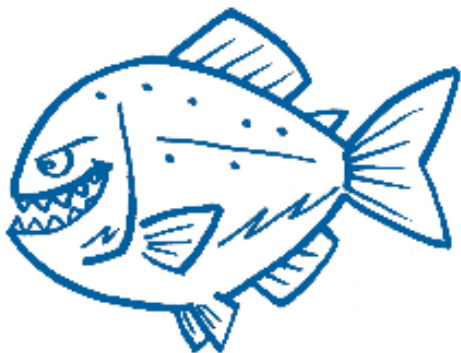


Wheat Ridge
Piranhas
Swim Team



Handbook
2009

Welcome!

Welcome to the Wheat Ridge Piranhas Summer Swim Team. We are a summer swim club, with swimmers ranging in age from five to eighteen years. Parents govern the club, work the swim meets and enthusiastically encourage all of our swimmers. Our team values are discipline and cooperation, which promote team spirit and build self-esteem. Swimmers, parents and coaches are all responsible for a successful season! Welcome to our family.

As a parent-run organization we exist only through parent participation. Parents are expected to attend meets and are encouraged to volunteer to ensure the continued success of the organization. There are enough volunteer opportunities to accommodate just about any schedule. They are listed later in this handbook.

Organization

Team Manager and Coach www.go-piranhas.com

C.C. Plummer 303-431-4171 cell 720-839-0190 ccplummer@go-piranhas.com

Head Coach Lauren Williamson 303-902-5032 LKWILLIAMSON@go-piranhas.com

Summer 2009

Communications Lisa Griffin Seidel

Parent Liaison Mira Mortan Luna

Treasurer Trish Schlitzer

Secretary Mary Hance

WRST Piranha Advisory Board

Elizabeth Cessar, Mary Hance, Mira Morton Luna, Paula and Mike Mohwinkle, Karen Omi, C. C. Plummer, and Lisa Griffin Seidel

1. The Parent Advisory board shall hire and fix the compensation of any and all employees which they in their discretion may determine to be necessary for the conduct of the business of the organization.
2. The board will be a working board where the members are active participants in the various duties required to run the swim team, including but not limited to running swim meets, and organizing social functions.

Summer Swim Club

Events

Individual Events The individual events are varying lengths of four basic strokes: Freestyle, Backstroke, Butterfly, and Breaststroke. There is also an **Individual Medley (IM)**. In the IM a swimmer swims all four strokes in the following order: Butterfly, Back, Breast, Free. The length each stroke is swum depends on the swimmer's age. Swimmers can swim up to three individual events, for an official time, at a meet.

Relays Four swimmers will compete, as a team, in a relay. A swimmer can swim in two relays per meet. This is in addition to the three individual events they can swim. The coaches designate who swims what on each relay.

- Medley Relay-each swimmer swims a different stroke. The stroke order is: Back, Breast, Butterfly, and Free style.
- Freestyle Relay each of the four swimmers swims the freestyle.

Relays are lots of fun! Many swimmers have had the opportunity to compete at the League or State level on a relay team even if they haven't qualified in an individual event.

All events award

This award is given to any swimmer that swam every individual event they were eligible for, without disqualifying. This is a great award to shoot for as speed doesn't matter – this is all about technique. Help your child achieve this goal by making sure they swim all the events in their age category. If you are unsure of what those events are, refer to the event sign up sheets posted each week on the pool deck. If your child disqualifies at a meet encourage them to try that event again at another meet.

Qualifying Times

When you get your child(ren)'s ribbons out of their file they will have a label on the back listing the official time in which your child completed that race. Times are categorized as follows: State Qualifying, League Qualifying (A), B, and C. Anything slower than a C time will be considered a D time.

For example assume the times for 8 & Under 25 meter freestyle are: State Qualifying (20.5), League Qualifying (22.8); B (25.1); and C (27.6). If your child swam the 25m freestyle in 21 seconds they qualified for the League meet at the end of the season. If they swam it in 26 sec they would be able to swim this stroke at the C/D meet later this summer.

The goal is for our kids to swim their best as individuals and to continually improve on their times as the summer progresses. Use the time sheets to help set realistic goals for your child(ren) – keeping in mind the non-time specific goal of achieving the All Events Award.

