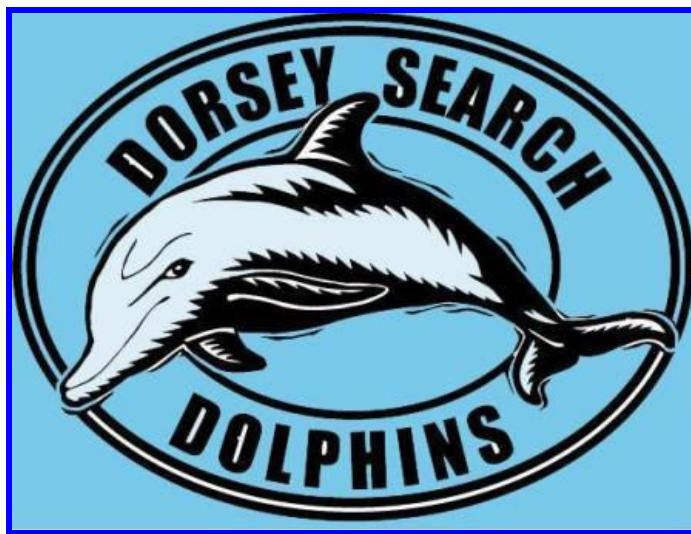


**MY KID WANTS TO JOIN THE SWIM TEAM  
AND I HAVE NO IDEA  
AS TO WHAT'S GOING ON**



**A Guide for the bewildered parents  
of the  
Dorsey Search Dolphins Swim Team**

**2007 Edition**

*Many thanks to the Thunder Hill swim team for sharing their new parents guide with us!*

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## INTRODUCTION

Every swimmer's parent has experienced that first day of swim practice or that first swim meet where they wonder “why am I here and what's going on?” We have all been there before and will be glad to enlighten you in your quest to understand the world of Summer Swimming.

Although this pamphlet is explicitly written for use by parents of new Dorsey Dolphins swimmers, the fundamentals are true for any area swim team. It will (hopefully) provide some information, which will help you understand what is happening while your child swims.

Please remember that the only stupid question is the one, which is unasked. Your Team Managers, Coaches and fellow swim parents all want you to understand and enjoy our summer swim program.

Welcome to the Dorsey Search Swim Team. We're glad to have you with us.



## Chapter 1: About the Swim Team

### Our Philosophy

The Philosophy of the Dorsey Dolphins Swim Team and the Columbia Neighbor Swim League (CNSL) is that **having fun is the most important thing we can do**. Most of the kids don't care if we're in a top division or a bottom division. We'd all like to be division champions, which usually means going undefeated, but only one team out of five can usually claim this honor. Personal development is what is most important and for a swimmer that means improving your times. We believe that by establishing a healthy environment that encourages the kids to do their best, recognizes their contributions and having fun for the entire family, that we will have met our goals.

We've all taken our kids to soccer, baseball or other sports and probably stood by as two or three parents ran the team. Swimming isn't like that. You can't run a swim program without 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 team activities.

Swimming is unique in that there's a place on the team for anyone eighteen or younger who can swim across the pool without assistance. How many other sports have kids five years old to eighteen years old and their parents on the same team participating in the same competition?

### Expectations

Although swimming is considered an individual sport, our summer league is structured with an emphasis on the team. Any team is only as good as the people on it. In keeping with our philosophy articulated above, our expectations are simple:

1. The Dorsey Dolphins Swim Team is **not** a swim lesson program. A swimmer should be able to swim a length of the pool to join the team. We don't care how fast, how ugly or how legal the stroke is, or how long it takes to swim that length. We'll help your swimmer become a better swimmer, but in fairness to the other 170 plus swimmers on the team, we must insist that all swimmers be able to swim. Your child will feel better about his/her being on the team if he/she is competitive with most of the other kids of the same age.
2. Keep your commitments. We're planning on you being available for all swim meets unless you tell us you're not available. Please email the coach by Noon on the Monday prior to a meet if your swimmer will not be at a meet.
3. Pay attention to the coaches. With over 170 swimmers, disruptions aren't fair to the other swimmers.
4. Do your best- it's a lot more important than being the best.
5. Have fun!!!

