



# Lakefront Swimming Association Handbook

Summer 2015

*Grosse Pointe Park*   *City of Grosse Pointe*   *Grosse Pointe Farms*

*Grosse Pointe Shores*   *Grosse Pointe Woods*   *St. Clair Shores*



# Lakefront Swimming Association

## Table of Contents

<b>Contents</b>	<b>Page</b>
Introduction	3
Park locations	3
Summer schedule	4
Rules governing swimmers	4-5
• Eligibility forms	
• Residency	
• Swimming requirements	
• Swimmers' code of conduct	
Swim practice	5-6
• Attendance	
• Practice skills	
Swim meets	6-7
• Before the meet	
• During the meet	
• Times	
• Events	
• Scoring	
• Exhibition events	
Parent Involvement	8
Prelims and Finals	8-9
• Two-day event	
• Program Ads	
• Line up	
• Scoring	

## Introduction

The Lakefront Swimming Association is happy to have you as part of its program. The Association is made up of at least one representative from each of the following cities: Grosse Pointe Park, Grosse Pointe City, Grosse Pointe Farms, Grosse Pointe Shores, Grosse Pointe Woods, and St. Clair Shores. The Lakefront Swimming Association is proud to consist of the following teams:

St. Clair Shores Sea Serpents  
City of Grosse Pointe Norbs  
Grosse Pointe Park Mutants  
Grosse Pointe Shores Sharks  
Grosse Pointe Woods Warriors  
Grosse Pointe Farms Barracudas



. During the season, each team participates in weekly dual meets on Wednesday evenings. Teams swim against each of the other teams once. Mini meets are held on Saturday mornings for swimmers 12 and under. Mini-meets are not scored, but coaches and swimmers use them as a tool to gauge times.

After each team swims against each other once, the Swim Team Finals culminate the season. The Preliminary Meet is held to determine which swimmers will compete in the Final Meet. At the Prelims, each team submits a line-up with three swimmers and one alternate for each event. The top six swimmers for each event are then entered in the Final Meet.

## Park locations

- **St. Clair Shores Park**  
Located at 27600 Jefferson at Eleven Mile, behind City Hall
- **Grosse Pointe Shores Osius Park**  
Located at 800 Lake Shore, just North of Vernier
- **Grosse Pointe Farms Pier Park**  
Located at 350 Lake Shore at Moross
- **City of Grosse Pointe Neff Park**  
Located at 17150 Jefferson at Neff, just north of Lakeland
- **Grosse Pointe Park Windmill Pointe**  
Located at 14920 Windmill Pointe. Take Jefferson south to Berkshire. Turn left on Berkshire. Turn right Windmill Pointe. The street comes to a dead-end at the park.
- **Grosse Pointe Woods Lake Front Park**  
Located at 2300 Jefferson, St. Clair Shores, 48080 at Marter Road

## **Summer schedule** - Dual meets are shown in bold

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Meets</b>
<b>Wednesday</b>	<b>June 17</b>	<b>5:30 p.m.</b>	<b>SCS @ GPF, GPC @ GPW, GPP @ GPS</b>
Saturday	June 20	10:00 a.m.	Relay Meet @ GPW (all teams)
<b>Wednesday</b>	<b>June 24</b>	<b>5:30 p.m.</b>	<b>GPP @ GPC, GPS @ GPF, GPW @ SCS</b>
Saturday	June 27	9:00 a.m.	GPP @ SCS, GPW @ GPF, GPS @ GPC
<b>Wednesday</b>	<b>July 1</b>	<b>5:30 p.m.</b>	<b>SCS @ GPP, GPC @ GPS, GPF @ GPW</b>
<b>Wednesday</b>	<b>July 8</b>	<b>5:30 p.m.</b>	<b>GPP @ GPF, SCS @ GPC, GPW @ GPS</b>
Saturday	July 11	9:00 a.m.	SCS @ GPS, GPF @ GPP, GPC @ GPW
<b>Wednesday</b>	<b>July 15</b>	<b>5:30 p.m.</b>	<b>GPW @ GPP, GPS @ SCS, GPF @ GPC</b>
Tuesday	July 21	8:30 a.m.– 11 p.m. (11 & over)	Prelims hosted by GPC @ GPC
Tuesday	July 21	11:30 – 1:30 (10 & under)	Prelims hosted by GPC @ GPC
Wednesday*	July 22	5:30 p.m.	Finals hosted by GPC @ GPC
*Rain date - Thurs	July 23	9:00 a.m.	Finals hosted by GPC @ GPC

## **Rules Governing Swimmers**

### **Eligibility forms**

Each swimmer must complete an Eligibility Form when registering for the swim team. The form shall include the swimmer's full name, age (years and months), full date of birth, and legal residence.

