**Columbia Country Club**

**Swim Team**

### League Website: www.columbiaswimleague.com

Welcome to Columbia Country Club Swim Team. We hope that this handbook will provide some useful information and answer many questions for both new and experienced swim team members and parents.

# Coaches

**Head Coach**

Macy Hunter (Cell 803-807-7390)

**Assistant Coaches**

Will Halliday

Collen Hancock

Hayden Kasavicha

Macy Moran

Kylie Turner

# Qualifications

 Any child who appears comfortable in the water and will attempt to swim the length of the pool can join our swim team. Some beginning swimmers on the team may do better with private lessons in addition or instead of swim team. If your child does not want to put his face into the water he/she may need time in swimming lessons, because natural fatigue during swim practice will make their fears worse and place them in a potentially dangerous situation. Please talk to the Coach with regard to this. Private lessons are available from some of the coaches. (see below)



**Swim Lessons**

\*\*\* Please contact coaches to schedule private swim lessons\*\*\*

The price is $25.00 for a half hour.

 Macy Hunter (803) 803-7390

 Will Halliday (803) 727-6487

 Collen Hancock (803) 238-1824

 Hayden Kasavicha (803) 605-1169

 Macy Moran (803) 360-5434

 Kylie Turner (803) 457-2578

**Practice Schedule**

**Pre-Summer Practice Schedule (*May 21st-23rd, 28th-30th, and June 4th-5th)***

7 & 8 Year Olds 4:30pm - 5:30pm Tuesday-Thursday

9 - 12 Year Olds 5:00pm - 5:45pm Tuesday-Thursday

Senior Group 5:45pm -6:45pm Tuesday-Thursday

*The 6 & under age group does not start practicing until summer practices begin in the morning.*

*Note: We will not have practice on Thursday, June 6th due to Blythewood High School Graduation.*

**Summer Practice Schedule (*Effective Monday, June 10th)***

Senior Group 8:00am - 9:00am Monday- Friday

9 - 12 Year Olds 9:00am - 10:00am Monday- Friday

7 & 8 Year Olds 10:00am - 10:30am Monday- Friday

6 Year Olds & under 10:30am - 11am Monday- Friday

#### NO PRACTICE on Wednesday, July 3rd- Friday, July 5th

**2019 CCC Meet Schedule**

##### Please put these dates on your calendar

 **Date** **Day Opponent**

June 10 (B Meet) Monday King’s Grant

June 13 (A Meet) Thursday @ Wildewood

June 17 (B Meet) Monday @ Greenview

June 20 (A Meet) Thursday Forest Lake

June 24 (B Meet) Monday @ Maxcy Gregg

June 27 (A Meet) Thursday Hunting Creek

July 1 (A Meet) Monday Spring Valley

July 8 (B Meet) Monday @ Rockbridge

July 13-14 Sat & Sun CSL CITY MEET (@USC)

**A Meet:** This isa scored meet that you must sign-up for to be in the meet line-up. Coaches choose events for swimmers based on what is best for the team.

**B Meet:** This isnot a scored meet. You do not need to sign-up for these meets and swimmers may choose their events.

# Swim Meet Times - All Meets

4:45-5:15pm Host Club Warm-up

5:15-5:45pm Visitor Warm-Up

6:00pm Meet Begins

League meets are almost never postponed in advance because of threatening weather. In fact, league rules say, “a meet may not be postponed until a delay of 45 minutes has elapsed.” Swimmers must attend the meets to avoid a FORFEIT. In the rare event of a postponement in advance of the meet, we will make every effort to notify you by 4:00 pm.

**Sign** Up **for Meets**

**In order for our coaches to plan for an organized and efficient meet they must know who will and will not be available to swim. This is only for scored (A) meets.**

 Each week we will post on the bulletin board a sign-up sheet for that week’s meet. **The coaches will only put those swimmers in the lineup who have signed up to attend the meet**. The sign in sheets are located on the bulletin board at the CCC pool. Please write your swimmer’s name **by the end of practice on Wednesday of each week** to ensure that your child will be able to swim at that meet. If you will not be able to attend the meet, you do not need to do anything.

# Swim Meet Policy

**“B” Meets are non-scored meets.** All swimmers are encouraged to attend the meet and swim all of the events. This is a swimmer's’ chance to earn best times in any events they choose.

**“A” Meets are scored meets.** These meets are more competitive and the number of swimmers that can swim each individual event is limited. Due to this limitation and our large team, we regret that not every swimmer will swim in an individual event. The coaches will do their best to place each swimmer in events they feel comfortable in, while also doing what is best for the team.

# City Meet

All swimmers that can swim the stroke legally are eligible and encouraged to swim in the City Meet. This two day event is held in the ten lane pool at USC, with both individual and team points scored. The top ten individual swimmers will receive medals and positions 10-20 will receive ribbons. Each swimmer is eligible to swim 3 individual events, the IM, and relays. This is the championship meet; swimmers will be grouped by ability. It is a meet full of fun and team spirit. There is a fee to enter this meet which the swim league uses to pay for scholarships, ribbons, medals, and rental of the college pool.

