

Important Contact Information

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**WAKEFIELD CHAPEL WAHOOS
SWIM TEAM
2014 HANDBOOK
www.wakefieldchapelrec.org**

Welcome to the Wakefield Chapel Wahoos Swim Team! This handbook is designed to provide helpful information to swimmers and their parents. Please take a few minutes to review this handbook and use it as a reference throughout the season.

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GENERAL INFORMATION

We are looking forward to a great Wahoo team this year and working with all those families whose spirit make this one of the best swim clubs in the NVSL! Our goals remain the same: spirit and fun, participation, and swimmer technical improvement.

On Saturday mornings in 2013, we will be competing in Division 1 of the Northern Virginia Swim League (“NVSL”) (www.nvsl.nvblue.com). The other teams in Division 1 of the NVSL this summer are Chesterbrook, Highlands Swim, McLean, Overlee and Tuckahoe. We will also be competing in the Evening Stars Developmental League on Monday evenings. The other teams in the Evening Stars Developmental League are Fairfax Station, Oakton, and Little Rocky Run.

A calendar outlining the scheduled meets and other activities appears on the back cover of this Handbook.

Sportsmanship

The NVSL stresses the importance of safety and sportsmanship. Excellent behaviour is the number one rule!! Please keep in mind that we are all representatives of our Wakefield Chapel neighborhood. All people connected with the WCRA Swim Team should conduct themselves in a responsible and respectful manner. The following are some guidelines:

1. Warm-up time is to be used seriously. There is NO horseplay. Diving is only permitted in sprint lanes. In sprint lanes swimmers must dive in, sprint the lane, exit the pool, and walk back to the start on the deck; swimmers may NOT swim back
2. All persons attending the meet must follow and respect the rules of our pool and the host pool.
3. All persons attending the meet must show proper respect and behaviour during the playing of “The Star-Spangled Banner.”
4. Swimmers may not leave the team area without the permission of the coach or the parents on duty (see “Wahoo Watchers” below) so no events will be missed. Only current coaches and swimmers are allowed in the team area unless assigned as Wahoo Watchers or approved by the Head Coach or Team Rep.
5. Swimmers should sit quietly and listen to directions. Swimmers need to report to the Clerk of Course on time and remain in that area until they are told to leave. Swimmers are responsible for being in the right place at the right time for their events.
6. Unsportsmanlike behaviour will not be tolerated. There will be no booing, vulgarity, nastiness or any form of poor sportsmanship.
7. All swimmers should report to their coaches before and after they swim.
8. After the meet, the team area must be clean. Please pick up any trash you see.

Meet Schedule

The Wahoos participate in two separate swim leagues. Saturday morning swim meets are part of the Northern Virginia Swim League (NVSL). There are usually five “NVSL” meets during a typical swim season. Participants in the “NVSL” meets are chosen by the coaches using times (for more information, please see “Ladders” and “Time Trials” below).

The Wahoos also participate in the Evening Stars Developmental League, a friendly league of similarly-sized teams. The developmental meets usually occur on Monday nights, and there are usually five developmental meets during a typical swim season. Any swimmer deemed to have a minimum swim ability as determined by the coaches is eligible to swim in a developmental swim meet. **We strongly encourage all swimmers to participate in as many meets as they can.**

Below is the full meet schedule for the Wahoos this year.

- May 27: First day of practice
- June 14: Time Trials 8:30 a.m. @ WCRA
- June 21: Tuckahoe @ WCRA 9:00 a.m.
- June 23: WC @ Fairfax Station 6:00 p.m.
- June 28: WC @ Chesterbrook 9:00 a.m.
- June 30: Little Rocky Run @ WC 6:00 p.m.
- July 5: Overlee @ WCRA 9:00 a.m.
- July 7: WC @ Little Rocky Run 6:00 p.m.
- July 9: Divisional Relay Carnival @ Overlee 6:30 p.m.
- July 12: WC @ McLean 9:00 a.m.
- July 14: Oakton @ WCRA 6:00 p.m.
- July 16: All-Star Relays @ Hunt Valley 4:00 p.m.

July 19: Highlands @ WCRA; Senior Day
July 21: Blue and Orange Meet at WCRA 6:00 p.m.
July 23: Developmental Relay Carnival
July 26: Divisionals @ Tuckahoe 9:00 a.m.; Wahoo Banquet @ 4:30
August 2: Individual All-Stars @ Annandale 9:00 a.m.

Absences for Saturday Meets

It is absolutely essential that the Team Reps be notified as soon as possible if a swimmer cannot participate in a Saturday “NVSL” meet. Substitutions at meets are done under very specific and strict rules. Surprises about vacations can affect the whole team, so please keep us informed. Please try to record all planned absences during the registration process and notify the Head Coach and Team Reps of any unplanned absences as soon as possible.

Where to Get Information

In addition to this Handbook, Wahoo swim team news will be distributed by e-mail as much as possible, and will be available on the website (www.wakefieldchapelrec.org), on the Wahoo Bulletin Board (next to the ladies’ bathroom door). The Wahoo Mailbox, two plastic file cabinets which contain a folder for every family participating on the Wahoo swim team, is used to pass out swimming ribbons and some information. The Wahoo Mailbox is usually available at most practices. Please take the contents from the mailbox, but leave the folder in place. You may leave notes for the Team Reps, the Developmental Reps, and the coaches in their folders.

We send most Wahoo swim news by e-mail. Please make sure that the Team Reps have your most recent e-mail address when you submit your registration. **PLEASE READ YOUR E-MAIL**, as it may contain important information regarding your swimmer! Late breaking news, announcements, sign-up sheets, meet results, and such will also appear on the Bulletin Board. Some of this information will be on the Wakefield Chapel Recreation website.

