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Welcome: Welcome swim team parents to the 2011 Oswego Otters summer swim season!

The Otters Swim Team is an Oswegoland Park District program supported by a volunteer parent support group. This handbook is to help guide new and returning swim team families through a fun and busy summer season. Please read it thoroughly and keep it close by for quick reference. Information in this guide will be supplemented by weekly newsletters that will be delivered to your family folder in the Civic Center lobby.

The parent support group, coaching staff, and park district look forward to another fun and successful season. This team would not exist without the help and cooperation of the swimmers and their parents. Thank you for your support.

Mission Statement & Goals for the Otters

1. To provide an opportunity to gain strength and endurance.
2. To supply training and the opportunity to compete.
3. To offer opportunities to learn excellent sportsmanship.
4. To create an environment where self-esteem and self-confidence may be increased.
5. To have fun!

2011 Swim Team Parent Support Group & Committee Chairs

President	Jean Reppy	630-554-8595
Publicity	Claire Parlier	630-554-6246
Ways and Means -Lemon Shake-Ups & Concessions	Rachel Goldsboro Tristin Holman	630-618-0467 630-554-9225
Funds Solicitation/Sponsorship	Liz Mereness	630-551-0841
Meet Director	Debbie Ortiz Tammy Snyder	630-897-4053 630-554-6783
Conference Representatives	Carrie Baginski	630-898-4196
Park District Liaison	Carolyn Murray	630-554-4467 cmurray@oswegolandpd.org

Co-Head Coach – Kevin Satler

Kevin comes to us from Illinois Math and Science Academy in Aurora (IMSA), where he is the Head Swim Coach. He has been coaching since 2004 with various swim clubs in the Illinois region. Kevin has recently earned his Bachelors in P.E. with High Honors from Monmouth College. Being a personal trainer for children with disabilities, and also a certified lifeguard adds to the many accomplishments he has achieved. His objective is to develop athletes' sportsmanship, athletic skills, work ethic, leadership and physical fitness. His goal as coach is not to win but to motivate athletes and provide the training necessary to achieve their individual potentials. Kevin believes in the philosophy of John Wooden, "Success comes from knowing that you did your best to become the best that you are capable of becoming".

Co-Head Coach – Tricia Close

Tricia is a former Otter. She swam as on Otter since she was 6 years old all the way through High School. She swam for the Aurora Sharks and Oswego High School. Tricia has swum at Junior Olympics, Zones, Regional's, Districts, State, and Nationals. She is a 100 and 200 Butterflyer and Backstroker. Also Tricia attended Aurora University where she graduated with Honors in a B.A. in Spanish and a B.A. in Elementary Education. Currently she lives in Plano with her two sons, Angel who is 2 and Emilio who is 8 months.

Asst. Coaches

Sara Converse

Sara Converse lives in Yorkville with her husband Chris and children Carson (5) and Audry (2). She has been in the water all her life, learning to swim when she was just 3 years old all the way up to high school swim team for West Aurora. She started teaching swim lessons at age 13 under her mother's swim lesson program and has taught lessons for 13 years at many different places, YWCA, Keeler, Delnor, Special Rec, Foxcroft, and Club 47. In 2007 she decided to take her love of the water to the next level and started coaching age group swim team at the YMCA in Plano (a small program that has been continually growing over the last 4 years). She loves coaching all levels of swim team but enjoys the younger age group of swim team the best, where she can focus on technique.

Justin Reppy

Justin lives in Oswego and has been swimming for most of his life. He took swim lessons at the Civic Center as a young child, and first joined the Otters when he was six years old. He continued swimming all through high school, where he was a multiple time state qualifier. He graduated from Oswego High School in 2010, and continued his swimming career at Augustana College this past year where he earned several conference titles. Justin has been on several swim clubs, such as the Aurora YMCA Sharks, Delta Aquatics, Oswego Otters, and the Academy Bullets Swim Club. This is his first year coaching, and he is looking forward to a fun and exciting year.

