fourth the total distance (one "leg") of the event. **MEDLEY** relays feature all four strokes. Unlike the IM the Medley Relay is swum in stroke order of back, breast, fly, and free. **FREE** relays are all Freestyle legs and are usually the exciting conclusion to a meet. Relay "legs" are usually called lead-off, second, third, and anchor.

In addition to the strokes themselves, **STARTS** and **TURNS** are very important components of the swimmer's total performance. Many events are won or lost by the power of the start or the quickness of the turn.

RULES

The rules and regulations of competitive swimming are in place to ensure uniform standards of performance and "fair and equitable conditions of competition . . . so that no swimmer shall obtain unfair advantage over another." Trained officials watch the swimmer's performance to verify compliance with the rules during all events. Disqualifications (DQs) can result from violating technical stroke rules or from general infractions, such as not getting to the start on time, starting too early (false start), walking along or pushing off the bottom, pulling along the lane lines, unsportsmanlike or unruly behavior.

Technical rules exist for each stroke. Common violations include:

Freestyle--not touching the wall at each turn or at the finish.

Backstroke--turning over too far toward the breast before the touch at the finish; pushing off the wall too far toward the breast at a turn; floating, gliding, or swimming while on the breast for a "flip turn" independent of a continuous turning action; and leaning upright or rolling sideways too far toward the breast during the stroke.

Breaststroke--one-hand or non-simultaneous touch at a turn or at the finish; non-simultaneous kick; flutter kick; dolphin kick; toes not turned out on the kick; non-simultaneous arm stroke; and taking the second arm stroke or the second kick without the head breaking the surface of the water.

Butterfly--bringing the arms forward under the water (underwater recovery); non-simultaneous (i.e., alternating) arm pull or kick; one-hand or non-simultaneous touch at a turn or at the finish; shoulders not in-line with the surface of the water at and from the beginning of the first arm stroke at the start or after a turn; taking a second arm stroke underwater before the head breaks the surface at the start or a turn.

OFFICIALS

Officials are present at all meets to conduct the proceedings in accordance with the rules and to observe the swimmers' performance to ensure technical compliance and fair and equitable competition. Officials are volunteers. In order to be certified, officials attend training clinics and work meets as trainees alongside certified officials. PWSL meet officials include:

REFEREE--has overall authority and control of the competition to ensure that the officials are properly assigned and the rules are being responsibly enforced. He/she signals the start of the competition and decides all questions relating to the conduct of the meet.

STARTER--assumes control of the swimmers from the Referee until a fair start is achieved; calls the heat into position; notifies the swimmers of the distance and event; gives the command "Take your mark," and signals the start.

STROKE AND TURN JUDGES--combine duties to observe the swimmers from positions along the ends and sides of the pool to ensure that the swimmers comply with the rules governing each stroke, turn, finish, and relay exchange; indicate infractions of the rules as disqualifications by raising one hand overhead with open palm; and notify the swimmer, if possible, why the swimmer is disqualified.

TIMERS--operate manual stopwatches to take the official time for the swimmer in their lane. Three timers are assigned to each lane. Times are recorded on the swimmer's time card by the recorder. He/she is also responsible to determine that the proper swimmer is in his/her lane.

SCORERS--receive the recorded times from the heats; note the official time; assign the appropriate place and points; and track the accumulating score.

How official times are determined:

- A. If the times of all three watches agree, that time shall be the official time.

EXAMPLE 32.04
32.04 32.04
32.04

- B. If the times of two of the three watches agree, that time shall be the official time.

EXAMPLE 36.93
36.87 36.93
36.93

- C. If all three watches disagree:

1. The time of the middle watch shall be the official time as long as there is not a difference of .5 second.

EXAMPLE: 41.34
41.31 41.34
41.35

2. If a time is off by .5 second from the middle time, that time is dropped and the other two are averaged.

EXAMPLE: 41.34
41.31 Official time is 41.32 (41.34 and 41.31 are
41.88 averaged = 41.325. You do not round up)

3. If 2 times are off .5 second from the middle time, those times are dropped and the middle time is used.

EXAMPLE 41.34
40.73 Official time is 41.34
41.88

- D. If, because of the failure of the watch or its operator, times from only two watches are available, the official time shall be the average of those two watches. When watches are read to the hundredths of a second, any average resulting in a thousandth of a second shall not be rounded up to the next lowest hundredth of a second.

EXAMPLE: 32.03 Official time is 32.05 (32.03 and 32.08 are averaged =
 32.055
 32.08 Do not round up).

CLERK OF COURSE--calls the participants for events from the field; arranges the swimmers into their proper heat and lane assignments for each event; and sends the heats to the start to ensure a timely schedule.

2010 SCORING METHOD

The PWSL scoring for **Dual/Tri/Quad and Divisional Meets** are as follows:

Dual Meet Scoring

Overview. PWSL dual meets are comprised of 67 events: 19 relays and 48 individual events. Swimmers earn points for their team by competing in relay events and by being one of the six fastest finishers on their team in individual events. The team with the most points wins the meet.