Attached is a sheet listing the qualifying times for this season. There are two pages because we swim in both 25 meter pools and in 25 yard pools. Since these pools have different lengths there are different qualifying times. Here is a list of the pools in our league, we do not swim in all of them each summer:

Meters-Applewood Athletic Club, Applewood Knolls, Columbine Knolls, Five Parks, Genessee, Golden, Green Mountain, Lakewood, Stingrays, Wheat Ridge Piranhas

Yards-Wheat Ridge Rec Center, Mt. Vernon Country Club

Types of meets

State: Held the last weekend of the season (usually the last weekend in July). State is the championship meet in which the top competitors of the Summer Club League compete. Participants swim up to three events (plus two relays) in which they have received State qualifying times during the summer season.

League: Held the weekend before State, this is the championship meet in which the top competitors from the Foothills League compete. Participants swim up to three events (plus two relays) in which they have received A or State times during the summer season. It is possible to qualify for state if you receive a state qualifying time at this meet.

Last Chance (A/B) Meet: Held the Sunday before League. This is the last opportunity for a swimmer to qualify for League. A swimmer can swim up to three events in which they have received an A or B times during the season. If they have already received an A time they are swimming in an attempt to qualify for state.

C/D Meet: Swimmers can swim up to three events in which they have received C or D times. They cannot swim any event in which they have received an A or B time. This allows kids that aren't as fast, yet, to have an opportunity for success by swimming against kids that are similar swimmers.

Ken Caryl Invitational: This optional meet is limited to swimmers that have swum events with A or B times. A coach will let you know if your child is invited to this meet. There is a per event fee in order to swim in the meet.

Pentathlon: This meet is limited to those swimmers with predominantly A/B qualifying times.. Participants swim the IM along with one race each of the individual strokes. Times are cumulated for a finishing time. This meet has a fee, per swimmer, to participate. A coach will notify those swimmers that are eligible.

Other: The Saturday meets are open to swimmers of all abilities. Each swimmer can swim up to three events (plus two relays) in these meets.

Swim Meets!

What to Bring

One of the most important aspects of our early mornings at the pool is to keep our kids WARM! In order to swim well they need to keep their muscles as warm as possible. Keep this in mind as you peruse this suggested list of what to bring to a swim meet!

- Goggles, swim cap, sunscreen (may want to consider bringing a spare pair of goggles)
- Towels, towels, towels! Bring one towel per event plus one for warm up and maybe one extra!
- Sweats or Bathrobe to stay warm between events
- Sleeping Bag or Blankets
- Permanent Marker – write the event numbers, in which your child will swim, on your hand and on their hand. This way they can quickly reference their events against what groups are in Heating.
- Snacks & Drinks: Bring healthy snacks – fruit, granola bars, small bagels & cream cheese, etc. and water or sports drink to stay hydrated. Some like to bring a thermos of hot chocolate as well.
- Cards, books, or other ways to stay entertained (quietly) between events. Most kids will be back under the team tent in sleeping bags. having lots of fun socializing.
- Chairs for mom & dad to sit. These can only be placed by the tent. Some pools allow chairs to be set up closer to the pool but that is not always possible.

Meet Day maps are posted on www.go-piranhas.com

6:15am (no kidding): you need to be at the Team Tent with your child, ready to swim. Kids are in the pool for warm up at 6:30! (For home meets they are in the pool at 6:00). Have a towel ready for your swimmer when they are done with warm up. If they don't swim in an early event get them dry and warm as quickly as possible. While your child is warming up make sure that you get their Event Cards from the hanging file. They are categorized by age and gender. **YOU NEED TO HAVE YOUR CHILD SIGNED UP FOR THEIR EVENTS BY WEDNESDAY'S PRACTICE SO THAT THEY WILL HAVE EVENT CARDS.** If your child is missing event cards see a coach as soon as possible.

7:00 – meet begins. Please be fully aware of your child's event numbers – write them on your hand and your child's hand so that you are on top of getting them to the Heating Area.

You See One of Your Events On the Heating Board: Pull out the appropriate event card (you'll have these in your pocket ☺). Walk your child to the heating area. You will either place them in the designated bowl or there will be a person who takes them. Leave your child in the Heating Area.

They might be there from five minutes to forty-five minutes so make sure they have a towel and they may want to wear a sweatshirt. They will leave the towel etc. in the heating area so they'll need to retrieve it after their event. Be ready with a dry towel after their event.

Be aware of event numbers at all times because things can move quickly and you won't want to miss your child's race.