Finally, for up-to-the-minute updates on swim events such as rain delays, etc., please follow us on Twitter (WCRA) or like us on Facebook.

Registration

In 2014, the registration fee for each swimmer is: \$150 for one swimmer, \$275 for two swimmers and \$395 for three or more swimmers; the registration fee for minnows is an additional \$60 per minnow. Registration forms are available on the WCRA website (www.wakefieldchapelrec.org). Registration will be done completely online this year. Registration money is used to pay coaches; provide the team t-shirt; pay NVSL dues, insurance for each swimmer, ribbons, and NVSL supplies; pay for the printing of the Wahoo telephone directory, Wahoo handbook, and meet sheets; provide software for meet sheets and statistics; and pay for all trophies and other recognitions, crafts, incentives, supplies for all events, maintenance of equipment, and the purchase of new equipment when needed. To be eligible to participate on the swim team, a child must be between the ages of 4 and 18 as of June 1, 2014. If a swimmer is 18 on June 1, the swimmer may participate the entire swim season, even if the swimmer turns 19 in July.

Wahoo Team Wear and Equipment

As part of each swimmer’s registration, each swimmer will be provided with a Wahoo 2014 team t-shirt. Swimmers also have the option of purchasing, and are strongly encouraged to purchase and wear to all swim meets, the official team suit and an official Wahoo swim cap. This year’s official team suit is the Nike Foil Skin. The girls’ suit and the boys’ brief is orange; the boys’ jammer is blue. The girls’ suits

come in two strap options: the “fast back tank” or the “cut-out tank.” Team suits are optional, not mandatory. Team suits will be available for purchase from SuitUp Water Sports in Fairfax beginning April 1, 2014.

The team does not provide a swim cap with registration. Silicone and latex Wahoo swim caps are available for purchase from Julie Phillips, Spirit Wear Coordinator. Two silicone caps personalized with the swimmer’s last name and Wahoo logo cost \$30 for two. Latex caps with the Wahoo logo only (no personalization) will be available, but supplies are limited. Contact Julie Phillips for information.

Swimmers should wear their team t-shirts to every meet. Swim caps and the official team suit are optional but encouraged if possible. During meets, swimsuits containing logos for other swim teams are not banned but are strongly discouraged. If a swimmer chooses to wear a swim cap, it must be a Wahoo team cap or a plain (no writing or symbols of any kind) cap. Additionally, a swimmer may wish to wear swim goggles while swimming. Swim goggles are widely available at local swim stores such as Sport Fair, 5010 Lee Highway, Arlington, 703-524-9500, and SuitUp Water Sports, 10631 Braddock Road, Fairfax, 703-278-8202, as well as Target, Wal-Mart and most sporting goods stores.

How Swimming Is a Different Sport

We’ve all taken our kids to other sports where a couple of parents coached and another coordinated snacks and a coach gift. Swimming isn’t like that. You can’t run a swim program without a lot of parental help. In fact, it takes over 40 parents to time, officiate and score a typical swim meet, and that doesn’t include pool set up and tear down or running the snack bar or non-swimming activities.

Another difference between swimming and other team sports is that there is a place on the team for anyone 18 or younger who can swim across the pool without assistance. How many other sports have kids, boys and girls, 4 years old to 18 years old, and their parents on the same team participating in the same competition? SWIMMING IS A FAMILY SPORT!

PRACTICES

Practice Times

	<u>May 27 – June 16</u>	<u>June 17 – July 23</u>
All 11 & Over	3:30 - 4:30 p.m.	7:30 - 9:00 a.m.
7-10*	4:30 - 5:30 p.m.	9:00 - 10:00 a.m.
6 & Under	5:30 - 6:15 p.m.	10:00 - 11:00 a.m.

*Swimmers who attend schools that release too late to attend the 3:30 practice may attend the 4:30 practice until practices switch to the morning. At that point, swimmers age 11 or greater should join the 11 & Over practice at 7:30 and swimmers 7-10 should join the 9:00 – 10:00 unless otherwise coordinated with the Team Reps.

Please note that Thursday, July 24 is the Lollipop Meet. The Lollipop Meet, a fun developmental meet for our younger swimmers. Swimmers ages 9-12 year old practice are encouraged to come participate as timers, announcers, clerk of course, and starters. The practice on Friday, July 25 will be for Divisionals swimmers only; the time of this practice will be determined at a later date.

There will be swim practices for All-Star swimmers (for more information, please see “Individual All-Stars” below) only the week of July 28-August 1. The times of the practices will be announced later. Swimmers swimming in Divisional Relay Carnival, All-Star Relay Carnival, and Divisionals (for more information, please see “Divisional Relay Carnival” and “Divisionals” below) may have separate practices before the event. Swimmers participating in these events will be notified of these special practices.

Please let us know if a swimmer cannot swim at his or her assigned time. The coaches will try to fit the swimmer into other workouts.

Practice Rules

Swimming lanes work best when swimmers are performing at a similar level. Swimmers will be assigned a practice time and lane based upon their swimming ability. Most swimmers will be assigned a practice time based on age but practice time for some swimmers may change when determined by the head coach to be in the best interest of the swimmer and the team. Each lane will have a specific coach assigned to it. The specific coach may be absent from time to time due to pre-existing obligations, but in general the lane coach will remain the same throughout the swim season. Swimmers may change lanes from time to time as appropriate when determined by the coaches.

Problems or questions about coaches should be addressed with the Team Reps.