## **Chapter 2: The Basics**

### **Practices**

Practice times are posted on the Swim Team Bulletin Board and on the Website. Swimmers should come to practice regularly and be prepared to do their best.

### **Communication**

Communication is very important on the swim team as there are over 170 swimmer and 80+ families. The Coaches and Team Mangers provide communication in the weekly newsletters, emails and on the Website. The address for the Website is <http://dorseydolphins.home.comcast.net>. If you have additional, questions or concerns please contact one of the Team Managers.

### **Email List**

The email list is used to provide timely updates of information to the whole swim team. It is our primary method of communication! You may join this list by sending an email request to [dorseydolphins@comcast.net](mailto:dorseydolphins@comcast.net) and we'll add you to the group.

Alternately, you can just email [dorseydolphins-subscribe@yahoogroups.com](mailto:dorseydolphins-subscribe@yahoogroups.com) and then reply to the note that is sent back from YahooGroups.

### **Swimmer Apparel**

Swimmers should wear a swimsuit that will be comfortable for racing. The Dolphins, like every other swim team, has a team suit. The wearing of the team suit is optional but highly recommend. There is a culture shock for some boys going from the jockey shorts coverage to the coverage of "jammers". Usually, when they realize that this type of suit is good for racing and everyone else is wearing one, their opposition breaks down.

Note that when buying a swimsuit do not buy it "big" for growth. Just remember you are trying to swim fast and the more loose material dragging through the water is just slowing your child down. Our swim team suit supplier is Cy's Swimwear of Catonsville, 410-747-8760. These suits will be available at the swim team kick-off party for sizing and purchase or you can go directly to Cy's and buy the suit for the same price.

To keep your team suit in good shape for the swim meets, you may want to consider buying at least one practice suit for your swimmer. Cy's Swimwear in Catonsville and other area swimsuit retailers frequently sell suits discontinued by manufacturers at a reduced price as "practice suits".

### **Accessories for the well dressed swimmer**

Every swimmer needs a towel, the bigger and thicker is better. Other accessories you should consider are goggles, a sweat suit (for cool days), a swim cap (especially for girls with long hair), a hat or other sun protection, and a bag to carry everything. Don't forget the sunscreen!

## **Chapter 3: Organizational Stuff**

Let's cover a few organizational items, just to make sure we're in sync.

### **Dorsey Hall Pool & Swim Team**

The Dorsey Hall Pool is one of the Columbia Association's (CA) outdoor pools. You must be a member of the Columbia Association's PP or outdoor pool plan or a CA resident to be a member of the swim team.

### **Team Managers and Coaches**

The people you'll run into the most in your swim team dealings are the Team Managers and the Coaches. The Team Managers are **volunteer parents** who were new to swimming at one time just like you are today. The Team Managers are responsible for coordinating the parent volunteers and providing a single point of contact for any questions or problems that arise. It's a job that is impossible to do successfully without help from a great many parents. The Coaches are directly hired by the Columbia Association, but they work closely with the Team Managers, and are responsible for the swimming portion of the swim team program.

### **Columbia Neighborhood Swim League (CNSL)**

The purpose of the Columbia Neighborhood Swim League is to develop stronger, safer swimmers; provide a neighborhood athletic activity; introduce children to competitive swimming; and provide this activity in a wholesome setting. The Columbia Neighborhood Swim League promotes the development of character, positive attitudes and a sense of responsibility. The league provides a competitive format in which each swimmer can test his or her performance as a part of a team in an atmosphere of fun and good sportsmanship.

### **Dual Meets**

Each team participates in 5 swim meets during the season. The meets are held on Saturdays and are referred to as Dual Meets because there are two teams competing.