Relay Event Scoring. *Points are awarded for the first 2 places* as shown. First Place in relay events is won by the fastest legal swim, the opponent takes Second Place by completion of a legal swim. The same team cannot score points for both First and Second Places. *Ribbons are awarded to each relay swimmer in the first, second, and third* legal swims based on time. The same team can receive ribbons for first, second, and third place finishes.

Relay Team	
Place	Points
1	47
2	32

Individual Event Scoring. Swimmers can earn individual points in Free, IM, Back, Breast, and Fly events.

1. Points are awarded for up to 12 places per event as shown.
2. The fastest 6 finishers for each team will score points by completion of legal swims.
3. The same team cannot score points for more than 6 places.

Ribbons are awarded to the top 12 legal finishes, regardless of of team, based on time. Ribbons are also awarded for the top 12 6 & Unders in Free and Back events based on time.

Individual	
Place	Points
1	13
2	11
3	10
4	9
5	8
6	7
7	6
8	5
9	4
10	3
11	2
12	1

Tri Meet Scoring

Overview. PWSL dual meets are comprised of 67 events: 19 relays and 48 individual events. Swimmers earn points for their team by competing in relay events and by being one of the six fastest finishers on their team in individual events. The team with the most points wins the meet.

Relay Event Scoring. *Points are awarded for the first 3 places* as shown. First Place in relay events is won by the fastest legal swim, the opponent takes Second Place or Third Placed, based on time, by completing legal swims. The same team cannot score points for more than one place. *Ribbons are awarded to each relay swimmer in the first through fourth legal finishes based on time.* The same team can receive ribbons for multiple places but can only score once.

Relay Team	
Place	Points
1	79
2	53
3	40

Individual Event Scoring. Swimmers can earn individual points in Free, IM, Back, Breast, and Fly events.

1. Points are awarded for up to 18 places per event as shown.
2. The fastest 6 finishers for each team will score points by completion of legal swims.
3. The same team cannot score points for more than 6 places.

Ribbons are awarded to the top 18 legal finishers, regardless of team, based on time. Ribbons are also awarded for the top 12 6 & Unders in Free and Back events based on time.

Individual	
Place	Points
1	19
2	17
3	16
4	15
5	14
6	13
7	12
8	11
9	10
10	9
11	8
12	7
13	6
14	5
15	4
16	3
17	2
18	1

Quad Meet Scoring

Overview. PWSL dual meets are comprised of 67 events: 19 relays and 48 individual events. Swimmers earn points for their team by competing in relay events and by being one of the six fastest finishers on their team in individual events. The team with the most points wins the meet.

Relay Event Scoring. *Points are awarded for the first 4 places* as shown. First Place in relay events is won by the fastest legal swim, the opponent takes Second Place or Third, or Fourth Place, based on time, by completing legal swims. The same team cannot score points for more than one place. *Ribbons are awarded to each relay swimmer in the first through fourth legal finishes based on time.* The same team can receive ribbons for multiple places but can only score once.

Relay Team	
Place	Points
1	99
2	66
3	50
4	33

Individual Event Scoring. Swimmers can earn individual points in Free, IM, Back, Breast, and Fly events.

1. Points are awarded for up to 24 places per event as shown.
2. The fastest 6 finishers for each team will score points by completion of legal swims.
3. The same team cannot score points for more than 6 places.

Ribbons are awarded to the top 24 legal finishers, regardless of of team, based on time. Ribbons are also awarded for the top 12 6 & Unders in Free and Back events based on time.

Individual Place	Points
1	25
2	23
3	22
4	21
5	20
6	19
7	18
8	17
9	16
10	15
11	14
12	13
13	12
14	11
15	10
16	9
17	8
18	7
19	6
20	5
21	4
22	3
23	2
24	1

Divisional Meet Scoring

Overview. PWSL divisional meet scoring is identical to scoring for regular season meets. The specific scoring scenario is based on the number of teams competing at the divisional meet. Two team divisionals use dual meet scoring, three divisionals use tri meet scoring, and four team divisionals use quad meet scoring. The team with the most points wins the meet.

Special Consideration for Ribbons. Regardless of the number of teams competing at a divisional meet, ribbons are awarded to the top 24 finishers based on time in each individual event and top 4 relay teams in each relay event. Ribbons are also awarded for the top 12 6 & unders in Free and Back events based on time.

"Cyber Meet" Ribbons. After all Divisional meets are completed, results from all sites will be combined and overall top 12 swimmers in each individual event will be awarded special recognition ribbons.

EQUIPMENT

Competitive swimming is not an equipment-intensive sport (unless you count the pool). At its simplest, all a swimmer needs is a swim suit and towel. Beyond this, there is additional gear which can help in both practice and competition. Desirable equipment includes:

GOGGLES--protective watertight lenses to improve vision and protect the eyes from the chemical irritation or the distraction of the splashing water.