We always need volunteers, at the end of the meet, to take down the tent and clean up the tent area. It's also good for the young swimmers to watch some of the older veterans swim and to cheer their teammates on, however you can leave anytime after your child swims their last event

Glossary

Event Cards Each child will receive an event card (pink-girls/blue-boys) for each event in which they are competing. The card will have your child's name and the event printed on it. If your child signed up for an event and did not receive a card for it let the coach know and they will hand write a card for your child for that event. Note: there is just one card for team relays, not one for each swimmer in the relay.

Event Order This form contains a listing of the Order of Events. This order is the same at every meet. You should keep in mind, though, that some events may be skipped due to lack of swimmers. Sometimes events are combined as well to expedite the meet.

Heating Area Kids go here to wait for an event. The parents manning the heating area will take responsibility for getting your child to the correct lane for their race. Parents are NOT allowed in the heating area. Please respect this as too many adults can become a big distraction for the kids and the volunteers in the area.

Heating Board: Lists the events for which kids should report to the Heating Area. Watch the board for the range to include one (or more) of the events in which your child will swim – head to the Heating Area. The Heating Board will list event numbers under **First Call & Last Call**. If you see one of your child's events under **Last Call** and he/she is not yet in the Heating Area – get them there IMMEDIATELY!

Team Tent: There is a team tent easily identified by our Wheat Ridge Banner. Tarps will be laid down under the tent on which you can put your child's sleeping bag. Keep in mind that this is a finite space. If you have your own tarp or Neat Sheet you may want to bring it as well to have a piece of "dry land" for your child.

Hopefully this handout can take care of some of your concerns regarding our first swim meet. We all hope that your kids have lots of fun and swim well. There are no awards handed out at the meet. Results are posted as they become available. There is a file box containing a file for each swimmer. That box is on the pool deck at every practice. Please make sure that you, or your child, check their folder at least once per week. Their ribbons will be in that folder along with any team handouts you might need to review.