### **All-City Meet**

The Saturday following the last Dual Meet is an "All-City Meet" is held to enable swimmers from all Divisions to swim against each other. The "All-City Meet" can be overwhelming for a first time swimmer as approximately 400 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 swim the "All-City Meet", it is a thrill they will never forget.

## **Swim-A-Thon**

The Dorsey Search Swim Team host a Swim-A-Thon to raise funds for a local charity and the Dorsey Swim Team (½ of the proceeds are given to a charity). A Swim-A-Thon is where the swimmers try to see how many laps they can complete in a fixed amount of time.

Swimmers of all ages swim laps, eat great food, listen to good music, play games and watch movies. Those that are spending the night, pitch tents in the evening. At 8:00 pm, all non Swim-A-Thon attendees will leave and at midnight, the gates will be locked until 6:00am. By 7:00 am, most people are awake and by 8:00 am, everyone must be out of the pool area so our guards can get some rest!

Through the generous donations of time and resources, our swimmers and their families have a great time while raising money for our team and a worthy cause.

## **USA Swimming**

USA Swimming is the governing body for swimming in the United States. USA Swimming establishes rules for the strokes and for the conduct of competition. The CNSL swimming rules are USA Swimming rules with minor changes to accommodate the facilities and skill levels found in our league.

## **Maryland Swimming**

Maryland Swimming is the local “branch” of USA Swimming. It consists of year round swim clubs in the Central Maryland area. Maryland Swimming conducts “Short Course” competitions (25 yard pools) from October to March and “Long Course” competitions (Olympic sized 50 meter pools) from May thru July. See the swim team website for links to all the local “year-round” swim teams.

## **Chapter 4: My Kid Says He's Supposed to Swim Like a Butterfly (not sting like a bee)**

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 (see USA Swimming web site for the complete stroke rules). The rules below are the USA Swimming rules as modified for use in the CNSL. Teams in other leagues may have slightly different rules.

Failure to follow the stroke rules will be denoted by a "DQ", Disqualification, of the swimmer and no points, times or ribbons will be awarded for them swim. I know that this is a harsh rule and it is one of the hardest things for many of the new swimmers to get use to at a meet.

The judging of the strokes is performed by the "Stroke and Turn" Officials. Each Official covers multiple lanes and when they detect a violation of a stroke rule the Official will note this by raise one and by write "DQ" with the reason on the time card. The Official will also make an effort to explain the rule violation to the swimmer.

### **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, specifically: (1) You cannot walk on the bottom or pull yourself along using the lane lines and (2) In a 50 meter/yard race (two pool lengths) you must touch the wall at the 25 meter/yard 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). (3) After the swimmers surfaces after a start or turn they must remain on the surface of the water.

### **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 are at 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 to the lip on the pool awaiting the starter's signal.

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 two components, the kick and the arm pull. The pull and its recovery must both be under the breast and cannot extend further back than the waist area. The kick is a "frog" kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence (pull then kick) and the hands may not go all the way to the hips. Breaststroke turns and finishes require a simultaneous two-hand touch.

## Butterfly

A well-executed butterfly (or Fly) is the most beautiful exhibition of power you will 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 or in serious pain. 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 up and then down. Unlike the Breaststroke, there is no requirement to alternate the kick and pull. Turns and finishes require a simultaneous two-hand touch at the wall.

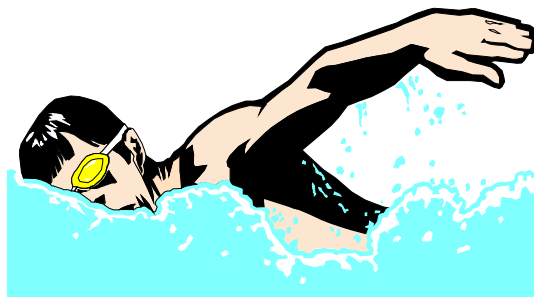
## Individual Medley

The individual medley (or IM) is when an individual swims each of the four strokes in the sequence of Butterfly, Backstroke, Breaststroke, and Freestyle. We swim a 100 meter/yard IM, which means that 25 meter/yard, or one pool length, of each stroke is swum. In a 100 meter/yard IM, every turn is a stroke change and stroke finish rules apply to the transition. This means that the swimmer must complete a legal finish of the stroke before they began the next stroke (i.e. no Backstroke Flip Turns).

