I. **Welcome**

Welcome to the swimming team at Campus Cabana Swimming Club. We are looking forward to this summer and working with your kids in the swimming program. We would like to take this opportunity to let you know who we are and what we hope to accomplish this summer.

**Your Coaches:**

Head coach Ian Brooks has been involved with swimming for almost 40 years. He started swimming as a 7 year old in Utah and swam competitively through college. During college, he began to coach summer league swimming. He has been coaching at various levels (summer league, high school, and masters) for the past 25 years. He has 4 kids who are seahorse swimmers.
Darcy Zink is a lifelong member of Campus Cabana and has been an assistant coach of the swim team for 4 years. She swam in the Freestate Swim League from the age of 4 to 18. She ended her competitive swimming career at Washington College after finagling at the Conference Championships in both backstroke events and 3 relays. She has over 8 years coaching experience and thinks of Campus Cabana as her family.

Jack Voelker has been a member of the swim team since age 5 and swam for Loyola Blakefield Aquatics for 10 years. He has been coaching Junior Seahorses since 2008 and this will be his second year coaching the swim team. He will be attending the University of Maryland next year.

Monica Benson is joining our swim team staff this summer after 4 years of working with the Junior Seahorses. She has been a swimmer on Campus teams for the last 12 years and is a recent graduate of Hereford High. She will be attending Penn State University in the fall.

II. Philosophy

The philosophy of the Seahorses is simple. Summer swimming should be fun. We swim with two goals in mind: Have fun and get better. We may not all be Michael Phelps but we can all improve. That is what this summer is about. We want to be faster, but more importantly, we want to have better, prettier
strokes. We want people to watch us swim and say, “WOW!!” We want them to shed tears of joy at the beauty before them. We want other teams to see how much fun we have with each other and in the pool. We want them to watch us beat them. Summer swimming is not about training for the Olympics. It is about coaching, about development. We won’t do a tremendous number of yards, but we will do a lot of stroke drills designed to improve our strokes. We will focus on quality and not quantity.

### III. Swim Meets – What are they and how they work

The goal of swimming is to get better and to enjoy the process. The way that we can measure our progress as we swim is to compete in meets. One of the aspects of swimming that I love is that there is competition at several levels. The most obvious level is that our team (Campus Cabana) is competing against another team. Points are awarded and a winner is declared. It is nice to win at this level, but ultimately not very lasting or important. The more important level is each swimmer against him or herself. Are they working hard to get better? Are they swimming faster? Are their strokes improving? These are individual contests that each swimmer has with him or herself. Only they can control the outcome of these and everyone can be a winner.

Most of the meets that we have each summer are dual meets. In a dual meet, we are swimming against one other team. The
two teams alternate swimmers in the six lanes in the pool. [One team will have lanes 1, 3, and 5 while the other has 2, 4, and 6.] Warm-up for the dual meets starts at 5:00 pm and the meet itself starts at 6:00 pm. The home team generally warms up first from 5:00 to 5:30 and is followed by the visiting team. Once the meet starts, the freestyle events are swum first. We start with older swimmers (15 to 18 age group) and progress down to the youngest swimmers (13 – 14, 11 – 12, 9 – 10, 7 – 8, and then 6 & Under) in freestyle. Freestyle events are followed by breaststroke, individual medley, backstroke, and butterfly. (Note: The 6 & Under age group competes only in freestyle and backstroke). Relay events come at the end of the night. For many of the events, there will be more than one heat. The first heat in any event is the “official” heat and is the one that is scored. Subsequent heats are an opportunity for additional swimmers to get a chance to compete. Kids can get times and learn to race against other teams. Each event is scored 5 points for first place, 3 points for second place, and 1 point for third place. One important fact to remember is that the officials make the calls on swimmers’ placement (first, second, third, etc…). Even the times that the timers record are unofficial. What counts for scoring and ribbons is the order of finish that the officials determine. All finish orders are judgment calls and are the responsibility of the meet officials. We may be “certain” that Johnny touched first, but it is not our decision that matters. I have known many of these officials for years and they are good people who are doing the best job they can. Yes, they occasionally make mistakes but we must
live with them. We need to set an example for our kids and be gracious, even when we have been wronged. The league requirement is for ribbons to the top three finishers in each scoring heat. Teams are not required to give ribbons to any heat other than the first one. Many teams have ribbons for subsequent heats and many have ribbons for every swimmer who is 6 and under but they do not have to. Campus does this as a way to encourage our younger swimmers but some do not (generally for financial reasons). You cannot expect to get ribbons if your child is not in the first heat.