Order of Events

1	GIRLS 13-14 400 FREE	41	GIRLS 8 & U 100 FREE	81	GIRLS 13-14 100 BREAST
2	BOYS 13-14 400 FREE	42	BOYS 8 & U 100 FREE	82	BOYS 13-14 100 BREAST
3	GIRLS 15-16 400 FREE	43	GIRLS 9-10 200 FREE	83	GIRLS 15-16 100 BREAST
4	BOYS 15-16 400 FREE	44	BOYS 9-10 200 FREE	84	BOYS 15-16 100 BREAST
5	GIRLS 17-18 400 FREE	45	GIRLS 11-12 200 FREE	85	GIRLS 17-18 100 BREAST
6	BOYS 17-18 400 FREE	46	BOYS 11-12 200 FREE	86	BOYS 17-18 100 BREAST
7	GIRLS 8 & U 100 MEDLEY RELAY	47	GIRLS 13-14 200 FREE	87	GIRLS 8 & U 50 FREE
8	BOYS 8 & U 100 MEDLEY RELAY	48	BOYS 13-14 200 FREE	88	BOYS 8 & U 50 FREE
9	GIRLS 9-10 200 MEDLEY RELAY	49	GIRLS 15-16 200 FREE	89	GIRLS 9-10 100 FREE
10	BOYS 9-10 200 MEDLEY RELAY	50	BOYS 15-16 200 FREE	90	BOYS 9-10 100 FREE
11	GIRLS 11-12 200 MEDLEY RELAY	51	GIRLS 17-18 200 FREE	91	GIRLS 11-12 100 FREE
12	BOYS 11-12 200 MEDLEY RELAY	52	BOYS 17-18 200 FREE	92	BOYS 11-12 100 FREE
13	GIRLS 13-14 200 MEDLEY RELAY	53	GIRLS 8 & U 25 BACK	93	GIRLS 13-14 100 FREE
14	BOYS 13-14 200 MEDLEY RELAY	54	BOYS 8 & U 25 BACK	94	BOYS 13-14 100 FREE
15	GIRLS 15-18 200 MEDLEY RELAY	55	GIRLS 9-10 50 BACK	95	GIRLS 15-16 100 FREE
16	BOYS 15-18 200 MEDLEY RELAY	56	BOYS 9-10 50 BACK	96	BOYS 15-16 100 FREE
17	GIRLS 8 & U 25 FREE	57	GIRLS 11-12 50 BACK	97	GIRLS 17-18 100 FREE
18	BOYS 8 & U 25 FREE	58	BOYS 11-12 50 BACK	98	BOYS 17-18 100 FREE
19	GIRLS 9-10 50 FREE	59	GIRLS 13-14 100 BACK	99	GIRLS 8 & U 100 IND. MEDLEY
20	BOYS 9-10 50 FREE	60	BOYS 13-14 100 BACK	100	BOYS 8 & U 100 IND. MEDLEY
21	GIRLS 11-12 50 FREE	61	GIRLS 15-16 100 BACK	101	GIRLS 9-10 100 IND. MEDLEY
22	BOYS 11-12 50 FREE	62	BOYS 15-16 100 BACK	102	BOYS 9-10 100 IND. MEDLEY
23	GIRLS 13-14 50 FREE	63	GIRLS 17-18 100 BACK	103	GIRLS 11-12 100 IND. MEDLEY
24	BOYS 13-14 50 FREE	64	BOYS 17-18 100 BACK	104	BOYS 11-12 100 IND. MEDLEY
25	GIRLS 15-16 50 FREE	65	GIRLS 8 & U 100 FREE RELAY	105	GIRLS 13-14 200 IND. MEDLEY
26	BOYS 15-16 50 FREE	66	BOYS 8 & U 100 FREE RELAY	106	BOYS 13-14 200 IND. MEDLEY
27	GIRLS 17-18 50 FREE	67	GIRLS 9-10 200 FREE RELAY	107	GIRLS 15-16 200 IND. MEDLEY
28	BOYS 17-18 50 FREE	68	BOYS 9-10 200 FREE RELAY	108	BOYS 15-16 200 IND. MEDLEY
29	GIRLS 8 & U 25 BUTTERFLY	69	GIRLS 11-12 200 FREE RELAY	109	GIRLS 17-18 200 IND. MEDLEY
30	BOYS 8 & U 25 BUTTERFLY	70	BOYS 11-12 200 FREE RELAY	110	BOYS 17-18 200 IND. MEDLEY
31	GIRLS 9-10 50 BUTTERFLY	71	GIRLS 13-14 200 FREE RELAY		
32	BOYS 9-10 50 BUTTERFLY	72	BOYS 13-14 200 FREE RELAY		
33	GIRLS 11-12 50 BUTTERFLY	73	GIRLS 15-18 200 FREE RELAY		
34	BOYS 11-12 50 BUTTERFLY	74	BOYS 15-18 200 FREE RELAY		
35	GIRLS 13-14 100 BUTTERFLY	75	GIRLS 8 & U 25 BREAST		
36	BOYS 13-14 100 BUTTERFLY	76	BOYS 8 & U 25 BREAST		
37	GIRLS 15-16 100 BUTTERFLY	77	GIRLS 9-10 50 BREAST		
38	BOYS 15-16 100 BUTTERFLY	78	BOYS 9-10 50 BREAST		
39	GIRLS 17-18 100 BUTTERFLY	79	GIRLS 11-12 50 BREAST		
40	BOYS 17-18 100 BUTTERFLY	80	BOYS 11-12 50 BREAST		

Practices

Swimmers must participate consistently in practice sessions. Summer Club is a relatively short season and regular practice is important to develop strokes and stamina. Swimmers should be ready to swim at the beginning of practice and continue for the duration of practice. Consistently appearing late, excessive socializing rather than swimming, or dangerous horseplay during practice is detrimental to the individual swimmer as well as to the others who are there to practice. The coach or the designated adult reserves the right to have swimmers leave the pool if they do not exhibit an interest in practice. Parents, please convey this message to your swimmers

Meets

Meets are held most Saturdays throughout June and July, and occasionally on Sundays. A schedule of this summer's meets is in this handbook. Warm up times are usually 30 minutes before the meet starts at away pools and one hour before the meet starts at home meets. Most meets start at 7:00 a.m. Warm up is a time for lap swimming and practice of starts and turns. Unless called by the coach, swimmers should show up for the meet, regardless of the weather.

Coaches will discuss with each swimmer which events are recommended for that swimmer. Swimmers are encouraged to learn and compete in all stroke events. Coaches make the final decision on which events each swimmer swims at a meet. Coaches complete an entry card for each event—a pink card for girls and a blue card for boys. Each swimmer will have a separate card for each event he or she will swim.

Administration

Team Coordinator Shall preside over all meetings, direct other members on the board, and be responsible for the direction of the team.

