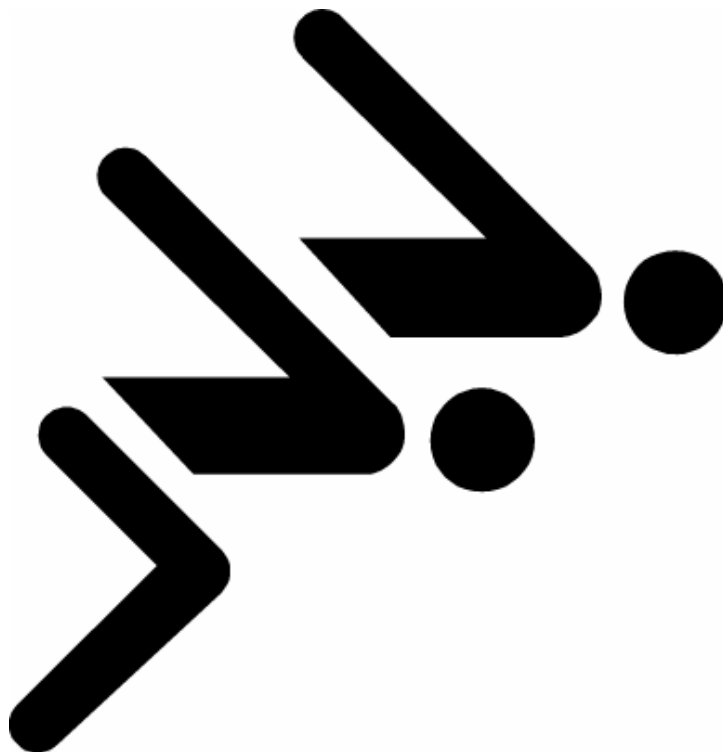


ROSELLE RACERS



**Swim Team Parent Handbook
Summer 2009**

www.roselleracers.org

Revised 4/26/09

WELCOME to the Roselle Racers Swim Team!

We are pleased to welcome our new swimmers to the tradition of summer swim team in Roselle and warmly welcome back all those who have helped make the Roselle Racers a great team. Swimming is not only an excellent sport, but it is also an excellent physical fitness program.

Roselle has sustained a summer swim team for more than thirty years, and it shows! Our team is safe, organized, well-coached, and fun for all swimmers regardless of ability.

Our goal is to make this a great season for all of our swimmers and families. Because our season consists of only 10 dual meets held within 6 weeks, we need to build our swimmers' strength, technique and speed as quickly as possible.

Be sure to check out our team website at www.roselleracers.org. The website and email notes are our primary method of communication with our parents and swimmers. *During the swim season, we ask our member families to check the website and email messages at least once per week.* On the website, you'll find this manual, information about Roselle meets and events, photos of our swimmers, and other helpful information.

Swimming is about discipline and practice. Roselle Racers learn about sportsmanship and competition. They also learn how to prepare themselves mentally and physically for challenges that lie ahead. Most importantly, our swimmers have fun and make new long-lasting friendships.

Swim team membership has benefits for the whole family. Team parents make new connections with other members of the community as we work together supporting our team. Your volunteer support of the Roselle Racers is vital to our existence—so let's get this season started and have fun competing in the White division!

Leslie Bezzaz & Barb Layer

Roselle Racers Swim Team Co-Presidents

www.roselleracers.org

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Introduction

This handbook introduces the Roselle Racers to new members and it outlines various policies that affect all swimmers. We encourage all families to read this manual to become familiar with important facts and rules of the club, as well as to gain general information about swimming and meets.

History

The Roselle Racers Swim Team began in 1971. Our first coaches were Marty and Millie Loeper. At the time of our "creation", there was only one swim conference in the Chicagoland area; the Northern Illinois Swim Conference, which included such faraway clubs as Deerfield and Evanston. The problem with belonging to this Conference, however, was not limited entirely to distance. Most of the swim teams had high school pools at their disposal, allowing them to be all-year teams. This made it nearly impossible for any summer club to gain recognition.

In 1973, the DuPage Swim & Dive Conference ("DSDC") was formed. This DSDC is strictly a summer swim program, comprised of 14 park district swim teams. The members include: Addison, Bartlett, Bensenville, Bloomingdale, Butterfield, Carol Stream, Glendale Heights, Hanover Park, Itasca, Lombard, Roselle, Villa Park, Wood Dale and Woodridge. The Roselle Racers joined the DSDC in 1976 and became a powerhouse in the conference. The Racers moved up to the White Division in 1979 and were Conference champions nine out of the next eleven years.