Jake Lutz

Joining the Otters at age 5, Jake has been swimming competitively for 15 years. He has done some minor coaching with the former coaches with the older swimmers to help with technique. Jake currently swims for Notre Dame College of Ohio and will be a senior in 2011/2012. Jake swims Individual Medley, but specializes in backstroke. Jake has been a swim instructor for the past 5 years at Oswegoland Park District teaching different ages and abilities and also helped out with some of the Otters functions. He has experience in teaching strokes to younger swimmers and has had positive feedback from parents that their child has improved greatly and really like his teaching style. Jake is looking forward to coaching the Otters and having a great season.

Kayla Koller

Kayla is a former Otter. She swam for the Otters from age 5 through High School. Kayla attended Oswego High School and later attended Elmhurst College. During her time in High School she coached swim lessons for the Oswego Park District and swam for the Oswego High School Swim Team. She just graduated this past may with a B.A.S in Psychology.

Otter Swim Team Schedule and Info

Swim team registration for residents began December 11, 2010. Registration for non-residents will begin on April 1, 2011. If you have any questions, please email ottersswimteam@oswegolandpd.org or contact Carolyn Murray at 630.554.4467 or cmurray@oswegolandpd.org.

Try Out Days – New Swimmers Only!

Friday, May 20, 4:00 – 6:00 pm or Saturday, May 21, 10:00 am – 11:30 am at the Civic Center.

Mandatory Parent Meeting (please attend one)

Wednesday, June 1, 4:30 pm or 6:00 pm at Winrock.

May 23, 2011	Monday	First evening practice at Civic Center
May 27-June 3, 2011	Friday/Friday	All Practice Groups at Winrock
June 4, 2011	Saturday	Intra-squad Meet, 8 am warm-up, 9 am start
June 6, 2011	Monday	First Morning Practice
June 6, 2011	Monday	Monday night practice begins at Winrock, 6:30 pm – 8 pm
June 9, 2011	Thursday*	Oswego @ Cary (away meet)
June 10, 2011	Friday	Team and Individual pictures (during practice)
June 14, 2011	Tuesday	Rockford @ Oswego (home meet)
June 21, 2011	Tuesday	Oswego @ DeKalb (Kishwaukee YMCA) (away meet)
June 25, 2011	Saturday	Time Trials, 8 am warm-up, 9 am start
June 26, 2011	Sunday	Team Party, 7:30 pm – 10 pm, Civic Center Pool
June 28, 2011	Tuesday	Geneva @ Oswego (home meet)
July 7, 2011	Thursday	Oswego @ Woodstock (away meet)
July 9, 2011	Saturday	Team Outing (Raging Waves Water Park)
July 12, 2011	Tuesday	Trails of Algonquin @ Oswego (home meet)
July 14, 2011	Thursday	Dual Meet Rain Date
July 16, 2011	Saturday	"A" Conference Championship Meet @ DeKalb (Kishwaukee YMCA) (AM MEET)
July 24, 2011	Sunday	Awards Night and Swim Party, 7 pm – 10 pm Civic Center

*Note this is a change from the original schedule.



Practice Schedule

Evening practice begins at the Civic Center, Monday, May 23.

4:30-5:15pm White Group

5:15-6:15pm Red Group

6:15-7:45pm Black Group

* Friday, May 27-June 3, all practice groups will practice at Winrock.

Morning practice begins at Civic Center and Winrock on Monday, June 6

7:00-9:00am Black A & Red A*

9:00-10:15am Red B & White A*

10:15-11:00am White B*

11:00-11:30 White C*

*A , B and C Practice Group Divisions

To accommodate our growing numbers, practice group are split into smaller A and B and C divisions. A and B divisions for Black, Red and White A Groups rotate between both the Civic Center and Winrock pools. White Group B and C divisions both practice at the Civic Center, only at different times. Practices group assignments are posted on the last day of evening practice.

	Monday	Tuesday	Wednesday	Thursday	Friday
Black A	Civic	Winrock	Civic	Winrock	Civic
Red A	Winrock	Civic	Winrock	Civic	Civic
Red B	Civic	Winrock	Civic	Winrock	Civic
White A	Winrock	Civic	Winrock	Civic	Civic
White B	Civic	Civic	Civic	Civic	Civic
White C	Civic	Civic	Civic	Civic	Civic

Note: A, B and C practice at Civic on days of meets and Fridays.