Treasurer: Keeps records of all money transactions of the organization, makes deposits in a timely manner in a bank in the City of Wheat Ridge, and makes disbursements at the request of the board of directors. Handles registration fee collection and deposit.

Responsible for managing the team bank account; write checks, makes deposits, and reconciles bank statements. Handles need based scholarships with board approval. The treasurer's books shall be orderly and subject to audit at request.

Membership

The Wheat Ridge Piranhas Swim Team is open to any swimmer who feels secure in the water and can demonstrate competency in at least one stroke. It is highly recommended that swimmers be able to swim at least one length of the pool without stopping. Swimming and training on a competitive team is an excellent way to improve an individual's stamina, refine and improve stroke mechanics and techniques, and promote self-confidence.

Finances

The Wheat Ridge Piranhas Swim Team is supported through team fees and various fundraising events.

Behavior

Ten Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC
Former Director of Club Services, USA Swimming
(Adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

I. Thou shalt not impose thy ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual.

II. Thou shalt be supportive no matter what. There is only one question to ask your child after a practice or a competition - "Did you have fun?"

III. Thou shalt not coach thy child. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job.

IV. Thou shalt only have positive things to say at a swimming meet. You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made.

V. Thou shalt acknowledge thy child's fears. New experiences can be stressful situations. It is totally appropriate for your child to be scared. Your job is to encourage and assure the child that they can do it.

VI. Thou shalt not criticize the officials. Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach. The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal and supportive of thy team

IX. Thy child shalt have goals besides winning. Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort, regardless of the outcome, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian. There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%

Participation in a swim meet is a family commitment. Early morning drives to pools requires encouragement from parents. Parents need to cheer on their swimmers, volunteer their time, and share the moment of glory when success comes—and it will!

Parents are also expected to convey to their swimmers the need for proper behavior. Follow all pool rules. Drugs, alcohol and foul language are prohibited. Older swimmers must recognize they are role models for younger swimmers. Responsibility to the team means showing up for practices and meets, following the coaches' directions, respecting the rights of others, and exhibiting a good attitude.

Summer Club swimming is a time for fun. Be safe! Follow the rules! Cheer on the other swimmers. We will have a great summer together.

Volunteer Opportunities

Ongoing Positions throughout season:

Communication Coordinator – Handles team roster, hand book, email list and distributes communication via email and handouts. Must love sending emails to team roster.

Fundraising, Donations and Grants –events, such as Swim-a-thons. Works with Swim-a-thon works with coaches to coordinate

Works with other community businesses on fund raising opportunities. Works with head coach and food and social committee

Membership Chair – Handles registration forms and fee collection. Works closely with Treasurer. This position is primarily only at the beginning of the session. Must be able to talk up what a great organization we are!

Mentoring-coaches

Fundraising, Donations and Grants –events, such as Swim-a-thons. Works with Swim-a-thon works with coaches to coordinate

Works with other community businesses on fund raising opportunities. Works with head coach and food and social committee.

Volunteer opportunities to come:
(*Volunteer Coordinator*)

Additional Volunteer Opportunities:

Meet Volunteer Opportunities **Meet Manager Home and Away**

Computer Guru

Heat Coordinator – 2 teams of 3 needed for each home meet. Responsible for heating area for one half of each home meet. Posts first and last call on boards. Collects heat cards, makes lane assignments and distributes cards back to swimmers. Gets to use megaphone to announce first and last call. Must have take charge, no nonsense attitude to heard swimmers, big and small, to where they are supposed to be.

Age Group Leaders: This is especially helpful for the 8-and-under age groups. The leader makes sure parents get their child's event cards and that team members know when relay events are coming up. Group Leaders get to know the children in the age group and help to get relay teams together on time for their events.

Head Official – Makes sure we have the required number of officials for each meet (and starter for home meets). Helps to be a certified Official. Becoming an official is easy and you get to wear a cool white outfit every time you wear your Official badge. Beat that!

Ribbon Boss – 3 teams of 2 needed for each home meet. Put labels on 1st – 6th place ribbons for each event. Must be able to sit and apply sticky labels. Great way to make a swimmers day by having the ribbons before they go home.

Tent Manager – Sets up the tent and spreads out the tarps before each meet and then takes them down after all the fun. Hands off the tent and the tarps to the next week's Tent manager. Must have a big trunk (or truck) and a hammer. Ability to get to the meet a tad early is also a requirement.

Time Entry Official – 3 teams of 2 needed for each home meet. Enter times for each swimmer into computer. Training provided. Great position for detail oriented person.