Saturday, July 13 City Meet @ USC 1st Session – 8&Under

 2nd Session – 11&12 YO

Sunday, July 14 City Meet @ USC 1st Session – 9&10 YO

 2nd Session – 13&Up

# Uniforms

 Swimmers should be outfitted in a team suit and cap. It is also recommended that the swimmer use a pair of racing goggles. Please see one of the coaches if swimmer is in need of a suit, goggles or cap.

# Swimmer's Ear

Swimmer’s ear is a common bacterial infection in warm climates or summer months. The summer swimmer is particularly at risk unless certain precautions are taken. Recommendation: Alcohol drops instilled in the ear canals after swimming.

 Once infection has occurred, swim ear drops should be instilled in the ear canals. Swimming should be avoided for 1 to 2 days until symptoms disappear. If the swimmer’s ear becomes painful it is necessary to consult a physician.

###### Parent Volunteers

The success of our swim team and swim meets depends on parent volunteers like you! We will need your help throughout the season and there is a variety of things you can do to help! Below is a brief description of all the different positions. Older siblings that do not swim (12 years or older) are welcome to help too! No experience is necessary! We have veteran parent volunteers that will be able to give you more detailed instructions and answer any questions you have. Thank you in advance for your help and contribution to making the team a success!

* Timers: We will need 9-12 parent timers at home meets and 6 timers at away meets. This involves timing all of the races of one particular lane for that meet. There will be 3 timers per lane. Although, you have to pay careful attention to the finish of your particular lane, you are able to watch the meet! \*This is where we will need the most help!\*
* Runners: We are going to need 2 volunteers for this at each home meet. There is a runner who collects DQ sheets from the officials throughout the meet and a runner who will collect all the time sheets from the timers. Both the DQ slip and time sheets will be delivered to the scoring table. This position also allows you to watch the majority of the meet!
* Ribbons: At home ‘B’ meets, we will need two or three individuals to handout heat winner ribbons for each race. At ‘A’ meets, heat ribbons are also handed out to the 6 & under swimmers – which is only at the beginning of the meet. This job requires that you watch all of the races at the meet!
* Photographer(s): This is a job for anyone! It has become tradition in the last couple years to compile a slideshow of pictures from the season that is shown at the end of season banquet. Towards the end of the season, we will start collecting photographs. We need pictures of all of our swimmers at practices, swim meets, etc. More information on who to turn in pictures to will come later on in the season.

# Officials’ Clinics

If you are a parent & have a general knowledge of the strokes please consider being a stroke and turn judge. You will be trained at an hour and half clinic scheduled at various locations and times for your convenience. These clinics are scheduled in the later part of May. The dates are listed below. If you have any questions about being an Official, please contact Meredith Halliday or Heather Repka.

Saturday, May 11- Columbia Country Club (CCC) @ 9 AM

Thursday, May 16- Hunting Creek @ 6:30 PM

Wednesday, May 22- Harbison Recreation Center @ 6 PM

Wednesday, May 22- Edenwood @ 6 PM

Saturday, May 25- Edenwood @ 9 AM

Wednesday, May 29- Country Club of Lexington (CCL) @ 6 PM

# Posters

# To promote “Team spirit” we will sponsor a poster contest before each home meet, Monday and Thursday. Prizes will be awarded. Posters should reflect good sportsmanship and good taste. Posters not in this spirit of friendly competition will not be posted.

# Banquet

The CCC Swim Team Banquet will be held on Tuesday, July 16th at 6:00pm to honor our swimmers. One of the highlights of the banquet is the presentation of awards to our swimmers. The awards presented include, but are not necessarily limited to: High Point, Most Improved, Coaches Award and the Fran Boland trophy. City Meet awards will also be distributed that evening. Please plan to attend.

**ALCOHOL POLICY**

Any parent/adult volunteering at a swim meet as a timer, starter, coach, official or scorer may not under any circumstance partake in alcoholic beverages. Columbia Swim League has a very strict policy that anyone associated with the league during the meets cannot drink. Any violations of this policy could put our swim team at risk of being removed from the league.

# Excerpts From The Columbia Swimming League By-Laws

## Article II : Purpose

Section 1. The purpose of this organization is to provide opportunities for swimming competition for the young people of metropolitan Columbia; to provide instruction and practice in competitive swimming and diving skills; to provide proper supervision for such instruction, practice and competition; and to instill in the competitors a high sense of fair play and sportsmanship.

## Article V : Responsibilities Of Team Members

Each team member, as a condition of swimming in competition, shall agree:

 a. To conduct himself as a gentleman of lady, realizing that he is a guest of the host swimming facility, and accordingly obeying all rules of the host swimming facility.

 b. To abide by all the rules of good sportsmanship and take no unfair advantage of any competitor.

 c. That the referee has complete discretion to deal with all disciplinary infractions.