CAP--A tight fitting swim cap worn to reduce drag and to prevent long hair from creating interference; often displays a team insignia.

COMPETITION SUIT--A tight fitting swimsuit, usually one or more sizes smaller than normal for minimal drag.

PRACTICE SUIT--A looser-fitting suit worn during practice or warmup.

SWEATS--Usually a hooded sweatshirt, regular sweatshirt, or T-shirt, often with team logo, used to keep muscles warmed up to and from swims or between events during meets in colder weather.

NOTE--Goggles and caps are legal in competition and are considered essential by many swimmers and coaches. Sudley swim team offers goggles and caps for sale at the canteen. This year's competition suit is available at Sport Fair located in Arlington.

WATERBOTTLE--An important item to keep fluids available throughout practice or competition. It is often used for one of the various high-energy or thirst-quencher drinks.

LOG BOOK--A notebook to record swim meets, stroke swum, times, notes, etc. For your convenience, we are providing a log sheet at the end of the handbook. Please feel free to copy.

NUTRITION

Ongoing research in sports nutrition regularly confirms the importance of a proper diet upon performance. There are no magic food choices and balance. Moderation and sensible selections are still the best bywords. A proper diet should include 50-60% carbohydrate, 20-30% fat, and 14-18% protein.

During training, a high carbohydrate diet is important. Training uses a tremendous amount of calories. Eating a healthy diet and taking a high carb food or drink in the first 30 minutes after a practice can minimize depletion of energy stores.

Especially for the two or three days preceding a competition, eating a high carb diet (pasta, baked potatoes, lowfat pizza) with plenty of fluids will build up reserves. A light, high carb meal 2-3 hours before the event should be the top-off.

During the competition, the best foods are light, lowfat, and high carb which contain a variety of vitamins and minerals. Such foods include:

Fresh fruits--bananas, apples, grapes, oranges, etc.
Dried fruits
Fruit juices or nectars

Muffins
Fruit breads--banana, cranberry, etc.
Unbuttered popcorn

Liquid sport drinks--Exceed, Gatorade, etc.	Cereal or cereal bars
Fresh vegetables--carrots, cucumbers, celery, etc.	Oatmeal cookies
Yogurt or frozen yogurt	Low fat crackers
Ice milk	Rice cakes
Low fat milk	Breadsticks, bagels
Instant breakfast drinks	Pretzels
Thick crust pizza with low fat (no extra cheese. sausage. pepperoni, etc.) toppings	

NOTE: Candy bars, some granola bars, potato chips, nachos with cheese, hot dogs, and sodas are high fat, high sugar, or both and should be consumed only in moderation if at all during a meet.

Liquids are also very important during a competition. Dehydration causes slower performance because the muscles are not able to work at full speed. A swimmer should have plenty of noncarbonated fluids before, during, and after a meet. You can't rely upon thirst to judge fluid needs. Swimmers should be reminded to drink. Cool water is the best fluid.

After a competition the muscles' energy supplies will be lowered. A good high-carb meal after a meet will help ensure a quick recovery.

PARENTS

The role of parents in competitive swimming is very important. Parents are the swimmers most important cheerleaders and are role models for attitudes, values, and behaviors. The success of the child's experience in swimming is deeply influenced by the parents' response and involvement with it. Parents who provide a stable, loving, and supportive environment and who show respect and good sportsmanship toward coaches, officials, opponents, and teammates will find the same values reflected in their children. Most children start out liking swim team because it's fun. Then they gain a pride of accomplishment as their efforts lead to improvement. They love to see that same pride on their parents' faces; they're quick to perceive disappointment there too. The best way to ensure that your child will continue to enjoy swimming is to be enthusiastic and supportive of his/her goals (which are not necessarily your own). Remember that each swimmer is trying his/her best; no one goes out to do poorly, and it can feel pretty lonely out there if things aren't going so well. Try to maintain a positive learning atmosphere when your child makes a mistake and always make your child feel like a winner whenever he/she has done his/her best effort.

Parents will be requested to bring snacks for two home meets to sell at the snack bar. We suggest individually wrapped food or drink. Each family will be alphabetically assigned a home meet. First home meet, July 3, Last name A-I. Second home meet, July 10, Last name J-R. Third home meet, July 17, Last name, S-Z. DIVISIONALS, July 31, each family should make a small cash donation for purchasing food for divisionals.

FINANCIAL OBLIGATION

- \$30 Registration Fee per child
- Sell (3) Raffle Tickets (\$25) per child
- Donate item / service to Raffle
- Donate item/cash for Concession at one home meet & Divisional Meet -- see assignment above.

PARENT OBLIGATION:

- Attend Parent Meeting
- Help swimmer to meet their obligations:
Attend practices and swim meets and **BE ON TIME READY TO SWIM!**
If unable to attend a meet, sign in "THE BOOK" located in the canteen ASAP or no later than the Sunday prior to the meet they will be missing.
- Volunteer to help at swim meet either at Friday Mini Meet or Saturday Meet depending upon which meet your child swims OR
- Volunteer to help with other swim team activities.