From the eligibility forms, each team shall supply an eligibility list to the League Secretary, or appointee, by a specified deadline. This appointee shall be responsible for maintaining an accurate list of eligible swimmers for each team. The final eligibility list is due to the appointee 24 hours before the third dual swim meet of the season. After this deadline, no additional swimmers can be added to the roster.

During the season, each swimmer must swim in the age group he/she is eligible for before June 1. An exception is allowed if a coach places a swimmer in a higher age group as long as the maximum number of events per meet is not exceeded.

### **Residency**

If a child's legal residence changes, he/she must compete for the city in which his/her parents or guardian(s) have legal residence established as of the first dual meet. A swimmer who competes and does not meet residency requirements will forfeit any point(s), which he/she may have earned and the meet will be re-scored. A swimmer's legal residency is defined as the residence of at least one parent, or legal guardian. Verification of legal guardianship must be provided upon request.

## **Swimming requirements**

Prior to the first scheduled swim practice, each team hosts a swim evaluation for new swimmers. All new swimmers 12 years and under are required to do an evaluation with the coaches to determine if the swimmer qualifies for the team.

Swimmers in the 8 years and under age group must be able to swim according to American Red Cross Learn to Swim requirements for Level 4.

Swimmers in the 10 years and under age group must be able to swim according to American Red Cross Learn to Swim requirements for Level 5. The coaches inform the swimmer at the evaluation if the swimmer is ready for the swim team.

Any swimmer who has passed the appropriate American Red Cross class and has verification of such may be exempt from attending the swim evaluation.

## **Swimmers code of conduct**

The swimmers' code of conduct is designed to enhance the team experience for all participants. Each swimmer and a parent/guardian should read over the code of conduct together.

1. Swimmers are expected to be on time for each practice. Training time should be considered vital. It is expected that each swimmer works hard for daily improvement and tries to do their best at all practices and meets.
2. Cooperation is expected with your coaches and teammates at all times.
3. Team success is put before individual accomplishment. Be supportive of your teammates at practice and at meets.
4. Appropriate behavior is essential at all practices, meets, and whenever you represent the team.
5. Team members promote and maintain all the elements of good sportsmanship and fair play.
6. The coaches are responsible for practice schedules, lane assignments, and meet line-ups. These decisions must be respected by parents and swimmers.
7. The decisions of meet officials are final and not to be disputed.
8. Verbal or physical confrontation will not be tolerated in any instance.
9. Any behavior that can be construed as intimidating, humiliating, harassing, threatening or embarrassing to teammates, officials, or opponents is unacceptable.

The coaching staff expects 100-percent compliance with the code of conduct. Failure to adhere to the policies may result in loss of swim meet assignments.

## **Swim practice**

### **Attendance**

Attendance at swim practice is recorded for each swimmer. In order to participate in dual meets, each swimmer is required to attend and participate in 50 percent of available practice sessions prior to the dual meet. If a coach enters a swimmer in a line-up without meeting this requirement, the swimmer must be scratched from the meet. If the swimmer

are not scratched, the points earned will be deducted and the meet is re-scored. Swimmers participating on other swim teams or clubs are not exempt from this rule.

Swimmers must arrive to practice with enough time to put on their suits and to be on the pool deck ready to swim five minutes before practice is scheduled to begin. Swimmers are required to check in with their coach upon arrival to be marked on the attendance sheet.

During practices each of the coaches do their best to give each swimmer the time and individual help they require. The practices are structured to improve swimmers' strokes, turns and finishes, along with increasing their speed and endurance. For swimmers who may need more individualized attention, stroke clinics may be required.

### **Practice skills**

At swim practice, coaches focus on improving technique and endurance. Coaches group swimmers in lanes based on ability in order to keep practice moving at an acceptable pace. Swimmers are asked to swim in the assigned lanes regardless of the swimmer's preferences.

Coaches may break into smaller groups to work on skills such as starts, turns, and finishes. This can occur at the beginning or end of practice. For this reason, swimmers are asked to attend the entire practice session. Individual teams may have specific rules regarding tardiness or leaving early.

## **Swim meets**

### **Before the Meet**

At swim meets, swimmers are required to check in with their coach at least 10 minutes before warm-up is scheduled to start. Warm-ups usually begin one hour prior to the start of the meet. Each swimmer must stay on the pool deck during the meet. They must let a coach know if they need to leave the pool deck for any reason. Swimmers are expected to know what events they are in. (Some swimmers write the event numbers and lanes on their hands).

### **During the Meet**

During meets the coaches are on the pool deck and available to the swimmers, if they have questions. Any questions or comments from parents should be directed to the coach **after the meet** since the coaches are usually very busy before and during the meet. Coaches are available to give feedback to the swimmers throughout the course of the meet.