## 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 (note this order is different from the IM).

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 (or parents) are not allowed.



## Chapter 5: Swim Meets

There are three basic meets you will encounter as a parent: time trial, dual meet and invitational/championship meet.

### Time Trials

The Time Trials are held early in the seasons and are warm-up meet for the swimmers, coaches and parents. All swimmers are allowed to swim each event, per age group, so that the coaches have their current times. Place ribbons are not given and no score is kept for this meet. The meet is run similar to a regular dual meet with Officials and Timers (all done by parent volunteers).

### Dual Meets

Dual Meets are held on a Saturday morning between 2 teams in the same division. The meet is held at the Dorsey Hall Pool if it is a Home meet and at the visitor's pool if it is an away meet. These meets are scored and at the end of the meet, a winner is announced. These meets consist of 52 Individual events and 15 Relays. The events swum for each stroke and age group are shown below. Remember, each pool length is 25 meters or yards depending on the pool (the Dorsey Hall pool is 25 meters).

The meets begin at 8:00 a.m. and usually end between 11:00 and 11:30, though the ending time will vary depending on the sizes of the teams and the number of heats that are held for each event. For home meets, swimmers should arrive at the Dorsey Hall Pool at 7:00 a.m. for warm-up. For away meets, swimmers should be at the host pool no later than 7:30 for warm-up. Dorsey swimmers usually meet at the away pool at 7:20 a.m. and wait outside so that the swimmers can enter as a loud, cheering group.

#### *Dual Meet Events and Distances*

Age group	Freestyle	Backstroke	Breaststroke	Butterfly	Individual Medley	Freestyle Relay	Mixed Medley Relay
6 & Under Boys	25 M	25 M				100M	
6 & Under Girls	25 M	25 M					
7-8 Boys	25 M	25 M	25 M	25 M		100M	
7-8 Girls	25 M	25 M	25 M	25 M		100M	
9-10 Boys	25 M	25 M	25 M	25 M	100M	100M	100 M
9-10 Girls	25 M	25 M	25 M	25 M	100M	100M	
11-12 Boys	50 M	50 M	50 M	25 M	100M	200M	100 M
11-12 Girls	50 M	50 M	50 M	25 M	100M	200M	
13-14 Boys	50 M	50 M	50 M	50M	100M	Mixed 200 M	200 M
13-14 Girls	50 M	50 M	50 M	50 M	100M		
15-18 Boys	50 M	50 M	50 M	50 M	100M	Mixed 200 M	200 M
15-18 Girls	50 M	50 M	50 M	50 M	100M		

#### NOTES:

1. In Saturday dual meets, the youngest age category for the Butterfly and Breaststroke is the 8 & Under.
2. The order of events is listed at the end of this document

### *What should we do when we arrive at a meet?*

You should try to arrive at home meet by 7 am for warm-ups. After the warm-ups are complete, have your swimmer check the bulletin board on the fence to see what events they will be swimming. Each swimmer is usually in 2 events and maybe a relay. Around 8 am, head over to the diving well to kick off the meet with a few cheers.

For away meets, try to arrive by 7:15 am. We will have the swimmers line up outside the pool entrance and march in as a team at 7:20 – the louder the better! Warm-ups for the away team start at 7:30 am. Everything else is the same as for a home meet.

### *Who Swims What?*

These meets are to see who can score the most points. The Coaches choose up to 2 individual events (plus one relay) per swimmer. There can be multiple heats per event (and will be for the younger age groups) so that everyone can swim each meet. Each team is assigned even or odd lanes for the meet. Who swims an event may seem to be a mystery. However, after the first meet both teams know the other's swimmers times and we try to position our swimmers to optimize our points and win.