ANNE RIPOL AWARD

The Anne Ripol Memorial Award was established after she was tragically killed in an automobile accident at the age of twelve. This award recognizes the team members, who in the head coaches opinion, displays the qualities that represent the Sudley Team. To be eligible for the award, a person must have been a member of the team for a minimum of three years and must be in the 13-14 or 15-18 age group.

The following poem is inscribed on the top of the Anne Ripol Memorial Award.

Sparkling Eyes, bright smile,
Hardworking, cheerful, and warm.
Eager to help, Eager to learn,
A friend to many--a teammate to all.

JAMES MUST MEMORIAL SCHOLARSHIP was established after the death of Jim. Jim was the President of Sudley for many years and had a special love in his heart for the Swim Team. This scholarship, funded by the July 4th raffle, was established to recognize swimmers who are completing their final year of swimming eligibility. The guidelines are as follows: (1) must be a swimmers on Sudley Swim Team swimming their last year of eligibility, i.e., 18 on or before June 1st; (2) must have been a swimmers on the Sudley Swim Team for 5 consecutive years; (4) must be attending some type of school after high school graduation; (4) return application and essay—"What the swim team has meant to me" by designated deadline. Applications and essays are reviewed by Swim Team Committee and awards presented at Divisional award ceremony.

"Dear Mom and Dad,

- Realize that swimming is just one thing I do. I also study, spend time with my friends, my family, play another sport, and need some time to just goof around. I'm not necessarily ready to be a labeled "a swimmer."
- Realize that I am not perfect. I am just like a rose, perfect in every state, from bud to flower, but not the same all the time. I am in a constant developing state. Appreciate the development (the process)...not the final product.

- Realize that I am not my swim. I am Me. My swim is just something I did well or not so well. I need appreciation for me, not a swim. Some days I will swim well, but be a pain in the butt. Other days, I will swim awfully, but be a super person to be around! Which one do you want to reinforce?
- Realize that I am still a young one...and I don't see things with the perspective that you do...and one of the things I need the most help with is seeing clearly who I am. Coach says I need work on my Self-Image. What's a self-image?
- Realize that I need to balance my goals. Hard enough to be a challenge, but achievable in the near future.
- Realize that they are my goals, not yours. I can't commit myself to your goals. I can commit myself to what I want and think I can do. I do the work, so I set my own goals.
- But most of all, Mom and Dad, realize that I am swimming because in some way, it is FUN for me.

Sincerely,

Your Son or Daughter who swims"

Excerpt from PARENT, COACH, ATHLETE: A Handbook for Age Group Swimming Parents by John Leonard.

SUDLEY CLUB SWIM TEAM HISTORY

The history of the Sudley Club Swim Team is rich in tradition and memorable events. The members of the original Sudley Club swim team would be awestruck at the competitive level of the modern Sudley swimmer. In fact, in 1972, the second best Freestyle time in the 15-18 boys age group would not even best our current breaststroke record today! Sudley's team has certainly changed from that of 25 meter events until the 13-14 age group and a team suit consisting of the current rage in beach wear ranging from "cut off" jeans to the two-piece bikini.

Sketchy information remains from the pre-1970 era of Sudley Club swimming. However, in 1970, Rick Haydon began organized practices for approximately 25 Sudley swimmers. These practices were attended mainly to prepare for the twice weekly age group "candy bar" races at Sudley. Twice a week Sudley had its swim races for age groups 8 and under to 15-18. The winners received free candy bars from the canteen. It was not long before only the children attending swim team practice won and eventually these races were discontinued. The most disappointed person in Manassas was John Rhoads as he now had to pay for the candy his five children always had won in each of these races.

Competition eventually grew from these "swim races." Dennis and Mike Miller coached the Sudley Team beginning in 1971. Meets were arranged over the phone with area teams and a list of events would be agreed upon between the coaches. At the end of the summer, a large invitational meet would be swum where a team winner would be crowned and individuals recognized for their performances.

These meets were very spontaneous, but high in energy and excitement. Many Sudley parents of today's swimmers will always remember the "road trip" to Winchester where the "cut off and two piece team" were, for the first time, swimming against teams wearing competition suits. Our team received many odd looks and in retrospect we were a bunch of misfits, but the races were not determined by our suits and Sudley came home with a team trophy and many memories for years.