Parents are NOT to be on the cement pool deck during practices. The snack bar, hill, bleachers, wooden pool deck and baby pool areas are available for those who want to hang out until practice is over. Guide ropes will be set up during practice. Please do not cross these ropes without permission from the Head Coach, Assistant Coach, or in an emergency situation. You may drop off your children and pick them up at the end of practice unless your child is 8 years old or under, in which case you must either be present with your child or have an adult present who is responsible for your child. If there is another adult present who is responsible for your child, please make sure that we have contact information for that person. Cold or inclement weather may shorten practices, so please make plans for your children for those occasions. Please pick your children up on time.

It is important that the swimmers listen to the coaches and are not disruptive to the other children in their lane. During practice, swimmers will be warned twice and then they will have a time out for a short but appropriate amount of time. If there is still a discipline problem, the parent will be notified.

Recreational Swimming During Practice

According to our Association rules and NVSL safety regulations regarding insurance, no child who is not a member of the swim team should be left at the pool during the hours of summer swim team practice without a parent present. The pool opens at 11:00 a.m. for general membership swimming and not before. Any child not covered by swim team insurance is not covered by our pool insurance until regular operating hours. We appreciate your cooperation and understanding of this important matter.

Meet Information

NVSL Meets

During “NVSL” meets, the home team has lanes 1, 3, and 5 while the visiting team has lanes 2, 4, and 6. The fastest swimmers swim in lanes 3 and 4, and the remaining swimmers are allocated accordingly. Swimmers are seeded based upon their fastest times attained in prior competitions. Lane 1 is always on the right side as you stand facing the pool at the starting end.

The Saturday “NVSL” meets consist of 38 individual events and 12 relays. The events swum for each stroke and age group are shown in Table 1. Each pool length is 25 meters. The events swum on Saturday morning are:

Table 1. A meet Events and Distances

Age Group	Freestyle	Backstroke	Breaststroke	Butterfly	Freestyle Relay	Medley Relay
8 & Under Boys	25 M	25 M	25 M	25 M	100 M	
8 & Under Girls	25 M	25 M	25 M	25 M	100 M	
9-10 Boys	50 M	50 M	50 M	25 M		100 M
9-10 Girls	50 M	50 M	50 M	25 M		100 M
11-12 Boys	50 M	50 M	50 M	50 M		100 M
11-12 Girls	50 M	50 M	50 M	50 M		100 M
13-14 Boys	50 M	50 M	50 M	50 M		200 M
13-14 Girls	50 M	50 M	50 M	50 M		200 M
15-18 Boys	50 M	50 M	50 M	50 M		200 M
15-18 Girls	50 M	50 M	50 M	50 M		200 M
Mixed Age Boys					200 M	
Mixed Age Girls					200 M	

Notes:

- The order of events is down each column starting, left to right except the mixed age relays are the last two events of the meet. Meet Sheets are available for sale at each NVSL meet.
- The Mixed Age Relays are swum by, in order, an 11-12 year old, a 9-10 year old, a 13-14 year old, and a 15-18 year old. Swimmers for the relay are selected based on the fastest freestyle time over the season.

USA Swimming is the governing body for swimming in the United States (for more information, please visit www.usaswimming.org). USA Swimming establishes rules for the strokes and for the conduct of competition. The NVSL swimming rules are USA Swimming rules with minor changes to accommodate the facilities and skill levels found in the NVSL.

Saturday “NVSL” meets are scored meets; the team with the most points wins the meet. Three swimmers can be entered in each individual event, and no swimmer may swim more than two individual events. In the individual events, a first place finish earns 5 points for the team, a second place earns 3 points, and a third place finish earns 1 point. Relays are scored as 5 points for the winner and 0 points for the other team. There are 420 points up for grabs in an “NVSL” meet. Unless there are one or more places not awarded in an event, due to DQs or lack of swimmers, a team needs 211 points to win. In the event of a tie, the points for the places involved are equally split among the swimmers.

Participation in “NVSL” meets is based on time. The best time used by our coaches is the individual’s fastest official time in any meet. A record of these times is kept on the “ladder” (see “The Ladder” for more information). The needs of the team, as decided by the head coach, ultimately determine the stroke or strokes in which a swimmer will be entered. The needs of the team may occasionally dictate that a swimmer be asked to swim above his/her age group; however, this will only be done if there are no available swimmers in the older group. The one exception to the seeding rule is Senior Day.

If a swimmer is selected to swim on Saturday, the swimmer will be notified by the coaches by Thursday morning at practice. Additionally, meet sheets listing the swimmers for the “NVSL” meets will be posted on the Wahoo Bulletin Board on Thursdays after practice. If parents learn of their child swimming on Saturday prior to the Thursday practice, parents should not tell their children that they are swimming until the announcement is made at Thursday practice.

“NVSL” Meets will be followed with a team lunch each Saturday. We encourage all team swimmers and their families to join us. See the schedule and watch for announcements to be sure of what we are doing after each meet.

Divisional Relay Carnival

In addition to the five NVSL swim meets, certain swimmers also participate in the Divisional Relay Carnival, usually held on a Wednesday between the third and fourth weeks of the swim season. Swimmers participate in medley relays (back, breast, butterfly, and free) and freestyle relays. The four fastest swimmers (based on best times during the current season) are selected by the coaches to participate in each relay event. There also is a Mixed Age Relay, comprised of the fastest freestyle swimmer in each age group (9/10, 11/12, 13/14 and 15-18). If one or more of the relays has a time that is among the top 18 times from the NVSL, the eligible relay will then participate in All-Star Relays, typically held the following Wednesday evening. If a relay makes it to the All-Star Relay Carnival, the same four swimmers will participate, except in the case of illness.