### *Disqualifications (DQs) and False Starts*

A swimmer will be disqualified (or DQ'd) if he/she does not follow the rules of the stroke or false starts. These are covered in more detail in Chapter 4 and 7.

### *Seeding*

In Saturday meets, the home team has odd lanes 1, 3, 5 and 7 while the visiting team has even lanes 2, 4, 6 and 8. The fastest swimmers swim in lanes 4 and 5, the next fastest in lanes 3 and 6, and the next fastest in lanes 2 and 7. Swimmers are seeded based upon their fastest times attained in prior competition. Lane 1 is always on the right side as you stand facing the pool at the starting end.

### *Scoring*

In the individual events, a first place finish earns 5 points for the team, a second place finish earns 3 points, a third place finish earns 2 point and a fourth place finish earns 1 point. But a team can only count two places per event (e.g. Dorsey swimmers placed 1st, 3rd and 4th in 6&U freestyle...we'd earn 7 points and the opposing team earned 3 points for that event).

The Relays are scored as 5 points for a first place finish and 2 points for a second place finish. But a team may only count one place per relay event (e.g. Dorsey placed first and second in a 6&U freestyle relay, we'd earn 5 points and the opposing team earned zero points).

In the event of a tie, the points for the places involved are equally split among the swimmers. For example, a two-way tie for second place, each swimmer earns 2 points (3 points for second plus 1 point for third equals 4 points, half for each swimmer). No third place would be awarded because the next swimmer is fourth. For a third place tie, each swimmer is awarded 1/2 point.

## **Invitational/Championship Meet**

At an Invitational or Championship meet there is usually a “qualifying” or “cut” time that the swimmer has to be faster than to compete in this event. Sometime there are divisions that the swimmers compete in so that everyone has a chance to get a ribbon and compete against similar background athletes. There are 2 main meets that fall into this category for the Dorsey Hall Swim Team. The first is the Howard County Invitational that is held at the Roger Carter Swim Center in Ellicott City. This is an optional swim meet that any swimmer may sign-up (and pay per event) but the Dolphins do not attend as a team. The second is the last meet of the year and it is the “All City” Swim Meet in which all the CNSL teams come together to compete. The swimmers are broken into division based on their fastest time that year and they compete against other in the same division. Team scores are kept and awards are given, based on division, to the top 8 swimmers in each event.

## **Chapter 6: Who Are All These People Running the Meet? (or what can I do to HELP)**

Your first swim meet can be a bewildering experience as you encounter a vast horde of adults doing different jobs. CNSL requires that certain meet personnel wear shirts marking their position. These persons are the Officials (Stroke and Turn Judges, Starter, Referee), Coaches and Team Managers. These shirts are white with the CNSL logo on the front and the position on the back. Coach's shirts are blue with the CNSL logo on the front and Coach on the back.

### **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.

### **Starter**

The Starter is responsible for insuring that all swimmers are given a fair and equitable start. After the event is announced, the Starter sounds one long blast as a signal for swimmers to get into position for the start or to jump feet first into the water for a backstroke event. For Backstroke events, a second long blast is given to bring the swimmers to the wall for the start. When the Referee sees that all the swimmers are ready, he extends his arm pointing towards the starter.

The starter will instruct the swimmers to "Take your mark". After all swimmers are ready and still, the starter will start the race, using an electronic starting system. This system consists of a public address system, a horn, and a strobe light.

A race can be recalled for a false start or if it was a bad start by the starter (i.e. not all the swimmers were ready) or for a safety reason. This is done using a recall signal on the starting system (you'll know it when you hear it). For more information, see False Starts in Chapter 7.

### **Stroke and Turn Judges**

Once the race has started, the Stroke & Turn Judges are responsible for insuring that all swimmers obey all the rules for the stroke that they are swimming. These people are typically at the ends 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 swimmer's entry card as "DQ" and the infraction type. The meet Referee is the only person that can overturn a "DQ" based on rule interpretation or procedure deviation.