**Excerpts From The Columbia Swimming League Dual Meet By-Laws**

## Section 1 : Schedule Of Events For Dual Meets

 c. Order of events for each dual meet shall be:

 1. Butterfly

 2. Backstroke

 3. Medley relay

 4. Breaststroke

 5. Freestyle

 6. Freestyle relay

 d. Distances for events shall be as follows:

    6 and under - freestyle and freestyle relay only

    8 and under - individual events – 1 pool length

    Relays – 4 swimmers, 1 length each

    9 and 10 individual events – 2 pool lengths

    Relays - 4 swimmers, 2 lengths each

    11 and 12 individual events – 2 pool lengths

    Relays - 4 swimmers, 2 lengths each

    13 and 14 individual events – 2 pool lengths

    Relays – 4 swimmers, 2 lengths each

    15 to 18 individual events - 2 pool lengths

    Relays – 4 swimmers, 2 lengths each

## Section 3 : Rules For Dual Meets

 a. The starting time shall be 6:00 p.m. and at least a one-half hour warm-up shall be provided. The time and location may be changed if agreed upon by both coaches.

 b. A meet shall end in a forfeit if the host team cannot fulfill the minimum requirements or if either team does not appear within one-half hour after the official starting time.

 c. In the event of electrical storms or unforeseen circumstances causing a meet to end prematurely, the meet shall be re-scheduled within one week, the date to be agreed upon by both teams, unless the leading team has 231 points, in which case it wins. The meet shall resume at the next event, which would have taken place at the time of postponement. Failure to show shall result in a forfeit. A team may concede a meet if it chooses.

 d. Scoring for all individual events shall be 5 points for first, 3 points for second, and I point for third. For relays, 7 points for first and 3 points for second. Six and under events shall not be scored. With a tie for first place, each swimmer gets 4 points and the next swimmer gets 1 point. In a tie for second place, each swimmer gets 2 points and the next swimmer gets none. In a tie for third place, each swimmer gets 1/2 point.

 e. A meet may not be postponed until a delay of 45 minutes has elapsed. The host club shall make the decision to stop.

 f. A team shall be allowed three entries per event in pools having six or more lanes, and two entries per event in pools having five or less lanes. Only the first two swimmers finishing for each club in individual events and the first team for each club in relay events may be awarded points. None of the entries shall be considered exhibition and they shall count as one of the allowed entries for a swimmer. A swimmer may swim in only one age group per individual stroke.

 g. The home team shall swim in odd numbered lanes and the visiting team shall swim in the even numbered lanes.

 h. Each swimmer may compete in three individual events and two relays. A swimmer may swim in only one age group per individual stroke or each type of relay.

 i. Swimmers may compete in any higher age group, individual and/or relay events. Diving blocks shall not be used in any league event if any competition lane in the pool is less than 3 feet 6 inches deep. In pools with legal depths, blocks must be used.

## Section 4 : Conduct Of Dual Meets

 a. Records - the host team shall be responsible for keeping accurate records of meets and shall phone or furnish the results to the league vice-president.

 b. Officials - Officials shall be provided by each team as follows:

 1. Starter – Furnished by the host team. All starters must re-qualify each year by attending at least one officials' clinic at the beginning of the season.

 2. Recorders – At least one recorder furnished by each team.

 3. Stroke and Turn judges – One qualified judge is to be furnished by each team. All stroke and turn judges must re-qualify each year by attending at least one officials' clinic at the beginning of the season.

 4. Timers – The home team shall furnish 2 timers per lane and a head timer. The visiting team shall furnish I timer per lane who shall act as the recorder for that lane.

 5. A qualified referee is to be provided by the host team. Should a qualified referee not be available, the host team must advise the Competition Committee chairman at least 48 hours prior to the meet. The chairman will assign a referee. Qualified is defined as having been a qualified stroke and turn judge as defined in item 3 above for at least one year. All referees must re-qualify each year by attending at least one officials' clinic at the beginning of the season.

 c. Entries – Each coach shall present his proposed line-ups to the recorders before the meet. Substitutions may be made at any time before a swimmer is on the starting block.

 d. Stroke Judging – Stroke judges may personally advise a swimmer of his disqualification.

 e. Awards – All awards for individual and relay events shall be purchased by the Board of Directors and given to each club. The host team shall present ribbons for first, second, and third places for individual events in order of finish regardless of point distribution, and first and second place for relay events, in order of finish regardless of point distribution. Ribbons shall also be given for six and under events.

 f. Penalty – If a swimmer is illegal because of swimming in the wrong age group, or competing in too many events, or not being a member of the club he is competing for, or violating any other eligibility rule, he shall be disqualified in all events in which he competes and all points, which he earns, shall be forfeited. In the event of such a disqualification, swimmers finishing below the disqualified entrant shall be moved up and the score shall be adjusted accordingly.

 g. Protests – All protests involving the technical conduct of a dual meet must be registered with a member of the Competition Committee within 24 hours of the conclusion of the meet. Technical conduct is defined as all aspects of the meet other that eligibility. Protests regarding a swimmer's eligibility may be registered at any time subject to Article VI-Protests and Complaints, Section 2.