

South Harrison Seahawks



Team Handbook

2010

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**2010 Board of Directors for the
South Harrison Seahawks**

President:	Stephanie Tostaine	572-4257
Vice President:	Jetta Lillpop	969-3124
Secretary:	Lauren Letwat	737-1999
Treasurer:	John Johnson	969-8082
Recorder:	Sara Deatrick	969-2704
Fundraising:	Lynn Coulter	969-2833
Equipment Manager:	Grant Belles	737-1834
SISA Representatives:	Chrissy Hess	737-2212
Coaches:	Amber Miller	737-2094
		812-972-2081
	Sean Anderson	502-599-6857
	Patti	737-2469

2010 Meet Schedule

Date	Time	Location	Opponent
June 14th	Arrive at Charlestown at 5:15, meet starts at 6:00	Charlestown Middle School	Charlestown
June 17th	Arrive at South Harrison Pool at 5:00, meet starts at 6:00	Home Meet	Harrison County
June 24th	Arrive at South Harrison Pool at 5:00, meet starts at 6:00	Home Meet	Clarksville
June 28th	Arrive at JAC 5:15, meet starts at 6:00	Jeffersonville Aquatic Center	JAC
July 8th	Arrive at South Harrison Pool at 5:00, meet starts at 6:00	Home Meet	Floyd Co. Flying Fish
July 12th	Arrive at West Clark Pool at 5:00, meet starts at 6:00	Sellersburg Pool	West Clark

July 24th Champs	Details to Follow	Corydon	All Teams
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Southern Indiana Swimming Association (SISA)

Our team is affiliated with SISA along with six other teams: Jeffersonville (JAC), Harrison County (HC), West Clark (WC-Sellersburg), Charlestown (CH), Clarksville (CV), and Floyd County Parks Dept. (FC).

Membership Fees

1. Dues are to be paid no later than the first night of practice. No child will be allowed to practice until all dues are paid. This is strictly enforced due to our insurance policy.
2. There will be no refunds after June 10, 2010.
3. All swimmers must purchase a South Harrison Park Pool Pass to participate on the swim team. Park passes are \$65.00 for a family swim pass (up to 5 swimmers), \$35.00 for an individual swimmer pass or \$10.00 for a Swim Team pass. The Swim Team pass allows you to get in for swim practice only. Lost passes have a replacement fee of \$15.00.
4. The swim team membership cost is \$60 for the first swimmer, \$50 for the second swimmer, and \$40 for the third swimmer. (It costs over \$50 for each swimmer to participate on our swim team. We must purchase insurance on every child, pay our coaches and pay a membership fee to SISA. Donations and concessions help us to make up the shortfall.)

Rules and Regulations

1. The South Harrison Pool rules are in effect at all times.
2. No horseplay in the shower rooms.
3. No towel "popping" or running in the pool area.

4. No swim team member is to be behind the counter in the pool building.
5. There is not a telephone available at the pool.
6. No obscene or vulgar language from anyone will be tolerated.
7. **Children under 10 must** have a parent present during practice.
8. Parents, please caution your teenagers that our practices and meets are not the place for public displays of affection. We want all our swimmers to have a good time and set a good example.

Team Apparel

Team Swim Suits & Goggles

The official colors of our swim team are PURPLE and BLACK. There will be official team suits available for purchase. You may also purchase a solid-color purple or black swimsuit/trunks on your own. **One-piece suits are required for all practices and meets.** Goggles will also be for sale the first night of practice. It is recommended that all swimmers use goggles as they help against effects of the chlorine in the water. All girls are required to wear swim caps at practices and meets.

Team T-Shirts

We will have an official swim team t-shirt for sale to all members and parents. We encourage all members and parents to wear their t-shirts to both home and away meets to show their team spirit. The purchase of t-shirts is voluntary. We will be taking orders for the first week of practice. T-shirts must be paid for in advance. They should be available by the first meet. Prices will be posted at sign-ups.

Practices and Meets

Practices

1. Swim practice is Monday thru Thursday, from 7:00 to 9:00 p.m. beginning June 1, 2010.
2. Attendance at all practices is not mandatory, but the more you practice the better you will be.

3. Swimmers are required to attend at least three practices per week prior to the beginning of the meet schedule. Thereafter swimmers must attend two practices a week.
4. If a swimmer does not attend the practice prior to a meet (without making PRIOR arrangements with their coach) they will not be entered into events at that meet.
5. We ask that you let your coach or an officer know if you will be missing any practices or meets, home or away.
6. If an emergency arises after you had planned to attend a meet, please try to contact any of the officers or coaches so that we can rearrange the race schedule as needed.
7. The first few weeks of practice can be quite chilly, bring 2-3 towels and a sweat suit.
8. Mark you name on any items you bring (goggles, caps, towels, etc.).
9. Appropriate swimsuits are required (one-piece bathing suits for girls and trunks for boys).
10. Volunteers are always needed at practice. Any adults helping with practice in the pool should suit up appropriately. One coach will always be available during the practice time, even if the weather is questionable.

Swim Meets

1. All swim meets begin at 6:00 p.m.
2. Swimmers must arrive **before 5:00 PM** for Home meets and **5:30** for away meets.
3. Please try to feed your child at least one hour prior to meets to avoid illness.
4. Parents with swimmers are responsible for their swimmers at all times. Coaches will not track swimmers down for an event.
5. If you have volunteered to help at the meet be sure to let the coach know who is in charge of your child.
6. All swimmers receive place ribbons for events in which they participate unless they are disqualified.
7. Ribbons will be distributed at the next practice. Your child must participate in practice to receive their ribbons.
8. If inclement weather should arise the SISA representatives of the participating teams will decide cancellation of the meet.
9. Admission is \$1.00 for all meets except our home pool where admission is \$2.00.