Divisionals

At the end of the season, eligible swimmers, are selected based primarily on times, will swim in Divisionals. Each team in the division is permitted to send two swimmers to participate in each event. The head coach will use the ladder (which includes “NVSL” meet and Evening Stars Meet times) to determine the two swimmers in each event. Only “NVSL” meet times can be used for the official seeding. 100 meter Individual Medley is an event in this meet for all age groups except 8 and Unders; Evening Stars Developmental Meet and IM Carnival times are used to seed these event. Each swimmer is allowed to swim in 2 events.

Plaques are awarded to the top 6 finishers. Those that place 7th -12th will be awarded ribbons. The rules for this meet are outlined in the NVSL Handbook. If a swimmer has a time at Divisionals that is among the top 18 in the NVSL, that swimmer will be eligible to go to All-Stars.

Individual All-Stars

After Divisionals, all Division Coordinators meet to seed swimmers for the All-Stars meet the following week. The sole criterion for selection to All-Stars is time—the 18 fastest swimmers swum in the Divisionals qualify for Individual All-Stars. Approximately 600 swimmers, plus parents, coaches, and officials converge on a pool for a meet that takes about six hours. If your swimmer is fast enough to be named an All-Star, it is a thrill they will never forget.

Evening Stars Developmental League Meets

The Wahoos are part of the Evening Stars Developmental League. Evening Stars meets are on Monday nights during the swim season, and are for all swimmers. **We encourage all of our swimmers, including Minnows, to swim in these meets as soon as the swimmer and the coach feel the swimmer is ready.**

The events at a Evening Stars Meet are essentially the same as Saturday meets except as follows:

- In freestyle and backstroke, a 6 & under age group is added.
- Individual Medley (“IM”) events are added for 10 & unders, 11-12s, 13-14s, and 15-18s.
- There are multiple heats of each event, if necessary.
- There are no relays.

The specifics regarding events and eligibility are determined by the host team and may vary from meet to meet and league to league.

Sign-up sheets for each developmental meet will be posted on the Wahoo Bulletin Board on the Thursday before each Monday night meet. Swimmers wishing to participate in a Monday night developmental meet must sign up on the sign-up sheet before Sunday at 2:00 p.m. At that time, the sign-up sheet will be taken down by the Developmental Meet Reps; no guarantee of swimming can be made to any swimmer who is late to sign up.

The following outlines the basic eligibility requirements for swimming in the Monday meets:

1. Swimmers that do not swim any individual events in the previous Saturday “NVSL” meet are eligible to swim 2 individual events on Monday for RIBBONS plus the I.M. for a RIBBON.
2. Swimmers that swam 2 individual events on the previous Saturday are eligible to swim 1 individual event for EXHIBITION ONLY plus the I.M. for a RIBBON.
3. Swimmers that swam 1 individual event on the previous Saturday are eligible to swim 1 individual event not swum on Saturday for a RIBBON and 1 individual event for EXHIBITION plus the I.M. for a RIBBON.
4. Exhibition swimmers may be mixed in age and gender. Exhibition swimmers are swimming for time only; they do not compete for ribbons or places in that event. Exhibition heats will be swum after each stroke.
5. The maximum number of events any swimmer can swim on Monday is 3 but may be less based upon the rules in 1-3 above.
6. Swimmers must have approval from their lane coach and the Assistant Coach/Fix-It Coach before signing up for breaststroke or butterfly. A swimmer must have been approved as “legal” in breaststroke or butterfly before that swimmer will be permitted to swim it. This is an Evening Stars league-wide rule.
7. Ribbons are awarded for first through sixth places.

Developmental Relays

The Evening Stars also offers a Relay Carnival during the last week of the season. We strongly encourage as many swimmers as possible to participate in the Evening Stars Relay Carnival; it is really fun for the swimmers, and the swimmers get to learn the team aspect of swimming. The following outlines the basic eligibility rules for swimming in the Developmental Relay Carnival:

1. All swimmers who did not participate in the Divisional Relay Carnival are eligible for the

Evening Stars Relay Carnival. Any swimmer who participated in the Divisional Relay Carnival is not eligible to swim in the Evening Stars Relay Carnival.

2. First through sixth place medals or ribbons will be awarded to each team member in each event.
3. Swimmers who sign up are committing to attend the meet. Please do not sign up unless you will be at the meet.
4. Coaches will assign the relay teams. Swimmers cannot sign up as a team.

Lollipop Meet

The Wahoos hold our own internal Lollipop Meet for 8&U swimmers who do not swim in the Saturday “NVSL” meets. The Lollipop Meet is usually held during the last week of the swim season.

Participants in the Lollipop Meet swim for lollipops rather than ribbons. The Lollipop Meet is geared toward the younger, less experienced swimmers, with kickboard races, shorter (10-15 meter) and longer (25 meter) races of certain strokes, and fun to be had by all. We need lots of volunteers aged 9-12, so kids, come ready to be the announcer, run the stopwatches, run clerk of course, and have a great time (we have lollipops for volunteers also!).

Time Trials

This year, Time Trials are on Saturday, June 14 at 8:30 a.m. Warm-ups begin at 7:30 a.m.

Time Trials gives swimmers a competitive atmosphere for timing. In essence, it is a “meet” with our own swimmers competing against each other in meet conditions. We run Time Trials so that the coaches will have times for swimmers and will be able to seed our first Saturday “NVSL” meet with as much information as possible. It is also the basis for personal bests (for more information, see “Goal Setting and Personal Bests”). Time Trials are for practice and experience. No ribbons will be awarded. All swimmers are encouraged to participate if they can swim across the pool. IM is not swum at Time Trials since it is not swum at Saturday “NVSL” meets.

If a swimmer is unable to come to Time Trials, there is a make-up on the Monday after Time Trials. Please see the Wahoo Bulletin Board and your e-mail for additional information as the date gets closer.