IV. Strokes and Disqualifications (DQs)

Disqualifications (DQs):
A DQ is short for disqualification – any violation of the rules observed by the Stroke and Turn Judge, Starter, or Referee during a swim meet. If disqualified, a swimmer is not eligible to score points in that event. Unlike football, we don’t blow a whistle and announce to the world that a violation has occurred. When an official has observed a violation, they will let the scoring table know for scoring purposes. Some officials are good about talking to the swimmers to make sure they understand what they did wrong. But many times, in the hustle and bustle of the meet, they are unable to do so. Your coaches will be informed of the infraction and they will make a point of talking to the swimmers when they get a chance. Our plan for the year is to talk about disqualifications at the next morning’s practice. We will not focus on specific kids, but
rather the errors that we made as a team. We hope that everyone can learn from the mistakes that we make.

**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, a swimmer cannot walk on the bottom or pull himself along the lane lines and, in a race of more than one length, they must touch each end of the pool. There are few DQs in freestyle. When they occur, they are generally for failing to touch the wall at the end of a length (usually a flip turn that misses its mark).

**Backstroke:**
Like freestyle, almost anything goes on the backstroke as long as you stay on your back. Watching swimmers learn the backstroke is a novel experience as they bounce off the lane lines and wonder where they are. Eventually, they will learn to guide off the lane lines without hitting them, use the overhead backstroke flags and the lane line markings to know where they are in the pool, and count strokes from the flags to the walls. Backstroke starts are different from all the rest because the swimmer is in the water with feet planted against the wall awaiting the starter’s signal. If your swimmer is a backstroker, he or she will eventually learn a 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. Swimmers must
push off the walls on their backs. DQs are not common in backstroke. When they occur for younger swimmers, they are generally for turning over on their stomachs during a race. Among older kids, improper turns are generally the culprit.

**Breaststroke:**
The breaststroke has two components, the kick and the arm pull. The rules state that the pull and its recovery must be under the breast and cannot extend further back than the waist. The kick is a “frog” kick and the toes must be pointed outward during the propulsive part of the kick (i.e., when the feet are moving backwards away from the hips). The arm pull and kick must be in an alternating sequence and the elbows must stay below the water except for tagging the wall at the finish. Breaststroke turns and finishes require a simultaneous two-hand touch. Breaststroke is a very hard stroke for many kids to learn to do, especially the kick. Most disqualifications in breaststroke among younger kids are for either (a) a kick in which both feet do not have their toes pointed out, or (b) touching the wall with only one hand.

**Butterfly:**
A well executed butterfly is the most beautiful exhibition of power you will ever see in a swimming pool. The fly is the hardest stroke for most swimmers to do, and while they are learning, it may appear like they are drowning. 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 both arms moving simultaneously. The kick is a dolphin style kick with both legs moving simultaneously. Unlike the breaststroke, there is no requirement to alternate the kick and the pull and most butterfliers have two kicks for every arm pull. Like breaststroke, turns and finishes require a simultaneous two hand touch at the wall. Most disqualifications are for a flutter kick (often in younger swimmers when the legs come apart) or for an improper touch at the turn or finish.

**Individual Medley:**
The individual medley (or IM) is an event where one swimmer swims 25 yards of butterfly, backstroke, breaststroke, and freestyle – in that order. The event is for older swimmers (9–10 age group and older).

**Relays:**
Our meets finish with relays. There are two kinds of relays, Medley and Freestyle. In a Medley Relay, there are four swimmers. Each will swim one length of one of the four strokes. The order of the strokes is backstroke, breaststroke, butterfly, and freestyle. In a Freestyle Relay, four swimmers swim one length of freestyle each. Relays are a very exciting way to finish a meet and can often determine the winning team. DQs are not common in relays. When they occur, they are generally for false starts. Every swimmer after the first
must wait for the previous swimmer to touch the wall before beginning their leg of the relay. When a swimmer starts early, that is a false start.