Monday Night practice at Winrock 6:30-8:00pm: June 6th –July 11th

These practices are available for swimmers who are a participating with another team in addition to our team. However, swimmers from Black Group and Red Group A are also invited to attend. These practices are training intensive. Please talk to a coach if you're not sure whether or not to send your swimmer.

Will We Have Practice?

The answer to this question is usually "YES". Lightning or extreme cold (low 50s) are typically the only circumstances that cancel practice. If the temperature outside feels cool to you, remember that the water temperature is kept at 79 degrees, plus your child is exercising. Rain definitely doesn't stop us.

If the weather is questionable, call the Park District Hotline number, 630-896-2018, and proceed according to the options on the message, listening for the "swim team" message for practice updates.

Practice Rules for Swimmers

1. Be on time with caps and goggles ready to go. (Girls and boys with long hair should wear a cap.)
2. Wait on the deck chairs near the locker rooms for a coach to call you over behind the lanes.
3. Listen to coaches and follow directions.
4. Have a good attitude and work hard.
5. Be a good teammate.
6. No swearing or foul language.
7. No food or gum during practice.
8. Keep locker rooms clean.
9. Listen to lifeguards and follow pool rules.

Practice Rules for Parents

1. If you need to talk to a coach, please do so before or after practice. Messages can also be left in the COACH folder. To leave a voicemail, call 554-4466 or email ottersswimteam@oswegolandpd.org.
2. During practice, all parents must watch from the concessions area or wait in the Civic Center lobby.

Swim Meets

In General

There are 84 events in a meet. Each event has a specific stroke and distance. Swimmers race against people of the same sex in his/her age group. Age is determined according to a swimmer's age as of June 1st (i.e. if you are 12 on June 1st and 13 on June 2nd, you will still swim in the 11-12 age group the entire summer). Age groups are divided into the following: 6 and under, 8 and under (6 and under can swim 8 and under if they have legal strokes for the particular event), 9-10, 11-12, 13-14, and 15-18. If the event is "open", any age can compete. The maximum number of events a swimmer may swim at a dual meet is four. This may either be a combination of 2 relays and 2 individual events or 1 relay and 3 individual events. However, the number of swimmers in the meet/age group and number of lanes in the pool factor into how many events in which a swimmer is entered.

Home Dual Meets

Swimmers report to the pool in enough time check in and warm-up. To check in, each swimmer highlights his/her name on the roster that is posted on the pool deck in front of the pool office. Warm-ups are 4:45-5:30pm. Black Group warms up first, followed by Red and White Groups. Either before or after warm-ups, swimmers should also copy down the meet event numbers, stroke, and distance of races in which they are entered. They can be found on the check-in roster. Home meets start at 6:00pm and general last until between 9:00-10:00pm.

Away Dual Meets

Contracted school busses shuttle swimmers to all away meets. All swimmers are expected to check-in for the meet at the Civic Center and ride the bus. This allows coaches to make last minute changes to the line-up and to give swimmers their events before arriving at the meet. Bus departure times will be in the weekly newsletters. One bus stays at the meet to shuttle swimmers home. Swimmers who wish to ride home with their parents must give a signed note to a coach at the meet. The team will warm up upon arrival, and the meet will start at 6:00pm.

To Be Entered in Dual Meets

At the beginning of the season, swimmers turn in Meet Sign-Up forms indicating which meets that swimmer will attend. Coaches use these forms to enter swimmers in events to create a line-up for each meet. The line-up is the coaching staff's best effort to win the meet while giving everyone the chance to participate. It's extremely difficult to create a line-up for a team as large as the Otters. Parents can help by making sure the information on the Meet Sign-Up form is accurate and by letting the coaches know of any changes as soon as possible. The worst scenario before a meet is finding out that someone that signed up isn't there. It not only creates a hole in the line-up but also means that someone that did show up could have been entered in one more event.

Other Types of Meets

Intrasquad Meet: Swimmers from our own team compete against one another in a mock meet. This meet helps new swimmers and their parents become familiar with the workings of a dual meet.

Time Trials: Swimmers choose their events when they sign up for this fundraiser meet. They can try to improve their official time, break a record, or just swim for fun. Swimmers are allowed to swim any event in any age group; so, 13 year-olds can swim in 25-yard events, 6 and under can swim 100-yard events. There is no limit to how many events a swimmer can sign up for. Each event costs \$1.