If a swimmer does not get a time at one of these two opportunities or have a legal time from last year, they cannot swim in the first “NVSL” meet. There is one exception to this rule: if the Wahoos do not have enough legal swims at Time Trials in an event to be able to fill the lanes at a Saturday meet and there are no other eligible swimmers who can swim a particular event, the coaches may run a separate time trials at practice under meet conditions (for example, using a starter, having a stroke & turn, and three timers per lane) in order to try to get another swimmer. We appreciate your understanding of this rule.

What to Bring to a Meet

Swimmers should wear their team suits, team t-shirts and shoes to every meet. Swimmers should also bring 2 towels (one to sit on, one to dry off with), swim cap (if they choose to have one), and swim goggles. Swimmers may wish to bring a spare cap and goggles as “malfunctions” have been known to happen! Swimmers should bring a water bottle. Swimmers may, if they choose, bring cards, books or other quiet amusements. Electronics are fine, but the team is not responsible for lost or stolen articles. **PLEASE LABEL EVERYTHING.** The Wahoo Lost & Found is huge after every meet. If your things are labelled, we will make every effort to get them back to you. If they are not labelled, they will be put in Lost and Found at the pool.

Transportation and Directions

Directions to and addresses of all meets are at the back of this book. Swimmers are responsible for their own transportation to and from the meets. We meet in the parking lot and caravan to the Saturday

“NVSL” meets. For the Saturday “NVSL” meets, there is a check-in at the parking lot, so it is essential to let the Team Rep know if you are not going to caravan with the team. There is no check-in for Developmental Meets.

Warm-Ups

Warm-ups for each team occur before each swim meet. Typically, the home team warms up first in the pool, and the visiting team warms up second. For Saturday “NVSL” meets, this means that the home team will have warm-ups from 8:00 – 8:20 a.m., and the visiting team will have warm-ups from 8:20 – 8:40 a.m. Similarly, for Monday Night Developmental Meets, the home team will have warm-ups from 5:00 – 5:20 p.m., and the visiting team will have warm-ups from 5:20 – 5:40 p.m. These times are strictly enforced. **Please make sure that your swimmer makes it to the pool in time for warm-ups!**

Ribbons/Star Chart

Ribbons are given out for 1st through 6th place at all meets. (If a swimmer gets DQ'd, they are still given a competitor ribbon in the Monday night developmental meets.) We also award competitor ribbons at Monday night developmental meets for all swimmers under 10. We will also award “Personal Best” ribbons each time a swimmer does a best time. This is especially meaningful to our new or developing swimmers and gives everyone a goal to strive for each week.

Ribbons will be distributed in the Wahoo mailboxes on Tuesdays or Wednesdays. Only parents and swimmers may pick up ribbons to avoid misplacing ribbons. If you are missing a ribbon, wait a few days, check your mailbox, and then ask the Team Reps or the Developmental Reps.

DQ Procedure

When a rule is broken, officials write a Disqualification (a “DQ”) on a form called a DQ slip. In a developmental league such as ours, the emphasis is on learning and having fun doing so. There inevitably will come a time when a swimmer gets disqualified for doing something incorrectly. The DQ should be viewed as a learning experience and not a penalty or a traumatic event. Every swimmer out there has been DQ'ed while they were learning. If no one corrects an error, a swimmer may not realize that he/she is doing something wrong until a more important race - when it hurts even more.

It is the job of the stroke and turn judges, who are present at every meet, to observe the swimmers and determine whether there are any violations. When a stroke and turn judge observes a violation, he raises his hand to signify that he has observed a violation and then writes it up on a DQ slip. The judge then takes the slip to the referee, who verifies that rule has been broken and can question the stroke and turn judge to insure that he was able to see the violation that was cited. The referee then gives one copy of the DQ slip to the Team Reps and another copy to the table workers (see “Volunteering” below). Another clue that a DQ has occurred is a stroke and turn judge writing and a longer than normal pause between events.

Disqualifications for early relay take-offs are done differently. The referee receives all the take-off slips from all the judges. If both judges on a lane agree that an early takeoff occurred, the Referee will stand over the lane that the team being DQ'ed swam in and raise his hand.

Another possible DQ is a false start. A false start occurs whenever a swimmer moves towards the pool after having assumed a still position (taking his/her mark) before the Starter has started the race. When this occurs, a swimmer is usually trying to anticipate the starting signal and beat the other swimmers into the water. If a false start is detected before the starting signal is sounded, the offending swimmer can be removed from the race prior to the race being started. If a false start occurs but the starting signal

has sounded, the race will not be stopped. Instead, the false starting swimmer(s) will be notified of their false start at the conclusion of the race. The use of a recall signal is limited to a bad start (i.e., not all swimmers were ready) or for a safety reason. If a starter sounds the recall signal, no swimmer can be removed for a false start.

If a swimmer DQs, the Team Reps (who receive the DQ slip) will tell the coach, who tells the swimmer. The coaches will work with the swimmer during the week to try to correct the DQ for the future. Another way to find out is by reading the official Meet Results, which are posted at the pool later on the day of the event or in the week.

Every official on deck will always give the benefit of the doubt to the swimmer. Any violation called by an official is an "I saw" and not an "I think I saw".

If you have any questions about DQs in general, please speak with the Team Reps or the Developmental Reps.

Goal Setting and Personal Bests

Each swimmer should work with his/her coach to come up with some goals for the summer. These goals can be small or big. An example of a goal for the week is "successfully completing a back flip turn" or "having a really good finish in butterfly." Each goal is individual, and is meant to motivate the swimmer to meet their achievements.

"Personal Bests" are when a swimmer swims a particular event faster than he or she has swum it this summer. Time Trials times are used to measure "personal bests."