### **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. Some parents have been timers for years and wouldn't want to see a swim 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 starting system and stop their watches when the swimmer touches the wall. There are two timers per lane and all times are recorded. The average time is the official time. A runner collects the time cards from the timers and forwards them on to the table workers. A Chief Timer from each team is available with spare watch in case a Timer misses a start or their watch malfunctions.

## **Sweep Judges / Recorder**

At the finish end of each race these people determine the order of finish per heat and record this order. This is then combined with the time cards to verify that the correct person is awarded the points for the finish place.

## **Scorer**

At least two individuals per team are required to record and score the meets. Scorers are responsible for receiving completed event cards and sweep sheets and recording the appropriate placement of swimmers on the scoring sheets. The scorer determines the official time of the swimmer. The scorers must pay attention to disqualified swimmers and record them on a separate form. Specific scorer information will be provided when the equipment is distributed before the time trials.

## **Ribbon Writers**

At least two individuals per team are needed to write the award ribbons and best time ribbons during meets. Ribbons are awarded up to eighth place per event. Ribbon writers take the cards from the scorer's table. The cards should have a place written on them (1st, 2nd, 3rd, etc.). The ribbon writers then proceed to write appropriate place ribbons for the swimmers.

## **Clerk of the Course**

Teams may prefer to maintain two clerks-of-course. Together they are responsible for writing each meet's cards from the coach's line-ups as well as assigning heats and lanes as per the coach's designations. The clerk should check the swimmers in, tell them their lane assignment, and have them wait in the designated area until it is time to go to the starting area. When it is relay time, the clerk should check relay cards to see if swimmers' names are filled out in order of swim. The clerks-of-course from each team confer in order to combine heats when necessary. The clerks-of-course from each team also distributes all cards to the swimmers during each meet. The clerk should also confer with the announcer to control the flow of swimmers to the clerk's table.

## **Seeders**

Each team should have at least two seeders. The seeders will function to ensure that younger swimmers compete in the correct event, heat, and lane. The seeders should check the swimmers in, tell them their lane assignment, and have them wait in the designated area until it is time to go to the starting area. When it is relay time, the seeders should check relay cards to see if swimmers' names are filled out in order of swim. The seeders from each team confer in order to combine heats when necessary.

## **Pied Piper**

The Pied Piper's job is to gather all the younger swimmers – usually 8 and under prior to each event. This person wears a funny hat and is loud so all the younger swimmers can pick them out of the crowd.

## **Team Managers**

The Team Managers are responsible for the smooth flow of the meet and make sure that all the volunteer positions are filled. It sounds like an easy job, but remember, most of the Team Manager's job is done before the meet starts.

### **Coaches**

During the meet, the Coaches primary responsibility is to encourage and praise the swimmers and to make sure that they get to the Clerk of the Course in time to swim. They also can in more detail explain a DQ or identify which items the swimmer needs to correct for future meets and events.

### **Other Very Important People**

It would be impossible to host a swim meet without a number of people in Other Very Important Positions. These people run the website, edit newsletters, set up the pool and sell concessions. They also announce the results, run social activities, maintain the team area and do other jobs that need to be done. We need the help of *every* family in order to have a successful swim season.

## **Chapter 7: What Do You Mean, My Kid DQ'd (they're perfect and your blind)**

In swimming, the rules must be followed in total or a disqualification, or DQ, is committed. This can be traumatic the first time a swimmer is DQ'd for just one mistake, but it isn't fair to other swimmers who swim the entire race per the rules to do otherwise.

### **What is a DQ?**

A DQ (short for disqualification) is any violation of the rules observed by any appropriate official. Some of the more common reasons for DQing are as follows.