Conference Championship: At the end of the season, each Conference division holds a championship meet. The team's overall finish determines which division the team will compete in next summer. To be eligible to compete, swimmers must have competed in three dual meets (excluding Time Trials and Intrasquad). Swimmers pay an entry fee for each event except relays. There may also be an admission fee charged for spectators. This meet is the culmination of summer competition, and all swimmers are encouraged to sign up and compete.

Additional Meet Info

Exhibition Swims: During a home meet, only two swimmers per age group in each event are eligible to score points and receive awards because the Civic Center pool only has five lanes (2 scoring lanes for each team + 1 exhibition lane). At an away meet, this total increases to 3-4 swimmers per age group. Due to high numbers of swimmers in some age groups, there will be times when a swimmer will swim an "exhibition" race. This race's results are not used in the scoring of the meet. The swimmer will still receive a ribbon for his/her participation and an official time. Exhibition swimming gives swimmers a chance to gain experience in weaker events or gives a swimmer a chance to improve his/her time in a specific event. Exhibition or not, the emphasis after any competitive swim is on the time achieved and not on the placement at the finish. Improving on a swimmer's personal best time is the most important thing in competitive swimming.

Awards: Ribbons will be awarded as follows:

1st - 4th place ribbons for individual events

1st and 2nd place ribbons for relays

Exhibition ribbons for exhibition swim

What to Bring to a Meet

- 2 or more towels
- something warm to wear (especially in cooler weather)
- cap and goggles (and maybe spares of each)
- blanket or sleeping bag to sit on
- something to pass the time between events like a game or book (nothing that involves running around)
- water or other sports drinks to stay hydrated
- healthy snacks that won't upset your stomach during physical activity (foods rich in carbohydrates are good to eat the day before a meet)
- felt tip marker to write event numbers on your hand

Meet Arrival and Procedures

- Check-In: Find your child's name on the line-up, which is posted on the pool deck at home meets. The line-up is separated by gender. First, use a highlighter to check your child in. Then, write your child's event numbers and description on his/her hand. (Ex: #23 50 Back)
 - Away meets do not have a check-in on deck. Coaches check swimmers in prior to boarding the bus and give swimmers their events on the bus.
 - If you do not check in your child, he or she will be removed from the meet, and his or her events will be given to another swimmer.
- Find the Team Area: Find a spot, set up your gear, and listen for warm-ups.
- Warm-Up: Swimmers warm-up with their practice groups. Time is short, and lanes will be crowded. Swimmers must be alert and ready to go at a moment's notice.
- Check the Heat Sheet: Once check-in is over and the coaches from both teams have finalized their line-ups, every race is organized and printed on a Heat Sheet. This sheet has heat and lane assignments for every event.
- Listen for Your Event and Report Promptly: The meet announcer calls events to the bullpen as the meet progresses and announces which event is in the water. Swimmers should go to the bullpen ready to swim. There may be several events in the bullpen at once.
 - At home meets, each swimmer must go to the bullpen before his/her event for heat and lane assignments.
 - At away meets, there may not be a bullpen, or the bullpen may be limited to ages 10 and under. In this case, it's the swimmer's responsibility to check the heat sheet him/herself for heat and lane assignments and report behind the starting block at the appropriate time. Copies of the heat sheet will be posted in the team area, and each coach will have a copy.
 - Coaches cannot make sure everyone goes to the bullpen at the right time, and the announcer cannot call every individual who's missing. Swimmers risk missing an event for not listening carefully.
- After the Race: The swimmer should get his or her race time from the timer and see a coach for feedback.

Meet Rules

1. Good conduct and sportsmanship are expected for each swimmer.
2. Rudeness and/or misbehavior will result in disqualification of the swimmer and could result in disqualification for the entire team.