The Ladder

The "ladder" refers to the list of events by age group with the swimmers listed in fastest to slowest order. A new ladder is usually available every Tuesday morning and encompasses the last Saturday and Monday meets (but includes all best times for each swimmer from the entire season). The ladder is used to determine eligibility for Saturday "NVSL" Meets. The ladder is in a bright orange binder with a picture of a ladder on the front, and is usually somewhere near the Team Reps. Parents are free to look at the ladder at any time. However, swimmers are not permitted to look at the ladder in order to protect the privacy of the swimmers. Although the swimmers usually have some idea of where certain swimmers are on the ladder, please do not share the information on the ladder with your swimmers.

Wahoo Watchers

Parent volunteers, called Wahoo Watchers, will be assigned to each of the meets to assist the coaches in the team area. The Wahoo Watchers' primary responsibility will be to maintain order and appropriate behaviour by the swimmers. Please encourage your swimmers to respect these parent volunteers.

The Great Wahoo

If a swimmer swims on Saturday morning, your swimmer may be surprised to discover that the Great Wahoo has visited during the night and left an orange sign on the door urging the swimmer to do their best in the Saturday meet. We don't know where the Great Wahoo comes from, but we are happy that he/she continues to visit. The Great Wahoo may also visit the Head Coach from time to time for Monday night Developmental Meets to share his or her Wahoo enthusiasm with all swimmers.

VOLUNTEERING

The Wahoo Swim Team is a non-profit organization run by volunteers. The only paid members of this organization are the coaches. Everything else is done for the love of our kids and swimming. We cannot run the meets without a full slate of volunteers.

Each family is expected to work in some capacity during the meets and social events. Once you sign up, you are responsible for that job at that time and must find a replacement if you can't make it. It is important to have all volunteer sign-ups in place long before the season starts to decrease the last minute frenzy. Please sign up early and commit to those times. We have a volunteer brochure that describes each job in detail. Please refer to the brochure and pick the jobs that are right for you!

The meet volunteer coordinator is Jill Rummel, and the social volunteer coordinator is Cindy Houttekier. Their contact information appears at the front of this Handbook. Each of these coordinators can provide you with contact information for the jobs of your choice.

There are many volunteer jobs available at a swim meet: timers, runners (to help clerk of course and stroke and turn judges), stroke and turn judges, starter, referee, marshals, table workers (who compile the results and help put together the ribbons), Wahoo Watchers (adults who sit with the swimmers), computer analysts, snack bar volunteers, etc. There is a more complete description of these jobs under "Swimming 101: The Basics" below.

If you are working on the deck during a meet, please make every effort to wear a plain (no team insignia) white shirt and navy blue (not blue jean or other color blue) bottoms.

The social events will have sign-ups on the Wahoo Bulletin Board. Just add your name and join a friendly and wonderful group of people who make the Wahoo Swim Team possible. See "Social Events" below for more information.

Officials and Meet Volunteers

The following is a description of the vast cadre of officials and volunteers that work at swim meets.

Clerk of Course

The Clerk of Course is the "gatekeeper" for all swimmers in our meets. The people who perform this function get the swimmers to the right lanes for the correct race. You can't run a race without swimmers; the clerk of course makes sure the right swimmer gets to the right place at the right time.

Referee

The referee is the chief official for each swim meet. He is responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules. Prior to the start of each race, the referee sounds four or five short blasts to advise the participants to get ready (for backstroke participants, this means get in the water). After the event is announced by the announcer or starter, the referee sounds one long blast as a signal for swimmers to get into position for the start. When the referee sees that all the swimmers are ready, he extends his arm pointing towards the starter. At this point, the starter takes control.

Starter

The starter is responsible for insuring that all swimmers are given a fair and equitable start. The starter will instruct the swimmers to “take your mark”. After all swimmers are ready and still, the starter will start the race, using a “Colorado System” (so called because it is built by Colorado Timing System). This system consists of a public address system, a horn and a strobe light. The race will start upon the “beep,” which occurs at the same time as a strobe light. The timers time the racers based upon the strobe light.

A race can be recalled only if it was a bad start by the starter (i.e., not all swimmers were ready) or for a safety reason. This is done using a recall signal on the Colorado system (you’ll know it when you hear it).

Stroke and Turn Judges

Once the race has started, the stroke and turn judges are responsible for ensuring that all swimmers obey all the rules for the stroke that they are swimming. These people are always at the ends of the pool for starts and finishes and walk the sides of the pool as best they can within the physical constraints of the pool. If a stroke and turn judge sees a violation of the rules, he raises his hand to signify that an infraction has occurred. A disqualification is recorded on a DQ slip, which the referee reviews and approves and forwards copies to the table workers and the team reps.

Marshals

Marshals are responsible for ensuring that warm-ups are conducted safely and that order is maintained during the warm-ups. Duties include ensuring that diving starts are used in warm-ups only when a lane is “one way” away from the starting end; stopping any horseplay or running on deck; and making sure swimmers aren’t hanging or sitting on the lane lines.

Relay Take-off Judges

During relays, you’ll see four relay take-off judges at each end of the pool (two per lane). Their job is to ensure that each swimmer touches the wall prior to the next swimmer taking off. Relay take-off judges do not raise their hands when they observe an early take-off because a disqualification occurs only if both relay take-off judges observed an early takeoff.