Five of these teams form the White Division, five teams form the Red Division, and four teams form the Blue Division. Each team competes in 10 dual meets; all leading up to the respective conference championship meets. The winner of the Blue Division moves up to the Red Division. The winner of the Red Division moves up to the White Division. The fifth place finisher in the White Division moves down to the Red Division. The fifth place finisher in the Red Division moves down to the Blue Division.

This is the Roselle Racers 38th year as a team. In 2006, the voters in Roselle approved a bond funding referendum that authorized the Roselle Park District to renovate Kemmerling Park and rebuild Kemmerling Pool. Our new pool opened for the 2008 season. Before the new pool opened, the Roselle Racers survived and thrived as nomads for seven seasons!

Organization

The Roselle Racers are considered a Roselle Park District program. Parents sign a Park District registration/waiver form and the team's coaches and insurance are provided by the Park District in part through our members' registration fees. The team's coaches are hired, paid and supervised by the Park District.

The Roselle Racers are also supported by our Parents Club which functions like a booster organization. At registration, a fundraising fee is collected and turned over to the Parents Club. This fee along with other team fundraising and concessions profits provides all the "extras" like team ribbons, conference t-shirts, trophies and coaches gifts. Swim team parents and the Parent's Club are the glue that holds everything together! Parents help with fundraising, work at meets and run the end of season banquet. A large section later in this handbook is devoted to the volunteer positions needed to run a successful season.

Physical Development

Swimming is considered an ideal activity for developing muscular and skeletal growth.

- Swimming develops high quality **aerobic endurance**, the most important key to physical fitness. In other sports, 1 hour of practice may yield as little as 10 minutes of meaningful exercise. Age-group swimming teams use every minute of practice time to promote fitness and teach skills.

- Swimming promotes better proportional **muscular development** by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's **natural flexibility and coordination** by combining complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is a sport that will bring **fitness and enjoyment** for life.
- Risk of Serious Injury - Swimming is one of the least injurious (harmful) children's sports. But participation in the sport of swimming does carry a risk of serious injury, including permanent paralysis or death. Parents or guardians of swimmers voluntarily and knowingly recognize, accept and assume this risk.

Swimming Essentials

- Team or individual swim suit - Team suits are optional. Ordering takes place on registration nights. This year, we will order our suits from *European Sports* in Schaumburg. European Sports takes orders directly from the parents at our registration nights. We recommend each swimmer purchase one meet suit and one practice suit. Rinsing suits out with water after each use seems to make them last longer.
- Team apparel – Team apparel can also be purchased through European Sports at registration.
- Team cap (if you wear one)
- Goggles and a back-up pair in case they break. Having uncomfortable goggles can make practice miserable and having goggles that fit well and stay on during a race is imperative for good swims. Just as with suits, swimmers should have more than one pair of goggles. Swimmers should not use the same pair of goggles for practice that they do in a meet. There are a number of reasons for this. The first is because goggles wear out and lose their seal after a number of practices and swimmers are more likely to feel the effects of this when they dive off the block at a meet. Also, swimmers should wear their meet goggles tighter than their practice goggles. Young and old swimmers alike are prone to forget to tighten their goggles before their first race and this can lead to goggles in the mouth or around the neck shortly after the dive. - Excerpted from ***The Parents Guide to Swimming***
- Several towels
- Sunscreen
- Warm clothes – Most meets and all practices are outdoors and the weather can change. So it makes sense to bring warm-ups consisting of a jacket, sweatshirt and sweatpants in case it's cold and rainy. A blanket helps!
- Some parents occasionally bring tents and sleeping bags to swim meets.
- Some kind of large tote bag to hold all your loot.
- Food - We rely on our concessions sales for a big part of our swim team budget. All of the teams in our conference have concessions stands, so food is available at away meets, too.
- Money – to spend in the concession stand.
- Please put the swimmers name on all equipment. Each swimmer is responsible for keeping track of his or her equipment. The team may have a lost-and-found collection for items left behind.

Practice Schedule

Please check the website for current practice hours and locations.

Parent Practice Notes: All practices will begin promptly. Practice work is a huge part of accomplishment and development so please have your swimmer attend their scheduled practices. The most important thing swimmers need for practice is a good attitude! Everyone finds it difficult at one time or another to go to practice. Some days you will feel good physically and some days you won't. But there are always things you can do well and work on in your practice. The attitude you bring to practice often affects how well you will perform and sets the tone for the entire practice. It can also influence your teammates as well. So, do yourself and your team a favor, and *come to practice with a positive attitude*. It will not only make your practice time more fruitful — it will make it go faster!