10. If your child swims a meet **you are required to work half of the meet**. If you fail to do so your child will not be allowed to swim at that meet. This may count against the swimmer in regard to qualifying for Champs.

Please be aware that inclement weather does not necessarily cancel a meet. The weather may clear and the meet may go as scheduled. Weather that is rainy without lightning will not cancel a meet. Only prolonged storms occurring during meet times will cancel the meet. Swimmers should arrive at the meet and be ready to swim.

Home Meets

At practice prior to a home meet, a sign up sheet will be passed around among the parents of all swimmers who will be participating for parents to sign up. Parent need to sign up for timers, back-up timer, place judge, lane and place judge runner, ribbons, refreshment server and snack table. It takes over 40 volunteers to run a meet! We appreciate all those who help.

Away Meets

We are responsible for working most of the same positions as at our home meets. Again, please sign up for your favorite job at the practice prior to the meet. Directions to away meets are on the last page. For the “10 & under” group, one parent must attend the away meet with their child unless special permission is granted from the coach. Coaches will not be allowed to transport swimmers to away meets.

SISA Championships (also known as “Champs”)

The highlight event of the swim season is the SISA Championships, which will be hosted by Harrison County. This will be held July 24, 2010 at Corydon. A swimmer must swim in at least three regular season meets in order to qualify for Champs. Each swimmer can swim in a total of five events that day. This may include 3 individual races and 2 relays. Check with the coaches about the relay events. There will be a small fee for individual events, but the team will pay for all relay events. Medals are awarded for 1st thru 12th place. This is always a fun day for the entire family. You will want to bring your lawn chair, a picnic lunch and plenty of sunscreen.

Concessions

At our home meets our team sells concessions. This helps us raise funds for operational expenses. Each family is asked to donate \$5.00 per swimmer for concessions. This fee will be collected at the beginning of the season.

Fundraisers

We will have a raffle again this year. We will be raffling off a gift certificate to a restaurant and a limousine ride. We will be asking all swimmers to sell raffle tickets through out the summer. We will have the drawing at our swim team party at the end of the season. We will be selling pizza cards for Papa John's. This will be shared at the Parent Meeting.

Special Events

1. **Parents meeting:** There will be a meeting on **June 8, 2010 at 7:30 PM for ALL PARENTS**. This is a mandatory meeting for organizational purposes. Please make arrangements to attend.
2. **Picture Night:** Team and individual pictures will be taken early in the season. These are optional, but all swimmers are asked to be there for the group picture in their team suit. Picture night will be June ____ from 7:00 to 8:00 by Sonshine Studio Photography.
3. **Team Party:** Our team party will be Thursday, July 29th. There will be a main dish provided and all team members are asked to bring a dish. There will be a sign up sheet the week before. Dinner will be at 5:30 with awards from Champs to follow. Swimming starts at 6:30 pm. There will be a short parents meeting after dinner for elections of next year's board of officers.

Directions to Away Meets

Information can be found on our website: shseahawks.com

1. **Gate** The gate keep collects admission fees from everyone (with the exception of swimmer). This person is also responsible for selling raffle tickets.
2. **Set up.** Four people are needed for this job. They must set up the announcers tent, which contains three tables, five chairs, the PA system, backstroke flags, two additional chairs for lane place judges and the event number stand.
3. **Ribbon Writers:** Two people are needed for the first half of the meet and two people are needed for the second half to write the child's name, team, event, time and age group on the ribbons provided.
4. **Score Keepers:** One person for the first half and one person for the second half are needed to add points and post results.
5. **Place Judges:** One person first half and one person second half watch the races and write down lane numbers according to their judgment as to the finish of the swimmers (first through sixth place). Place cards are provided and are picked up from the runner after each race.
6. **Runner:** One person first half and one person second half pick up cards from the timers, place judges and stroke and turn judges. The cards are then taken to the scorekeepers table.
7. **Timers:** Six people for the first half and six people for the second half are needed to time the races. Stopwatches are provided. Start the watch when the horn sounds at the beginning of the race. Stop the watch when any part of the swimmer touches the wall. Call for a back up timer if you start your watch incorrectly or if the watch fails. There are two timers per lane, one from each team.
8. **Backup Timer:** One person for the first half and one person for the second half is needed to start a stopwatch at the sound of the horn at the beginning of the race. If a timer misses their start of their watch fails, the back up timer's stopwatch will be used.
9. **Starter:** One person first half and one person second half id needed to start the races. Tell the swimmers to step up. Announce the event they are to swim. Announce, "swimmers take your mark" make sure swimmers come down together. If the don not, ask swimmers to "stand up and step to the back of the block", and repeat the take your mark announcement. Watch for swimmers who leave the block before the horn sounds. Sounds a false start if this happens. This is a repetitive sounding of the horn until the swimmers return to the blocks. Restart the race. Backstroke and Medley relay start in the water. Swimmers toes must be under the water surface.
10. **Stroke and Turn Judge:** One Person first half and one person second half are needed to judge the swimmers strokes for correctness according to the USS Swimming rules. The S&T Judge may disqualify swimmers if their stroke, turn or finish is illegal. SISA offers a training session in May.
11. **Announcer:** This person uses the PA system to announce first, second and third calls for each event in order to let the swimmer's know when their races are getting ready and where we are in the meet. This person also makes announcements regarding the raffle and concessions.
12. **Break Down:** Four people are needed to take down the tent and put away all equipment in the storage area and to carry all trash to the dumpster.