Timers

The timers are the most important people to every swimmer. They are the people who determine each swimmer’s official time for each race. Being a timer is a good entry level position for new parents to help out in. Some parents have been timers for years and wouldn’t want to see a meet from any other viewpoint. If you can start and stop a stopwatch, you can be a timer. We’ll even provide the stopwatch. Timers start their watches on the strobe light from the Colorado system and stop their watches when the swimmer touches the wall. There are three timers per lane, and all three times are recorded. The middle time or an exact match of any two (or three) times is the official time. The Chief Timer collects the time cards from the timers, reviews them for accuracy and completeness, and forwards them on to the table workers.

Table Workers

The time cards from the timers and any DQ slips go to the table workers who determine the order of finish for each event, score the meet, and prepare ribbons for the participants. Several people from each team perform these functions to ensure that errors are caught before results are announced.

Announcer

The announcer welcomes swimmers, coaches, and fans to the meet and introduces the swimmers for each event. The announcer also announces the results for each event after they are finalized and keeps the fans advised of the score throughout the meet.

SOCIAL EVENTS

Pictures

As of the date of publication of this Handbook, the time and place of the team picture has not been determined. Information will be forthcoming as this gets closer.

Pasta Dinner

The team gathers to eat some great pasta and side dishes (not to mention dessert) on the eve of our first Saturday “NVSL” meet. The Pasta Dinner will take place this year on Friday, June 20. Dinner will be served at 6:00. Swim team members are assigned dishes (pasta, side dish, etc.) based upon the first letter of their last name, so please watch the Wahoo Bulletin Board and your e-mail for signs detailing what to bring and to sign up to help. **ALL SWIMMERS SHOULD BE THERE WEARING THEIR TEAM SUIT (if they have one) AND TEAM T-SHIRT.**

Ice Cream Socials and Pancake Breakfasts

We have two ice cream socials and three pancake breakfasts planned. Please see the calendar on the back page for dates and check the Wahoo Bulletin Board for sign-ups to help.

Pep Rallies

We will have five pep rallies this year, the first to be held at the Pasta Dinner on Friday, June 20. The remaining pep rallies will be on consecutive Fridays, with the last occurring on Friday, July 18. Unless otherwise stated on the calendar, pep rallies start at 6:00 p.m. **Pep rallies are for all swimmers.** They are a great chance for all the age groups to mix. This year our theme is fairy tales “Winning Spirit that Never Loses”.

At pep rallies, we give out all the awards from the previous week. Awards include “snack bar tokens” for the largest percentage time drop in each age group and gender plus a “swimmer of the week” award and special swim cap to reward swimmers who are working hard in practice, as determined by the coaches. These tokens can be used to purchase an item at the WCRA snack bar.

At pep rallies we usually have a craft or game, cheer like crazy and watch a zany skit put on by the coaches. Sometimes we have to charge a fee for the craft items.

Senior Celebration

On Saturday, July 19, during our last home “NVSL” meet, we will celebrate our Class of 2014 swimmers. This is a wonderful tradition where we highlight our seniors and thank them and their

families for their years of participation and support of the Wakefield Chapel Wahoos. It is a touching time for all and truly showcases what makes our team so special.

The Banquet

Our end of year banquet will be on Saturday, July 26 at 4:30 p.m. We will have a catered meal, lots of awards, dancing and games. Reminder – this is an event to celebrate our children’s successful summer swim season. Please use discretion regarding alcoholic beverages at this event. **ABSOLUTELY NO GLASS BOTTLES!**

Team Picnic

The team picnic on the hill will start at the end of the Saturday, July 5 “NVSL” meet, at approximately 11:15 a.m. Come early and support the swimmers in the Saturday meet!

Scholarship Applications

NVSL sponsors four scholarships each year for swimmers who graduate from high school this spring. Application information is available from the Team Reps. We encourage all of our eligible swimmers to apply. Applications are due Friday, June 27, 2014.

SWIMMING 101: THE BASICS

In addition to the multitude of information provided above, here is some more information on the basic swimming strokes performed by the swimmers and the many officials and volunteers you will see at swim meets. Please ask the Team Reps or the Developmental Reps if you have any questions.

Swimming Strokes

If you’re not a former swimmer, the strokes and their rules can be a cause of bewilderment. While the stroke rules are simple enough for a six year old to understand, most people do not have a copy of the USA Swimming Rules, so we’ll briefly describe the strokes below, as modified for use in the NVSL. Teams in other leagues may have slightly different rules. This is an overview of the rules and not a complete description.

Freestyle

The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable. There are, however, a few “don’ts” associated with this stroke: (1) You cannot walk on the bottom or pull yourself along using the lane lines, and (2) in a 50 meter race (two pool lengths), you must touch the wall at the 25 meter end before touching the wall at the 50 meter end (this may seem obvious, but sometimes swimmers miss the wall at the turning end of the pool).

Backstroke

Like the freestyle, almost anything goes on the backstroke as long as you stay on your back. Watching swimmers learn the backstroke is a perverse sense of fun as they bounce off lane lines and wonder where they are. Eventually, they will learn to guide off the lane lines, use the overhead backstroke flags and the lane line markings to know where they’re situated in the pool, and count strokes from the flags to the wall.

Backstroke starts are different from all others because the swimmer is in the water feet planted against the wall, and hanging on to either another swimmer's legs or the lip on the pool awaiting the starter's signal. "Legs" (persons serving as a starting block for some swimmers – you'll just have to see it to understand it) must be grabbed below the knee. Persons serving in an official capacity (such as timers or coaches) may not serve as "legs."

If your swimmer is a backstroker, he or she will eventually learn the backstroke flip turn. This is the one exception to staying on your back and can be used only as part of a turn (not a finish) at the pool wall.