Attendance at scheduled practices is required. If the swimmer swims for another club that is year round, the head coach needs to be informed. These swimmers will need to let the coach know if they intend to swim in that week's meets at the Monday morning practice each week.

To limit the amount of confusion, parents are asked to remain OFF the deck during practice times. Coaches request that carpools arrive on time when dropping off and picking up their children.

For the most part, the weather should not be a problem. We will be in the water working on strokes, starts, turns, touches, endurance and speed. If the weather dips below 60 degrees, however, we will be concentrating on land exercises. This is why your swimmer will need shorts and running shoes. No one will be allowed, for safety's sake, to participate in land exercises without proper attire.

Several factors can impact practice:

- If there is rain, but no thunder or lightening, practice is still scheduled. Parents should always expect there to be practice, even if it is raining. Most times the storm only lasts for a few minutes. We can still fit some practice time in. The coaches will always be there.
- If the temperature is 60 degrees or lower, practice will not be held in the water. In the event they are unable to practice in the water, practice will be a land practice (exercise, stretching, and technique). Children are to dress appropriately for the weather, and bring their swimsuits. The decision as to whether or not to practice in the water will be determined at that time.
- If practice is cancelled for any other reasons, (equipment breakdown, etc.) it will be posted on our website as soon as possible. So check it frequently.

The meets show the fruits of your labor— the practices are where you pay your dues. To become a good swimmer, it is essential to attend as many practices as you possibly can.

Meet Schedule

Please check the website for the meet schedule and pool locations. You will also receive regular emails from our team secretary and volunteer coordinator with this information.

Dual Meet Procedures

This section is especially designed for new Swim Team parents. There's a lot of activity going on at a swim meet and it can be overwhelming if you don't have a good idea of what is expected of each person.

The Roselle Racers are members of the DuPage County Swim and Dive Conference. We are currently in the "White" or top division.

For seven weeks starting in mid-June, we attend two meets a week to compete against other DuPage teams. Five of these weekly meets are Roselle-hosted home meets and five are "away" meets.

At the Wednesday night and Saturday morning "dual meets," we compete against just one other team in the conference. A dual meet is two teams competing against each other. Dual meet start times are posted on the website and are listed in the schedule at the end of this handbook. Directions to all pools are listed in this manual and are on the Roselle Racers website. Parents should allow 3 1/2 to 4 hours for hours for each meet, not including warm-ups. Warm-ups start one hour and fifteen minutes before for the home team and forty-five minutes before for the visiting team.

Parents run the meet. They act as judges, starters, timers, scorers, ribbon writers, record keepers, work concessions, and anything else needed to be done to successfully run a swim meet. For meets to run smoothly, the Roselle Racers need every parent to be involved, so please offer your services.

Here is a basic outline and some terminology to help parents understand what goes on at a meet:

Eligibility - Every swimmer who attends practice will be given an opportunity to swim in a meet. A swimmer is allowed to swim in a maximum of 3 individual events and 2 relays. Although it may not be possible for every swimmer to swim the maximum number of events, he/she will swim in at least one. A swimmer must compete in 4 meets to swim in A Conference. There is currently no meet requirement to swim in B conference.

Warm-ups - Swimmers need to be on time for warm-ups (lined up behind the blocks and ready to get in the water). Failure to do so will result in not swimming in the dual meet. If a swimmer must be late for some extenuating reason, the head coach needs to receive a phone call before warm-ups.

Absences - *Please let the coaches know if you are planning a vacation during swim season or if your swimmer will not be available to swim a meet for any reason.* Our coaches need this information to prepare the line-up for upcoming meets. Last minute changes and no-shows are disruptive and unfair to the coaches and other swimmers. Indeed, they may preclude an entire relay from swimming. Be a good sport and PLEASE let us know when you'll be gone.

Meet Line Ups - The coaches will put together a list of swimmers for every meet and post the line-up lists on the bulletin board the day of the meet. The participant list changes every week, so check the list and write your child's swim events on your hand so you'll be on deck for their swim. Your child will *not* swim every event and swimmers are not allowed to swim in more than five events per meet. The coaches determine the meet entries after considering swimmers' abilities, experience, and goals.

Check in with the Clerk of Course - The Clerk of Course will check in all swimmers for each event. The clerk of course hands each swimmer an "event card." The card shows the event number, lane assignment and position for relay events. After receiving the event card, swimmers proceed to the "bullpen."