The greatest change in Sudley's swim team was actually brought about by someone not even connected with Sudley

Club. In 1973, Alan Cardwell, a varsity swimmer from Oregon, was hired to coach the Ben Lomond swim team. Alan Cardwell had competitive drive, swimming knowledge, and the ability to motivate children. Overnight the swimming program in Prince William County changed. Alan organized the county teams in a league consisting of Veterans Park, Graham Park, Ben Lomond, and Dale City. Events at these meets were today's distances and the talent at Ben Lomond developed rapidly. Dennis Miller now the head coach at Sudley, developed a close friendship with Cardwell. Together they organized events and worked to bring the private clubs and the county teams into competition together. At the same time, Doug Fonder, the coach at Quantico with many swimmers at Lake Ridge and Sterling Park, a team from Sterling, Virginia, were eager to begin a Swim League based on a philosophy different than the NVSL.

In 1974 Sudley Club became one of the founding teams of the PWSL. Although a very important team in the league because of its strong resource program and parental involvement, Sudley's team was not competitively among the elite of the league. From 1974-1979 the league consisted of Ben Lomond and everybody else. Sudley continued to build its program concentrating on its younger age groups, longer practices, and in building a burning desire to compete with the best. In 1976 four young boys began swimming in the 8 and under age group, Doug Thompson, David Whisenant, Mike Coppa, and Bill Ripol. These outstanding swimmers became the backbone of the Sudley Seahorses that in 1979 finally won its first league championship.

The Seahorses during the next decade became one of the most dominant sports team in Prince William County history. With the exception of 1981 and 1989, the Seahorses won every divisional and league championship during this ten year period. The 1989 championship meet against Montclair proved to be the most exciting meet of the decade. Sudley, trailing throughout most of the meet took a 40 point lead going into the Freestyle relays. Montclair's 15-18 girls narrowly edged Sudley's team to win the meet by five points out of nine thousand total points--the closest championship meet in league history.

Prince William summer swimming has been dominated by the Sudley Seahorses during the 90's. Sudley suffered a dual meet loss to Ridgewood in 1998, but came back strong to win the Divisional Championship. Currently, around 30 percent of the Prince William Swim League individual records are held by Sudley swimmers. Sudley Club's Seahorses continue to be one of the elite summer swim teams in the Northern Virginia area. Each summer over 200 children are actively involved in the program each with individual and team goals. Each child swims for a different reason, but all want to share in the team's success. Each year new children join the team for the first time, usually as 5 or 6 year old novice competitors. Sudley's young adults each year exhaust their eligibility and end their competitive years as team members; however, the bonds with the team never end. Today Sudley has over a dozen 2nd generation swimmers on the team. Many former Sudley swimmers have gone on to swim in college and excel on a National level.

The 2009 season was a special season--it marked Head Coach Dennis Miller's 40th season at Sudley, and Sudley remained undefeated for a decade.

Sudley looks forward to the next generation of swimmers who will continue to carry the rich tradition into the next century.

SUDLEY TEAM RECORDS

FREESTYLE RELAYS

100 meters

8 & Under Boys	*1:12.79	B. J. Fisher, Chase Whittenauer, Patrick Lytle, Conor Campbell	2000
8 & Under Girls	1:14.21	Kimberly Rector, Bridget Knowles, Cora Bardwell, Jillian Fritsch	2007
9-10 Boys	*1:02.96	John Wojciechowski, Chase Whittenauer, B.J. Fisher, Patrick Lytle	2002
9-10 Girls	1:05.09	Alex Doonis, Madison Ebel, Natalie Martin, Kara Dunegan	2004
11-12 Boys	* 54.28	John Wojciechowski, Chase Whittenauer, Patrick Lytle, B. J. Fisher	2004
11-12 Girls	58.73	Natalie Martin, Allison Notarantonio, Sarah Blanchard, Alex Doonis	2006

200 meters

13-14 Boys	* 1:50.06	Robert Chrissy, Chase Wittenauer, Michael Hughes, Patrick Lytle	2006
13-14 Girls	1:58.95	Alex Doonis, Natalie Martin, Kelsey Rebelez, Casie Boyle	2007
15-18 Boys	1:42.87	Jeremy Werner, Lee Hutchens, Anthony Crispino, Scott Werner	1994
15-18 Girls	1:56.65	Katherine Ripol, Jenny Grizzard, Suzi McManus, Laura Hutchens	1988

MEDLEY RELAYS

100 meters

8 & Under Mixed	*1:22.97	David Hughes, Louis Wojciechowski, Natalie Martin, Sam Tokash	2002
9-10 Boys	*1:11.00	B.J. Fisher, Patrick Lytle, John Wojciechowski, Chase Wittenauer	2002
9-10 Girls	*1:11.96	Elizabeth Storey, Alyson Shaughnessey, Lauren Poli, Natalie Martin	2003
11-12 Boys	*1:00.87	John Wojciechowski, Chase Whittenauer, Patrick Lytle, B. J. Fisher	2004
11-12 Girls	1:07.94	Laura Belch, Anne Bruns, Jessica Miller, Liz Pascale	1999