Breaststroke

The Breaststroke has three components, the kick, the arm pull, and glide. The kick is a "frog" kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull reaches across the surface, underwater. Once the arms are at full extension, the swimmer pauses (or glides) and waits for the legs to finish the kick, with legs together. The arm pull and kick must be in an alternating sequence and the elbows must stay below the water except for tagging the wall at the finish. Breaststroke turns and finishes require a simultaneous two hand touch. Most DQs happen in breaststroke. It is a difficult stroke to master, and some swimmers may become discouraged. Please see "Monday Night Developmental Meets" above regarding the rules of signing up to swim breaststroke in a Monday night developmental meet.

Butterfly

A well executed butterfly (or "fly") is the most beautiful exhibition of power you'll ever see in a swimming pool. Quite frankly, the fly is the hardest stroke for most swimmers to perfect and while they are learning it many look like they are drowning. There are two components of the fly; the arm pull and the kick. The arm pull must be an over the water recovery (elbows breaking the surface of the water) with the arms moving simultaneously. The kick is a dolphin style kick with both legs moving simultaneously. Unlike the breaststroke, there is no requirement to alternate the kick and pull. Turns and finishes require simultaneous two hand touch at the wall.

Individual Medley

The individual medley (or "IM") is an event in which an individual swims each of the four strokes in a specific sequence: butterfly, backstroke, breaststroke, and freestyle. The IM event in the NVSL is a 100 meter IM, which means that 25 meters, or one pool length, of each stroke is swum. In a 100 meter IM, every turn is a stroke change and stroke finish rules apply. This means no backstroke flip turns are permitted.

Relays

There are two kinds of Relays, the freestyle relay and the medley relay. Both involve a team of four swimmers, each swimming one quarter of the total distance. In the freestyle relay, each swimmer swims the freestyle. In the medley relay, the sequence is backstroke, breaststroke, butterfly, and freestyle.

In all relays, each swimmer must wait until the previous swimmer touches the wall prior to leaving the deck. Running starts or pushes from teammates are not allowed.

DIRECTIONS

Monday June 23 Fairfax Station
6203 Old Arrington Lane, Fairfax Station, VA 22039

From the pool, take left onto Holborn Avenue. Turn left at Wakefield Chapel Rd. Turn right onto Braddock Rd. Bear left at Burke Lake Rd. Turn right at Fairfax County Pky/John F (Jack) Herrity Pky, and go 1.6 miles. Bear right onto the VA-123 ramp; go 0.4 miles. Turn left at Ox Road; go 0.3 miles. Turn right at Robert Carter Road; go 0.3 miles. Turn right at Old Arrington Lane; go 0.1 miles.

Saturday June 28 Tuckahoe
1814 Great Falls Street, McLean, VA 22101

Turn right out of pool. Take a right onto Toll House, then left onto Duncan Drive. Turn right onto Little River Turnpike. Take the exit for I-495 Beltway North towards Tysons. From I-495, take Exit 46B - Route 123 North. Drive approximately 1.3 miles and turn right onto Great Falls Street. Continue on Great Falls Street for 1.3 miles. The pool should be on your right.

Monday July 7 Little Rocky Run
6201 Sandstone Way, Clifton, VA 20124

From I-66 West. Take exit 55 to Fairfax County Parkway South, Springfield. Take a Right at the Braddock exit and continue on Braddock for approximately 3 miles. Then make a left on Union Mill, pass Centreville High School and make a right on Springstone and an immediate left on Sandstone Way. You can also take Braddock West or 29 West to Union Mill.

Wednesday July 9 Overlee
6030 Lee Hwy, Arlington, Virginia 22205

Turn right out of pool. Take a right onto Toll House, then left onto Duncan Drive. Turn right onto Little River Turnpike. Take the exit for I-495 Beltway North towards Tysons. From I-495, take Exit 49B – I-66 East. Drive approximately 3.8 miles and take exit 69 toward US-29/VA-237/Lee Hwy. Follow slight merge on Fairfax Drive and take 1st right onto US-29 N/Lee Hwy. Continue on Lee Hwy for 0.9 miles. The pool should be on your right.

Saturday July 12 McLean
1700 Margie Drive, McLean , VA

Turn right out of pool. Take a right onto Toll House, then left onto Duncan Drive. Turn right onto Little River Turnpike. Take the exit for I-495 Beltway North towards Tysons. From I-495, take Exit 46B - Route 123 North. Drive approximately 1.3 miles and turn right onto Great Falls Street. Continue on Great Falls Street for 0.9 miles. Turn left onto Sea Cliff Rd. In 0.1 miles turn left onto Margie Drive. The pool should be on your right.

Wednesday July 16 Hunt Valley
7100 Sydenstricker Rd, Springfield, VA 22152

Turn left out of pool. Turn left onto Wakefield Chapel Road. Turn right onto Braddock Road west. Drive 0.8 miles and turn left onto Burke Lake Rd. In 0.3 miles turn left onto Rolling Rd. Continue on

Rolling Rd for 2.2 miles. Turn right onto Old Keene Mill Rd. In 1.0 miles turn left on Huntsman Blvd. follow Huntsman Blvd for 0.6 miles and turn left onto Syndenstricker Rd. The pool is on right in 0.6 miles.

Wednesday July 23 Fairfax Station
6203 Old Arrington Lane, Fairfax Station, VA 22039

From the pool, take left onto Holborn Avenue. Turn left at Wakefield Chapel Rd. Turn right onto Braddock Rd. Bear left at Burke Lake Rd. Turn right at Fairfax County Pky/John F (Jack) Herrity Pky, and go 1.6 miles. Bear right onto the VA-123 ramp; go 0.4 miles. Turn left at Ox Road; go 0.3 miles. Turn right at Robert Carter Road; go 0.3 miles. Turn right at Old Arrington Lane; go 0.1 miles.

Saturday July 26 Tuckahoe
See above.

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