Timer–Herds timers to each shift at home or away meets. Makes sure pencils and clipboard are at home meets (and the pencils are sharpened). Takes cool or hot beverages to thirsty timers (or recruits a non swimmer sibling to do this for them) several times during home meets. This is a great position for getting to know the other parent members and look like you know what's going on

Timers: Lots and lots of parents are needed. Each team is expected to have one or two timers per lane throughout a swim meet. Usually timing shifts are two hours long. We plan for three shifts of timers for most meets. The team provides the stopwatches. This is a great opportunity for a front row view of the action.

Set up/dismantle pool Parents may be asked to help the night before a meet to help our partner club set up starting blocks, put in lane lines, set up the heating tent, and put up chairs in the heating area. The dismantling must be done immediately after the last event. We need plenty of volunteers to make sure pools are left spotless.

Starter at home meets

[-134Social Committee

Any Gatherings Swimmers work hard; we want to make the summer fun for them as well. We will organize a Swimmers/Parents/Families Day Memorial pool gathering

Photo shoot
Water world
Coach's gift
Carnation Festival.
End of season Banquet

Concessions at Home Meets and Food

Parents to man the concession stand at home meets.

Friday Donut Coordinator - Handles Friday Donut sign up ... and get to take home any extras.

Bagels, gets bagels/cream cheese for meet day

Banquet / Pot Luck Celebration Director – Plans, schedules, and organizes the end of season celebration dinner. Procures trophies. Prepare program. Directs activities & schedule the night of dinner. Appoints emcee for the evening. Solicits new swim team friends to help with all this.

Hospitality during home meets

New to Swim Team

IMPORTANT: The coach will post a meet event sheet at each meet with all the events each swimmer will be swimming, including relays. This master sheet will include the name of the swimmer, the event number and the event names. When a swimmer is entered in a relay event it is critical that the swimmer shows up to participate—otherwise three other swimmers will be unable to swim the relay that day. Group leaders, especially for the younger age groups, can help get the relay teams to the heating area on time.

At each meet, there will be a board displaying the following:

FIRST CALL EVENT # _____

LAST CALL EVENT # _____

Keep track of events. Coaches or an Age Group Leader will distribute entry cards at the beginning of the meet. If a swimmer misses his or her call, the swimmer won't be able to compete in that particular event.

At FIRST CALL for an event, the swimmer takes the entry card and reports to the heating area, which is usually near the display board. Swimmers will turn in their entry cards and be placed in heats for that race. A swimmer MUST be in the heating area by the time their event is listed under LAST CALL. There may be times when a swimmer completes an event and must immediately return to Heating for their next event.

At the end of the season there is a Foothills League Meet and a Summer Club State Meet. To swim in these meets swimmers must have achieved qualifying times. These meets are very special and swimmers should consider it an honor to have achieved these times.

Swim meets are very exciting times. Swimmers and parents become very vocal in their positive support for each swimmer, crowding the deck and yelling. Please recognize the effort each swimmer puts forth and show your example of good sportsmanship. Ribbons are awarded for every meet in a variety of classifications to maximize recognition. Typically ribbons are awarded to the top eight finishers for each event.

Meets can also be very hectic times. Swimmers may wait hours to swim a race that lasts less than a minute or two. Parents are encouraged to supervise their children. Games, cards or books are good, especially for younger children. A team tent is generally set up and team members should keep together under the tent between events. Extra towels or sweat suits are handy between. For some children it is too early for a big breakfast before early morning meets, so it is helpful to bring a cooler filled with healthy snacks.

What to Bring to a Meet

Coach's Notes

- Get plenty of rest the evening before a meet.
- Warm up your body with light movement immediately before your event.
- Eat plenty of carbohydrates (bread, spaghetti, etc.) beginning 48 hours before a meet.
- Do your stretching routines after workouts or events.
- Believe in yourself and in what you can achieve.
- Cheer on your teammates! Support the efforts of all the swimmers!
- Bring recommended foods to the swimming meet:

Sandwiches	Bagels	Drinks
Fruit	Crackers	Vegetables
Dried Fruit	Honey	Water

- **If the weather is cold**, bring multiple changes of clothes and towels. A sleeping bag is good for early mornings after warm-ups. It is critical that the swimmers stay warm!
- **If the weather is hot**, bring sunscreen and avoid the sun. Swimmers should stay under the tent and drink lots of fluids.
-