200 meters

13-14 Boys	2:05.07	Zachary Hayden, Mitch Lopacki, Bryan Morch, Bobby Lytle	2002
13-14 Girls	2:15.09	Alex Doonis, Natalie Martin, Kelsey Rebelez, Casie Boyle	2007
15-18 Boys	*1:54.51	Jeremy Werner, Scott Werner, Anthony Crispino, Lee Hutchens	1994
15-18 Girls	2:12.49	Kelly Fini, Casie Boyle, Maghan Morch, Haley Nowak	2008

****LEAGUE RECORDS***

INDIVIDUAL TEAM RECORDS

FREE

25 meters

8 & Under Boys	*16.40	B.J. Fisher	2000
8 & Under Girls	17.75	Lauren Poli	2001
<u>50 meters</u>			
9-10 Boys	31.88	Reilly McGrory	2005
9-10 Girls	32.68	Alex Doonis	2004
11-12 Boys	*27.50	Patrick Lytle	2004
11-12 Girls	29.72	Katharine Ripol	1983
13-14 Boys	*25.50	Patrick Lytle	2006
13-14 Girls	28.59	Casie Boyle	2007
15-18 Boys	24.40	Zach Hayden	2006
15-18 Girls	*27.85	Kris Sunday	1991

INDIVIDUAL MEDLEY

9-10 Boys	1:18.18	Henry Campbell	2007
9-10 Girls	1:22.56	Tara O'Beir	2007
11-12 Boys	*1:09.50	Patrick Lytle	2004
11-12 Girls	1:13.71	Natalie Martin	2006
13-14 Boys	*1:03.88	Scott Werner	1993
13-14 Girls	1:09.43	Casie Boyle	2007
15-18 Boys	* 59.201	Zachary Hayden	2006
15-18 Girls	1:08.66	Casie Boyle	2008

BACK

25 meters

8 & Under Boys	19.12	Connor Bergeron	2005
8 & Under Girls	21.27	Kallen Campbell	2006
<u>50 meters</u>			
9-10 Boys	36.40	Connor Bergeron	2007
9-10 Girls	37.73	Alex Doonis	2004
11-12 Boys	*32.15	John Wojciechowski	2004
11-12 Girls	34.38	Alex Doonis	2006

***LEAGUE RECORDS**

BACK (Continued)

13-14 Boys	*29.63	Michael Vanderpool	1992
13-14 Girls	32.90	Kris Sunday	1989
15-18 Boys	28.03	Zachary Hayden	2005
15-18 Girls	31.74	Kris Sunday	1991

BREAST

25 meters

8 & Under Boys	* 21.75	Louis Wojciechowski	2002
8 & Under Girls	* 22.11	Alyson Shaughnessy	2001

50 meters

9-10 Boys	42.14	Henry Campbell	2007
9-10 Girls	41.87	Lauren Poli	2003
11-12 Boys	36.22	Scott Werner	1991
11-12 Girls	*36.72	Lauren Poli	2004
13-14 Boys	*31.60	Scott Werner	1993
13-14 Girls	36.84	Natalie Martin	2007
15-18 Boys	*29.53	Scott Werner	1997
15-18 Girls	35.60	Jenny Grizzard	1990

FLY

25 meters

8 & Under Boys	*17.87	Louis Wojciechowski	2002
8 & Under Boys	19.69	Lauren Poli	2001
9-10 Boys	*15.46	Sam Pomajevich	2009
9-10 Girls	*15.56	Lauren Poli	2003

50 meters

11-12 Boys	*30.40	John Wojciechowski	2004
11-12 Girls	32.93	Lauren Poli	2004
13-14 Boys	28.56	David Crone	1985
13-14 Girls	*30.47	Kris Sunday	1989
15-18 Boys	26.15	Emman Crescimbeni	2008
15-18 Girls	30.35	Kris Sunday	1990

TIME LOG SHEET

#	Event	Kingbrooke	Wellington	Urbanna	Montclair	Ridgewood	Lake Ridge	Divisionals
66	15-18 BOYS FREE RELAY							
67	15-18 GIRLS FREE RELAY							
1	8 & UNDER MIXED RELAY							
2	9-10 BOYS MEDLEY RELAY							
3	9-10 GIRLS MEDLEY RELAY							
4	11-12 BOYS RELAY							
5	11-12 GIRLS MEDLEY RELAY							
6	13-14 BOYS MEDLEY RELAY							
7	13-14 GIRLS MEDLEY RELAY							
8	15-18 BOYS MEDLEY RELAY							
9	15-18 GIRLS MEDLEY RELAY							
10	8 & UNDER BOYS 25 FREE							
11	8 & UNDER GIRLS 25 FREE							
12	9-10 BOYS 50 FREE							
13	9-10 GIRLS 50 FREE							
14	11-12 BOYS 50 FREE							
15	11-12 GIRLS 50 FREE							
16	13-14 BOYS 50 FREE							
17	13-14 GIRLS 50 FREE							
18	15-18 BOYS 50 FREE							
19	15-18 GIRLS 50 FREE							
20	10 & UNDER BOYS 100 IM							
21	10 & UNDER GIRLS 100 IM							
22	11-12 BOYS 100 IM							
23	11-12 GIRLS 100 IM							
24	13-14 BOYS IM							
25	13-14 GIRLS IM							
26	15-18 BOYS IM							
27	15-18 GIRLS IM							
28	8 & UNDER BOYS 25 BACK							
29	8 & UNDER GIRLS 25 BACK							
30	9-10 BOYS 50 BACK							
31	9-10 GIRLS 50 BACK							
32	11-12 BOYS 50 BACK							
33	11-12 GIRLS 50 BACK							
34	13-14 BOYS 50 BACK							
35	13-14 GIRLS 50 BACK							
36	15-18 BOYS 50 BACK							