- Freestyle:* Failure to touch the wall at the turning end of the pool  
Walking on the bottom or pulling on the lane lines  
Exiting the pool before swimming the specified distance
- Backstroke:* Past vertical towards the breast at any time except during a flip turn  
Leaving the wall after a turn past vertical towards the breast  
Improper flip turn (older swimmers)
- Breaststroke:* Incorrect kick, such as a Scissors kick or Flutter kick  
Non-Simultaneous two hand touch or one hand touch at turn or finish  
Toes not pointed outward during the propulsive part of the kick  
More than one stroke underwater with arms fully extended at start or turn  
Arm recovery past waist except on first stroke after start or turn  
Head didn't break surface by conclusion of second arm pull underwater after a start or turn
- Butterfly:* Non-Simultaneous or one handed wall touch at the turn or finish  
Non-Simultaneous leg movement during kicks  
Arms don't break water surface during recovery (judged at the elbows)  
Non Simultaneous arm movement during recovery
- Relay Races:* A swimmer leaves the deck before the previous swimmer touches the wall or deck
- False Start:* A swimmer starts the race early (more details below)

### **How will I know a DQ occurred?**

Unlike football, we don't blow a whistle and announce to the world that a rules violation occurred. When a Stroke and Turn Judge observes a violation, he raises his hand to signify that he has observed a violation then writes it up on the swimmer's entry card. Another clue that a DQ has occurred is a Stroke and Turn Judge writing and a longer than normal pause between events.

## **False Starts**

A false start occurs whenever a swimmer moves towards the pool after having assumed a still position (taking their mark) and 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.

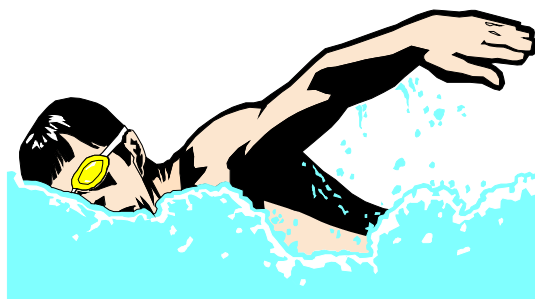
If a false start occurs but the starting signal will sounded repeated to notify the swimmer of a recall. The use of a recall signal can also be sounded in the event of a bad start (i.e. not all swimmers were ready) or for a safety reasons.

## **How do I know if My Kid DQ'd**

Your kid will probably know before you do since the Official tells the swimmer. You can also look for and Official to raise their hand (required for a DQ) while viewing your swimmers lane. Another way to find out is by reading the official Meet Results, which are posted at the pool and on the website..

## **A Word about Officials and DQs**

Every Official on the deck will always give the benefit of the doubt to the swimmer. Although the difference between legal and ugly vs. illegal is sometimes close to call, any violation called by an official is an "I saw" not an "I think I saw". Every year the Officials are trained on the current rules and procedures or the CNSL league. In fact, many Officials are even certified at the state and national levels by USA Swimming. Most importantly, these Officials are volunteer parents that have a hard job to do so please be polite to them (even if your kid was DQed). Remember that they are required to DQ any swimmer who swims a stroke illegally which can even include their own child (which happens frequent in this league).



## **Chapter 8: We Just Want to Have Fun** *(said in the voice of a 3 year old)*

At Dorsey Hall, we like to win, but it isn't our reason for being. Some of the things we do to have fun are:

### **Pep Rallies**

A Pep Rally is held every Friday night at the pool. The time, theme, and cost (if any) will be posted on the swim team board at the pool and on the website.

### **Team Pictures**

We take a team picture every year and we'd like your swimmer to be in it. You are not obligated to purchase a picture.

### **Swim Team Award Night**

We cap off the season with Awards Night. Swimmers who have swum in at least 3 meets will receive a trophy. Details will be posted on the bulleting board and website when we get closer to the end of the season.

### **What's Mandatory?**

While we hope you will participate in all the social activities, they are all optional. Similarly, the purchase of team suits and other team clothing items is optional. What is mandatory is that you honor your commitments and *have fun!*

## Chapter 9: FAQ

### *What if it is raining?*

Practices and meets will be held if it is only raining. In the event of thunder or lightning, swimmers must wait 30 minutes after the last occurrence before getting back into the pool. If a meet is cancelled, coaches and meet managers will be notified as soon as possible and the web site will be updated or email sent. All cancelled meets will be automatically rescheduled for Sunday at the same time and location.