Parent volunteers are usually responsible for gathering the swimmers prior to events and escorting the younger swimmers to their lanes. All swimmers must stay in the team area throughout the meet so they do not miss their events.

### **Times**

Swimmers are encouraged to keep track of their swim times at meets and time trials. Coaches have a record on the computer for meets and mini-meets. Any swimmer or parent wishing to get a copy of the times can request it from a coach.

## Events

The events are separated by age group, gender and stroke.

The age groups are broken down as follows:

- 8 years and under
- 10 years and under
- 12 years and under
- 14 years and under
- 17 years and under

Swim meets consist of 61 events. Each swimmer may be entered in up to three events; no more than two relays or two individual events. Depending on the number of swimmers in each age group, a swimmer may only be entered in one event per meet in an attempt to enter more swimmers in the meet.

Swimmers must swim in the age group according to his/her eligibility except when a coach places him/her in a higher age group. A swimmer may swim in any event when aged up, as long as the number of events is not exceeded.

A swimmer who competes and does not meet age group requirements will forfeit any points he/she may have earned and the event will be re-scored.

## Scoring

Points are given on the basis of 5-3-2-1 for the individual events and 8-4 for the relays. Ribbons will be awarded for all places in each event.

A swimmer is allowed one false start. Any contestant having two false starts charged against him/her shall withdraw from the race he/she is competing in as a contestant for points. He/she may not swim as an exhibition swimmer.

## Exhibition Events

All dual meets are run without any exhibition heats. Large teams that need to enter more swimmers or to get times for swimmers are encouraged to participate in mini-meets, which are scheduled on Saturday mornings.

Exhibition (non-scoring) lanes can be used at dual meets. The following list indicates the number of exhibition lanes available at each pool.

- City of Grosse Pointe            8 lanes, 1 exhibition (home)
- Grosse Pointe Farms            8 lanes, 0 exhibition
- Grosse Pointe Park            6 lanes, 1 exhibition (home)
- Grosse Pointe Shores           6 lanes, 0 exhibition
- Grosse Pointe Woods           10 lanes, 0 exhibition
- St. Clair Shores                8 lanes

## **Parent involvement**

The success of a well-run swim team depends on dedicated parents. Several volunteer positions exist within the swim team with varying levels of responsibility. It is important for parents to get involved in the swimming program. Not only will you get better acquainted with the coaches but you and your swimmer will get much more out of the program.

### **How to get involved**

- Timing at dual and mini swim meets
- Marshalling at dual swim meets
- Joining a committee
- Volunteering at prelims and finals
- Planning for team picnics

Talk to the coach to get more information about volunteering throughout the season.

## **Prelims and finals**

### **Two-Day Event**

The culmination of the swim season is a two-day swim meet consisting of Preliminary heats on Tuesday morning and the Final Championship Meet on Wednesday evening. Because of the limited number of swimmers entered in the line-up, not all swimmers on the team participate in Prelims & Finals. However, all swimmers are asked to attend the meets to cheer for their team and show support.

All teams in the league take turns planning this event. However, due to the fact that some pools have inadequate water depth for starting blocks, the host pools are limited to Grosse Pointe Park, Grosse Pointe City and Grosse Pointe Woods. Therefore, during some years the city planning the event hosts it at a pool other than their own.

Only swimmers and alternates listed on the line-up are expected to be at the remaining practices leading up to the finals. A new practice schedule is posted on Thursday evening for the swimmers competing in the Prelims and Finals. Some practices are scheduled at the hosting city's pool so that the swimmers can practice with the starting blocks and touch pads.

Swimmers participating in Finals should come to the events prepared for a long day. They should bring a water bottle to fill from the team water jug and snacks that provide energy. Swimmers should always be respectful of the host site and clean up after themselves throughout the event.

### **Program Ads**

Another way to support the swimmers is by purchasing an ad in the program. The programs are sold at both events. The ads can include a message or picture to help swimmers remember the event. Order forms are provided in your team's pool office.

### **Line up**

The Preliminary line-up is posted Thursday evening following the last dual swim meet. Three swimmers and one alternate will be entered into each individual event. For relays,

only one set of swimmers and two alternates are entered into the Finals line-up. Relays do not swim at the prelims. For individual events, alternates swim only if they appear in the lineup.

### **Scoring**

For the League Championships, points are awarded on the basis of 7-5-4-3-2-1 for the individual events, and 14-10-8-6-4-2 for the relays.

A trophy is awarded to the park whose swimmers received the most points in an age group at the Championships.

The dual meet trophy is presented to the team that wins the most dual meets. In the event of a tie between teams, the trophy goes to the team that places higher in the League Championships.