Other Things to bring

- Goggles, swim cap, sunscreen (may want to consider bringing a spare pair of goggles)
- Towels, towels, towels! Bring one towel per event plus one for warm up and maybe one extra!
- Sweats or Bathrobe to stay warm between events
- Sleeping Bag or Blankets
- Permanent Marker – write the event numbers, in which your child will swim, on your hand and on their hand. This way they can quickly reference their events against what groups are in Heating.
- Cards, books, or other ways to stay entertained (quietly) between events. Most kids will be back under the team tent in sleeping bags. Having lots of fun socializing.
- Chairs for mom & dad to sit. These can only be placed by the tent. Some pools allow chairs to be set up closer to the pool but that is not always possible.

Stretching Exercises

All swimmers should work on stretching if they really want to improve their swimming ability.

Stretching does many things:

- Increases flexibility
- Increases strength to some degree
- Increases range of motion
- Helps relax body and mind, and
- Can help to prevent injury.

With one hour of pool time per day, there is not time to fully stretch. Therefore, we encourage swimmers to stretch on their own. Use the following list as a starting point:

- Streamline the body stretch
- Trunk stretches – forward, backward, and to each side
- Triceps stretch: Touch hand over the shoulder to middle of the back using opposite hand to pull up on elbows. Do both arms.
- Straight arm press back with hand against wall
- Shoulder stretch: Hook opposite elbow in crotch of arm. Pull slowly.
- Quadriceps stretch: Stand on one foot, pull other foot up behind leg. This will stretch the ankle and quadriceps. switch legs.
- Ankle flexes: Lean against wall. Place one foot behind you trying to keep foot flat causing ankle to flex. Will also stretch calf, do this for both legs.

ALL STRETCH POSITIONS SHOULD BE HELD FOR 15-20 SECONDS.

Note: If you or your swimmer is not familiar with how to stretch properly contact a coach to learn the proper way to stretch. Improper stretching or stretching cold muscles can cause injury!

Team Fees

\$140.00 First swimmer

\$140.00 Second swimmers

\$125.00 Additional swimmers after the first two in a family

\$ 7.00 Mandatory, once-a-year, insurance fee per swimmer waived
if you paid at spring training

kids 6 and under will pay 85.00 and work out 3x a week starting at 30-45minutes and build-up and will only participate at home meets

*\$15 of this fee is paid directly to the City of Wheat Ridge for a "sports use fee."

If a check written to Wheat Ridge Swim Team does not clear the bank, you will be responsible for any charges incurred by the Wheat Ridge Swim Team from our bank.

Teams in League

Applewood Athletic Club (AAC)

13330 W. 20th Ave.
Golden, CO 80401
Golden, CO 80403
(303) 232-4090
(303) 526-3133

Applewood Knolls (AK)

11520 W. 32nd Ave.
Lakewood, CO 80215
(303) 238-0341
(5 Lanes, Meters)

Columbine Knolls (CKST)

6191 Plymouth Dr.
Littleton, CO 80123
(303) 979-5120
(6 Lanes, Meters)

Five Parks

13810 W. 85TH Dr.
Arvada, CO 80005

Genesee (GEN)

Foothills Pool
1985 Foothills Dr. South
Golden, CO 80401
(303) 526-0589
(5 Lanes, Meters)

Golden (GOLD)

3151 Illinois St.
Golden, CO 80401
(303) 277-8700
(8 Lanes, Meters)

Green Mountain (GM)

1030 S. Union Blvd.
Lakewood, CO 80228
(303-985-5880
(5 Lanes, Meters)

Lakewood (LK)

Green Mountain Rec. Center
13198 W. Green Mountain Dr.
Lakewood, CO 80228
(303) 987-7830
(6 Lanes, Meters)

Mt. Vernon Country Club (MVCC)

~~24013 Club House Cir.~~
24933 CLUBHOUSE CIRCLE
GOLDEN CO 80403
(5 Lanes, Yards)

Stingrays (STR)

6th Avenue West Pool (Foothills Park & Rec)
400 Holman St.
Golden, CO 80401
(303) 278-1000
(6 Lanes, Meters)

Wheat Ridge (WR)

Wheat Ridge Rec. Center
4005 Kipling St.
Wheat Ridge, CO 80033
(303)-231-1300
8 lanes, yards

Anderson Pool

4355 Field St.
Wheat Ridge, CO 80033
(303)-205-7591
(25 meter pool 8 lanes)