#	Event	Kingsbrooke	Wellington	Urbanna	Montclair	Ridgewood	Lake Ridge	Divisionals
37	8 & UNDER BOYS 25 BREAST							
38	8 & UNDER GIRLS 25 BREAST							
39	9-10 BOYS 50 BREAST							
40	9-10 GIRLS 50 BREAST							
41	11-12 BOYS 50 BREAST							
42	11-12 GIRLS 50 BREAST							
43	13-14 BOYS 50 BREAST							
44	13-14 GIRLS 50 BREAST							
45	15-18 BOYS 50 BREAST							
46	15-18 GIRLS 50 BREAST							
47	8 & UNDER BOYS 25 FLY							
48	8 & UNDER GIRLS 25 FLY							
49	9-10 BOYS 25 FLY							
50	9-10 GIRLS 25 FLY							
51	11-12 BOYS 50 FLY							
52	11-12 GIRLS 50 FLY							
53	13-14 BOYS 50 FLY							
54	13-14 BOYS 50 FLY							
55	13-14 GIRLS 50 FLY							
56	15-18 BOYS 50 FLY							
57	15-16 GIRLS 50 FLY							
58	8 8 UNDER BOYS FREE RELAY							
59	8 & UNDER GIRLS FREE RELAY							
60	9-10 BOYS FREE RELAY							
61	9-10 GIRLS FREE RELAY							
62	11-12 BOYS FREE RELAY							
63	11-12 GIRLS FREE RELAY							
64	13-14 BOYS FREE RELAY							
65	13-14 GIRLS FREE RELAY							

2010 SWIM TEAM COMMITTEE MEMBERS

Susan Allen
Cindy Boning
Ceil Boyle
Vanessa Blum
Christina Dimond—Team Coordinator
Lea Ann Fritsch
Alissa Hudson
Kim Krzywicki
Hugh Miller
Pam Nelson--Registrar
Donna Notarantonio
Marianne Primeau
Pam Regenbogen
Kim Smith--Treasurer
Kathy Smith—Meet Coordinator
Pam Smith
Sue Weimer
Dennis Miller -- Head Coach

Membership for the Swim Team Committee is by expression of interest
to the Head Coach, Dennis Miller.



**HAVE
A
GREAT
SUMMER**

VOLUNTEER JOB DESCRIPTIONS

Many jobs are done in shifts and every effort is always made so you can watch your child swim.

Meet Set Up – VOLUNTEERS NEEDED - Provides meet setups on Friday night/Saturday.

Meet Marshall - Provides crowd control especially on the swim deck.

Concessions - At all home meets, there is a concession stand organized and staffed by volunteers.

Callers - Organizes swimmers in the team area to get them to the clerk of course on time for their events.

Clerk of Course - VOLUNTEERS NEEDED - Organizes swimmers from all the participating teams, assigns heat and lane numbers based on swimmer's previous time, and sends the heats to the start.

Officials – VOLUNTEERS NEEDED - Training is available. **Stroke and Turn** - Observe swimmers from sides and ends of pool to ensure that the swimmers comply with the rules governing each stroke, turn, finish, and relay exchange. Indicates infractions (DQ) by raising one hand.

Starter - Calls heat into position and gives the command "Take your mark" and signals the start.

Referee - Overall authority and control of the competition. Decides all questions relating to the conduct of the meet.

Timers - Operate manual stopwatches to take official time for swimmer in the lane. Use 3 timers per lane. We have 8 lanes at Sudley.

Recorders - Write swimmer's times on his/her card.

Runners - Take cards from recorders to the Official Times Table.

Official Times - Verify the official time to be entered into the computer.

Computer / Scoring - All results are done on the computer using the Meet Manager Program. Swimmers' official times are entered into the computer. Place and points for each event and score for the meet are calculated by the computer. Data is verified. Labels are printed for the place ribbons.

Place Ribbons - For each event, label put on appropriate ribbon, and ribbons divided by team.

Achievement Ribbons - If a swimmer improves his/her previous fastest time at least by one (1) full second, an appropriate ribbon is labeled and filed with the place ribbons.

Scrapbook - Organizes photos, etc. and puts together annual scrapbook to be given to Dennis.