Bullpen - After swimmers check-in at the Clerk, they then should proceed to the chairs in the bullpen or waiting area where bullpen volunteers will help them get to the appropriate lane at the right time. Make sure your swimmer knows what stroke he or she will swim and that goggles are tight.

Lane Assignments - Home teams swim in lanes 2, 4, and 6. Visiting teams swim in lanes 1, 3, and 5. The only exceptions are when events are combined to shorten the meet.

Exhibition Heats - If a lane is available in a particular event, the coach may ask a swimmer to swim that particular event as "exhibition". This means the swimmer swims strictly for a time needed by the coach and to get more experience swimming that particular stroke. Although your time and place will not be counted in the final results, you will have had an opportunity to swim for a time and improve your stroke. Exhibition heat swimmers earn exhibition ribbons.

There can be a maximum of twenty exhibition heats during a meet. All exhibition heats are swum before the scored heat. If your child is swimming in an exhibition heat, there will be an E or EX next to his or her name on the line-up. All heats—whether exhibition or scored—are important.

Scored Heats - Each event has one scoring heat, where the team can earn points towards winning the swim meet. Scoring heat participants can win ribbons for first, second, third, fourth and fifth place.

Events - Events are held in all competitive strokes at varying distances depending on the age group of the swimmer. The four competitive strokes are *freestyle, backstroke, breaststroke, and butterfly*. In addition, a combination of the strokes swum by one swimmer is called the individual medley. There are two types of relays—four swimmers who either all swim freestyle or each person swims one of the competitive strokes in order of back, breast, fly, and free. Each swim meet has 78 events. That's why swim meets take the time they do! An event sheet appears at the end of this handbook. Some of the less self-explanatory events include:

Medley Relay, 8 & under

- Swim 25 yards (1 length) for each leg of the race
- Order of strokes: back, breast, fly, free
- Backstroke and butterfly will leave from the **block end of the pool**
- Breaststroke and freestyle will leave from the **far end of the pool**

Medley Relay, 9-10 and over

- Swim 50 yards (2 lengths) each
- Order of strokes: back, breast, fly, free
- **All swimmers leave from the block end of the pool.**

Free Relay, 8 & under

- Swim 25 yards (1 length)
- 1st & 3rd swimmers leave from **block end of pool**
- 2nd & 4th swimmers leave from **far end of pool**

Free Relay, 9-10 and over

- All swimmers swim 50 yards (2 lengths) and leave from the block end of pool

Individual Medley, 9-10 and over

- Swim 25 yards of each stroke
- Order of strokes: fly, back, breast, free

To the Blocks - When your event is called by the announcer, you are to go up to the diving block for your assigned lane. Please note you are not to touch the water (dip your goggles, fill your cap, splash yourself, etc.) while an event is in progress. To do so may result in a disqualification. **If a swimmer is not at the block on time, he or she will miss the event; the heat will not wait for a missing swimmer.** Swimmers will stand up on the block only after the starter has announced the event.

Starter - Starts each event with a starter's pistol or beeper/strobe light. At home meets, we use an electronic starting system.

On the blocks - Swimmers stand forward and look at the end of the pool or water. Swimmers shouldn't look at the starter, spectators or fellow swimmers. This not only distracts the swimmer, it might cause the starter to delay the beginning of the race.

The starter will say, "Swimmers take your mark." - At this point, the swimmer will assume the starting position. Swimmers are not allowed to move after assuming this starting position. The gun or horn will sound, thus prompting the swimmers to start.

False Start - If someone leaves the block early, the official will beep the electronic signal or "shoot" the starter's pistol (cap gun). This is usually loud enough for the swimmers to hear. At this point, they are to return to their starting blocks for further instructions.

When the race concludes - The swimmer is to immediately exit the water so the next heat or event can begin.

Timers - There are usually two parent timers for the home team and one parent timer from the visiting team per lane, each with a stop watch. When the timers see the flash from the strobe light or the smoke from the starter's pistol, they immediately start their watches. When the swimmer completes his/her swim by touching the wall with any body part, they stop their watches. All times are recorded on the swimmers event card and the average of those times is written on the score sheet and ribbon. The middle time on the score sheet is the official time.

Stroke and Turn Judging – Conference trained parent volunteers act as stroke and turn judges. They watch each swimmer to determine if the stroke, kick, turn and touch is being done properly. If they observe an illegal action, they immediately raise their hand to disqualify (DQ) the swimmer. When possible, the judge will approach

the swimmer when they are getting out of the water and tell them what they did wrong and how to correct it. If DQ'd, no points or ribbons will be given to that swimmer/relay team, and the time does not count.