### *Do the swimmers get ribbons?*

The swim league provides ribbons for 1st-8th place for all individual events. 8 and under swimmers will receive an 8th place ribbons for finishes 8th place or lower. Every swimmer who swims a personal best time will also receive a best time ribbon. The coach will generally distribute the ribbons on Tuesday, following the meet.

### *I'm volunteering to set up the meet, where does everything go?*

Check out the map of the pool on the website

(<http://dorseydolphins.home.comcast.net/images/MeetSetup.JPG>) to see how it should be set up.

### *What is the order of the events at a meet?*

The order of events at each meet is pretty much the same. This generic CNSL Order of Events (see last section of this document) lists the events in detail. Print it out and bring a copy to the meet so you know what's happening.

### CNSL Order of Events

Heats	Event #	Age	Event	Event #	Heats
	1	15-18	Mixed 200 yd Medley Relay ( back		
	2	9-10	Mixed 100 yd Medley Relay breast,		
	3	11-12	Mixed 200 yd Medley Relay fly,		
	4	13-14	Mixed 200 yd Medley Relay free )		

#### Boys

#### Individual Medleys

#### Girls

1 2 3 4	5	15-18	100 yd IM ( fly,	6	1 2 3 4
1 2 3 4	7	9-10	100 yd IM back,	8	1 2 3 4
1 2 3 4	9	11-12	100 yd IM breast,	10	1 2 3 4
1 2 3 4	11	13-14	100 yd IM free )	12	1 2 3 4

1 2 3 4	13	15-18	50 yd Free	14	1 2 3 4
1 2 3 4	15	6 & U	Timers switch 25 yd Free	16	1 2 3 4
1 2 3 4	17	7-8	25 yd Free	18	1 2 3 4
1 2 3 4	19	9-10	25 yd Free	20	1 2 3 4
1 2 3 4	21	11-12	Timers switch 50 yd Free	22	1 2 3 4
1 2 3 4	23	13-14	50 yd Free	24	1 2 3 4

1 2 3 4	25	15-18	50 yd Back	26	1 2 3 4
1 2 3 4	27	6 & U	Timers switch 25 yd Back	28	1 2 3 4
1 2 3 4	29	7-8	25 yd Back	30	1 2 3 4
1 2 3 4	31	9-10	25 yd Back	32	1 2 3 4
1 2 3 4	33	11-12	Timers switch 50 yd Back	34	1 2 3 4
1 2 3 4	35	13-14	50 yd Back	36	1 2 3 4

#### MASTERS 100 YD FREE RELAY (TOTAL 130 YEARS) non-scored

1 2 3 4	37	15-18	50 yd Breast	38	1 2 3 4
1 2 3 4	39	8 & U	Timers switch 25 yd Breast	40	1 2 3 4
1 2 3 4	41	9-10	25 yd Breast	42	1 2 3 4
1 2 3 4	43	11-12	Timers switch 50 yd Breast	44	1 2 3 4
1 2 3 4	45	13-14	50 yd Breast	46	1 2 3 4

#### Coaches begin to organize for relays.

1 2 3 4	47	15-18	50 yd Butterfly	48	1 2 3 4
1 2 3 4	49	8 & U	Timers switch 25 yd Butterfly	50	1 2 3 4
1 2 3 4	51	9-10	25 yd Butterfly	52	1 2 3 4
1 2 3 4	53	11-12	25 yd Butterfly	54	1 2 3 4
1 2 3 4	55	13-14	Timers switch 50 yd Butterfly	56	1 2 3 4

	57	15-18	Mixed 200 yd Free Relay (2 boys max)		
	58	6 & U	Mixed 100 yd Free Relay		

	59	7-8	100 yd Free Relay	60	
	61	9-10	100 yd Free Relay	62	
	63	11-12	200 yd Free Relay	64	
	65	13-14	Mixed 200 yd Free Relay		