V. Volunteer Swimming Jobs

An organization is only as good as its’ volunteers and the Campus Swim Team is no exception. We have been blessed over the years by a large number of active volunteers who work hard to make sure the summer swimming experience is a positive one for our kids. From Rus and Tim who are our co-directors, to Davin our team photographer, to Chara Pitarra who coordinates the bake table at our home meets, to Deb Straka who coordinates the scorers’ table and Holly Voelker who writes ribbons for our kids, we have many active volunteers. Running a summer league team is a complicated process. For things to run smoothly and effectively, many people have to get involved. We expect all parents to get involved in helping to run our meets and other events. Some of the ways to get involved are as follows...

Timers: Timers are critical for every meet to run smoothly. We need a timer for each lane for every meet. Generally, we break each meet into two halves so that no one has to work the whole meet. That means we need at least 8 volunteers for each meet to help with the timing. [6 for an away meet]
Watches and instruction are provided and you get a great view of the meet and an occasional cool off splash.

Runners: The runners record the times from the timers after each race and deliver the paperwork to the scorer’s table. The home team is responsible for providing the runners. We need 4 for each home meet [2 per half].

Table Workers: There are several jobs at the table. Recording times, scoring the meets, and filling out the information on the back of the ribbons are all jobs that need volunteers. We generally need 15 people to cover these jobs are each home meet and 13 people at away meets.

Bake Table Workers: We need people to bake for all of our home meets and people to man the table during the meets. We need 4 workers for each meet.

Age Group Parents: These saints are responsible for an age group. They spend time finding all of the kids and making sure they know what they are swimming and where they are supposed to be. They help the younger kids get lined up correctly and make sure they do not miss their events. They also, occasionally, have to coax unwilling kids to the end of the pool. Remember that these age group parents are volunteers and have many kids to work with. Ultimately, **you** are responsible for getting your child to the start of the race. The volunteers help get kids organized but they do not have time to
go searching for a missing child who is off playing on the playground.

VI. **Meet Calendar**

**Dual Meets**
- June 17, 2013    Campus @ Pine Ridge
- June 19, 2013    Wiltondale @ Campus
- June 24, 2013    Campus @ Stoneleigh
- June 26, 2013    Hillcrest @ Campus
- July 1, 2013     Eagles Nest @ Campus
- July 8, 2013     Campus @ Woodcroft
- July 10, 2013    Hampton @ Campus
- July 15, 2013    Valley @ Campus
- July 17, 2013    Campus @ York Manor

**Trophy Meet**
- July 20, 2013    Meet @ Towson University

VII. **Practice Schedule**

Afternoon practice begins Tuesday, May 28\textsuperscript{th}.
- 6 & Under        4:30 to 5:00pm
- 7 – 10 year olds 4:30 to 5:30pm
- 11 & Over        4:30 to 6:00pm

Morning practice begins Monday, June 17\textsuperscript{th}.
- Junior Seahorses 9:00 to 9:40am
- 6 & Under        9:00 to 9:30am
- 7 – 10 year olds 9:00 to 10:00am
VIII. **Fundraising Activities**

Fundraising is an important aspect of the summer. Team dues only cover about half of the cost of running the team for the summer. Other events are important to help us to make up the difference. Several events are known to many who have been around the pool for the past few summers. The Bake Table at home meets and the Crab Feast at the end of the year. This summer, we will be holding our 4th annual 24 hour relay/Pool sleepover on July 12th. Our swimmers will swim in relay fashion for 24 hours. [The kids will swim in shifts so they will not all be up for the whole night]. The kids will gather pledges for how far we can go as a team in 24 hours. The proceeds from this event will be split between the swim team operating fund and a charity to be selected later. More information about this event will be forthcoming.

IX. **Year Round Teams**

I hope that all of our swimmers will have an enjoyable summer. I hope they improve and fall in love with the sport. For any of them that are interested in pursuing swimming year-round, at
the end of the summer, I will compile a list of contact information for local clubs.