Team Picnics - Swim Team sponsors two (2) picnics immediately after practice (11:00 a.m.) Cook and serve food.

SUDLEY SWIM TEAM DATES

JUNE

- 11 Time Trials - Time Trials for new swimmers, last year's Mini Meet swimmers, and those who **absolutely** cannot make it on Saturday.
- 12 Time Trials – Time trials for all age groups who swam in Saturday meets last year. (8:00 a.m.).
- MUST sign up to swim at unassigned time in book located in the canteen at Sudley BEFORE 2:00 p.m. on June 10th.
 - Will not be able to accommodate those who want/need to leave early.
 - Swimmers need to attend one of the above time trials or make arrangements with the coach.
 - Relays will be selected and Achievements Ribbons will be given at the first meet based on the time trials.
 - Sport Fair suit sizing at Sudley (8:30-11:30 am during Time Trials)
- 14 Turn in apparel orders for Sudley sweatshirts, tote bags, golf shirts, etc.
- 16 Officials' Clinic- 7:00-9:00 p.m. @ Bristow Elementary
- 18 Mini Meet (6:00 p.m.)
- 19 Sudley vs. Dominion Valley (Away)**
- June 21 – July 30
- Swim Team Practice (9:00 - 11:00 a.m.)
- Night Practice (Optional) (5:15 - 7:00 p.m.)
- Breakfast Club (Dennis' Group Only), Wednesdays (6:45 - 7:45 a.m.) **June 30- - July 28**
- 24 Swim Team Pictures **8:30 a.m.**
- 25 Swim Team Picnic 11:00 a.m.
- Mini Meet (6:00 p.m.)
- 26 Sudley vs. Ridgewood (Away)**

JULY

- 2 Mini Meet (6:00 p.m.)
- 3 Sudley vs. Braemar Home (Concessions-last name A-I)**
- 4 Celebration / Raffle Drawings / Swim Camp Drawings
- 6 Turn in apparel orders for Sudley golf shirts, sweats, tote bags.
- 9 Mini Meet (6:00 p.m.)
- 10 Sudley vs. Lake Ridge Home (Concessions-last name J-R)**
- 13 Busch Gardens Trip - 13 and over age group
- 16 Mini Meet (6:00 p.m.)
- 17 Sudley vs. Kingsbrooke Home (Concessions-last name S-Z)**
- 19 Jim Must Scholarship Applications due
- 23 Mini Meet (6:00 p.m.)
- 24 Sudley vs. Montclair Away**
- 28 Last Breakfast Club
- 29 Divisional Teen Dinner (13 and over age groups)
- 30 Poster Contest; Swim Team Picnic after Practice; **LAST DAY OF PRACTICE**
- Mini Meet (6:00 p.m.)
- 31 Divisionals - Sudley vs. Kingsbrooke vs. Braemar HOME**
Picnic (6:00 p.m.) / Awards / Scholarship Presentation

AUGUST

- 29 Swim Team Awards (5:30 p.m.)

DIRECTIONS TO AWAY MEETS -- *FROM SUDLEY CLUB*

DOMINION VALLEY: RIGHT ON RIXLEW TO A LEFT ONTO SUDLEY ROAD (234) 2.4 MILES TO A LEFT ONTO 66 WEST. GO 6.6 MILES ON 66 TO EXIT 40, US-15. GO RIGHT ONTO US-15 FOR 1.8 MILES. TURN LEFT ONTO DOMINION VALLEY DRIVE. LEFT ONTO TOURNAMENT DRIVE. RIGHT ONTO ARNOLD PALMER DRIVE. STREET ADDRESS IS 15200 ARNOLD PALMER DRIVE, HAYMARKET.

RIDGEWOOD: LEFT ONTO RIXLEW LANE TO A LEFT ON WELLINGTON. FOLLOW WELLINGTON UNTIL IT TURNS INTO THE PRINCE WILLIAM PARKWAY (SR 3000) AT LIBERIA. GO PAST THE PRINCE WILLIAM GOVERNMENT CENTER AND CANNONS BALL FIELD; CONTINUE STRAIGHT (**DO NOT** TURN RIGHT BY CHINN CENTER TO FOLLOW PRINCE WILLIAM PARKWAY); ROAD CHANGES TO OLD BRIDGE ROAD; FOLLOW 2.6 MILES; LEFT ONTO OAKWOOD DRIVE, 1ST LEFT INTO COMMUNITY CENTER-RIDGEWOOD POOL PARKING LOT.

MONTCLAIR: RIXLEW LANE TO LEFT ONTO ASHTON AVENUE. RIGHT ONTO GODWIN DRIVE. TAKE RAMP ON RIGHT FOR SR-234 SOUTH TOWARD DUMFRIES. GO 15.8 MILES TO A LEFT ONTO COUNTRY CLUB DRIVE. TURN RIGHT ONTO WATERWAY DRIVE. TURN RIGHT ONTO EDGEWOOD DRIVE. POOL IS ON YOUR LEFT.