3. Swimmers are to stay in a designated team area during the meet so that a swimmer does not miss his/her event.
4. It is the parents' responsibility to supervise their swimmers in the team area.
5. The team area should be kept clean.
6. **All food must be kept and eaten in the concession area. There will be no food allowed on the grassy area or deck.**
7. A team cap must be worn by all swimmers (male and female) who have hair long enough to be in their eyes.
8. Swimmers may not change or skip an event without the consent of the coach. (Doing so could result in disqualification of the swimmer from the meet.)
9. Swimmers are encouraged to stay until the meet is over. If a swimmer has to leave early, please check with one of the coaches before leaving
10. Each swimmer is responsible for reporting to the bullpen or starting blocks when his/her event is called.
11. If a swimmer misses his/her event, it cannot be rescheduled.
12. Immediately after a race, a swimmer should:
 - a. politely ask the lane timers for his/her time
 - b. go directly to a coach to discuss your swim

Team Suits, Caps, Goggles, and Apparel

Team suits are not required, but they are recommended. Pool chemicals and extended use fade and thin the material, causing it to stretch and become transparent. A second practice suit is recommended.

Team caps must be worn in meets by every swimmer who has long hair. A cap is also required during practice. They are available for purchase in the Civic Center office for \$3.

Goggles should be worn by each swimmer. There are several different types on sale in the Civic Center office. Prices range from \$6 to \$15.

Team apparel information on purchasing team apparel will be posted shortly. No team apparel is required, but it is a good way to show team spirit and stay warm during long, chilly swim meets.

Order of Events

Girls	Event	Boys
1	Open 200 yard Freestyle	2
3	8 & under, 100 yard Medley Relay	4
5	9 – 10, 200 yard Medley Relay	6
7	11 – 12, 200 yard Medley Relay	8
9	13 – 14, 200 yard Medley Relay	10
11	15 – 18, 200 yard Medley Relay	12
13	9 – 10, 100 yard Individual Medley	14
15	11 – 12, 100 yard Individual Medley	16
17	13 – 14, 200 yard Individual Medley	18
19	15 – 18, 200 yard Individual Medley	20
21	6 & under, 25 yard Freestyle	22
23	8 & under, 25 yard Freestyle	24
25	9 – 10, 50 yard Freestyle	26
27	11 – 12, 50 yard Freestyle	28
29	13 – 14, 50 yard Freestyle	30
31	15 – 18, 50 yard Freestyle	32
33	8 & under, 25 yard Butterfly	34
35	9 – 10, 50 yard Butterfly	36
37	11 – 12, 50 yard Butterfly	38
39	13 – 14, 100 yard Butterfly	40
41	15 – 18, 100 yard Butterfly	42
43	8 & under, 50 yard Freestyle	44
45	9 – 10, 100 yard Freestyle	46
47	11 – 12, 100 yard Freestyle	48
49	13 – 14, 100 yard Freestyle	50
51	15 – 18, 100 yard Freestyle	52
53	6 & under, 25 yard Backstroke	54
55	8 & under, 25 yard Backstroke	56
57	9 – 10, 50 yard Backstroke	58
59	11 – 12, 50 yard Backstroke	60
61	13 – 14, 100 yard Backstroke	62
63	15 – 18, 100 yard Backstroke	64
65	8 & under, 25 yard Breaststroke	66
67	9 – 10, 50 yard Breaststroke	68
69	11 – 12, 50 yard Breaststroke	70
71	13 – 14, 100 yard Breaststroke	72
73	15 – 18, 100 yard Breaststroke	74
75	8 & under, 100 yard Freestyle Relay	76
77	9 – 10, 200 yard Freestyle Relay	78
79	11 – 12, 200 yard Freestyle Relay	80
81	13 – 14, 200 yard Freestyle Relay	82
83	15 – 18, 200 yard Freestyle Relay	84

Helpful Terminology

Event Number: Each race is assigned an event number, 1-84. Swimmers are called to the bullpen or starting blocks according to event numbers.

Bullpen: A holding area for swimmers where races are organized before proceeding to the starting blocks. Some pools only provide a bullpen for 10 and under swimmers.

Starting Block: Small platforms from which swimmers dive at the start of a race.

Backstroke Flags: Flags that extend across the pool perpendicular to the racing lanes. They are positioned exactly 5 yards/meters (standard in every pool) from the wall so backstrokers can count their strokes into a flip turn or finish.

Lane Line: The floating dividers between racing lanes.

Age Group: Age-groupings are made according to the swimmer's age on June 1. A swimmer competes in that age group for the entire season. Sometimes the coach will "age up" a swimmer for a race to fill a hole in the line-up.

Distance: Every pool we compete in is 25 yards or meters in length. 25 backstroke = 1 length of backstroke, 50 Freestyle = 2 lengths of freestyle, etc. In a relay, the distance is divided by 4 swimmers. For example, in the 200 Free Relay, each of the 4 swimmers swims a 50 of freestyle.

Course: The term used in reference to the unit of measurement for the length of the pool, yards or meters.

Stroke: Events are organized according to the 4 competitive strokes: butterfly, backstroke, breaststroke, and freestyle. For an Individual Medley event, the swimmer swims a designated distance of all four strokes in order.

Heat: Some events have multiple races, depending on the number of swimmers entered in the event. Each race for that event is called a heat. Swimmers are assigned a heat according to previous race times and whether or not they are competing for points or for exhibition.

Heat Sheet: A listing of all events, swimmers, and the corresponding heat and lane assignments.

Individual Medley: A 100 or 200 yard race where the swimmer swims each of the four strokes in this order: butterfly, backstroke, breaststroke, freestyle

Medley Relay: A 100 or 200 yard race where four swimmers compete in each of the four strokes in this order: backstroke, breaststroke, butterfly, freestyle. In a 100 yard race, each swimmer swims 25 yards; in a 200 yard race, each swimmer swims 50 yards.

Disqualification: Every stroke has guidelines that must be followed in order to be considered 'legal'. The meet referee, starter, stroke judges, turn judges, and other officials watch every part of a race to ensure these guidelines are being met. When a swimmer does something 'illegal' during a race, that swimmer is disqualified, which means that no time, points, or awards are given.

North Central Illinois Swim Conference

Our team has been a part of the NCISC for 17 years. The 14 teams are divided into 2 divisions, the "A" Conference and "B" Conference. The number of teams is split evenly between the two conferences based upon their finish at the previous summer's Conference Championship meets. After those meets, the last place finisher in the "A" Conference moves to "B" for the next season, and the top finisher in the "B" Conference moves to "A". This year we are in the "A" Division. Most of the teams in our conference are a lot like our team. They vary in makeup from novice swimmers to national qualifiers. Last year, we finished 2nd in the "A" Conference, which was our best finish ever.

"A" Conference

- 1) DCST
- 2) Geneva
- 3) Oswego
- 4) Cary
- 5) Rockford
- 6) Woodstock
- 7) Tr. Of Algonquin

"B" Conference

- 8) McHenry I
- 9) Crystal Lake
- 10) Huntley
- 11) Elgin YMCA
- 12) McGuire Aquatics
- 13) Antioch
- 14) McHenry II

Request for Parent Volunteers and Explanation of Jobs

Parent volunteers are a necessary part of our team. We are known for how efficiently we run swim meets and proud of the fact that the Otters have not had to require parents to do certain jobs. Please help continue the tradition!

The jobs that need to be filled in order for a meet to run smoothly are described below. Helping to run the meet is a great way to pass the time when your child isn't competing. Volunteering DOES NOT mean that you can't watch your child swim.

Timers: Two people per lane (10 altogether) are needed to time the races. Instructions are given at a "timers meeting" before the meet begins. If 20 people sign up for this job, 10 people time for half of the meet, and the other 10 time for the second half.

Ribbon Writers: Two people are needed to attach labels to the ribbons after the results have been entered into the computer. This job continues throughout the meet.

Bullpen Supervisors: At least two people are needed to get the swimmers lined up in the "bullpen" area and sent out to the blocks when it is their turn to swim.

Runner: One person is needed to "run" the results of each race into the computer room so that the results can be entered into the computer.

Officials: Parents who have gone through a class and are certified to start the races, judge strokes and turns, and pick finishes.

*We always need more people to be certified, ask a coach for more information if you are interested.

Lemon Shake-Ups Fundraiser June 16-19

Many parents are needed to cover shifts at the Otters Lemon-Shake-Ups booth at PrairieFest. This is the biggest fundraiser of the year. Events like the team party, recognition night awards, and practice equipment depend on its success. Shifts are 2 hours long, and a sign-up sheet will be posted on the bulletin board in the Civic Center lobby.