Disqualification (DQ) - "DQ'd" means disqualified. A swimmer's time and place have been scratched because a judge observed an illegal stroke, turn, touch or start. If this should happen to you, you will be informed immediately upon completing your swim usually by the judge who observed you. Most new swimmers, get **disqualified** at least a few times during their swimming careers

As long as 8 & unders are doing the correct stroke, they will not be DQ'ed for their technique until after the 2nd meet. All other age groups can be DQ'ed from the start of the season for their technique. It can be very upsetting to get "DQ'ed." Please offer lots of support if this happens. If your child is disappointed in a race or gets disqualified, offer support and then move on. There is always another race or meet. Even though this may seem like the end of the world, DQ's happen even to the best swimmers.

Finish Judge - When the finish judges (one from each team) agree on the order of finish, that is the official order. If they disagree on any place, official times will be used to determine the order of finish.

Referee - Makes all final decisions in the event of a dispute. Makes sure all lanes are clear before another event is started. The referee announces the event and calls the swimmers to the blocks.

Runner - After an event is completed, the timers at each lane and the finish judge hand their cards to a "runner" who in turn hands them over to the head scorer.

Scorer - Usually two from each team keep score of all 78 events.

Meet Scoring – Team points are awarded for events as follows:

- **In individual events**, a 1st place earns 5 points, a 2nd place earns 3 points and a 3rd place earns 1 point. One team can't make a sweep of all the points. If an event is unopposed, the team will earn a maximum of 5 points and any applicable ribbons.
- **In relays**, a 1st place earns 7 points and ribbons for 1st place winner only—4 points if unopposed. In case of a tie for 1st place, if the finish judges do not agree, it is decided by time; if not, the finish judges have the final decision. Relays are high stakes events and that's why the cheering gets so loud!

A team can't make a sweep of all the points. Even if a team takes 1st, 2nd, and 3rd place in an individual event, the winning team gets only 8 points; the 4th place swimmer gets 1 point.

Ribbon Writer – Usually each team supplies two ribbon writers to create the ribbons. Writers write the swimmer's name, event and the official time on the back of the ribbons.

Ribbons - For all ages 12 and under, ribbons will be awarded for 1st through 6th places in individual events. For all ages 13 and over, ribbons will be awarded for 1st through 4th places in individual events. Ribbons will be awarded for 1st through 3rd place in relays for all age groups, and exhibition ribbons are awarded to all swimmers 12 and under. *Ribbons are distributed to swimmers at the meet the week following the meet.* Roselle has a "more is better" philosophy about rewarding with ribbons. The policy on ribbons does vary by team.

Records Keeper - A team coach or volunteer keeps track of each swimmer's times for all events, all season long. This person also keeps track of team and conference records.

Concessions – At home meets, the team supplies and sells for profit all concessions foods, drinks and goodies. Food donations made to each meet are welcomed and strongly encouraged. A sign-up list for future meets will be available at each meet. The concession stand creates important revenue that helps cover many team expenses.

Cheer! - Roselle Racer parents are asked to show enthusiasm and to support their swimmers' efforts. We have many new swimmers each year. For new swimmers, the first few meets may seem a bit overwhelming. Don't forget to run like crazy to the other end and yell encouragement to your child. We all do it, and it is fun. There is solidarity in noisy parents!! Encourage your swimmers to cheer for their teammates. The Racers and their families are known for their good sportsmanship. Red is the official color of the Roselle Racers, so wear it proudly!

After home meets - After home meets, swimmers gather up their belongings and trash and parents help take down meet equipment. Swimmers, their families, and coaches frequently gather for post-meet treats at the McDonald's in downtown Roselle on Irving Park Road.

Transportation – Parents are responsible for getting their swimmers to and from the meets.

A and B Conference Championships

On the last Saturday of July, the Roselle Racers compete in an all day meet with all of the other teams in our division to determine the A Conference champion. The team's best swimmers in each event will swim A Conference. B Conference is held the Saturday before A conference. Swimmers in B conference earn team points by beating their own personal "best times" earned at meets throughout the season. Swimmers are selected for A and B Conference by the coaching staff. Every swimmer on the team will swim in one of these championship meets. Swimmers must have competed in 4 meets to swim in A conference.

Coaching Staff

Letting Coaches do Their Jobs—"Coaches are teachers not only of sports; they are teachers of life. Many of us can remember a coach who significantly and positively affected our lives. These are very special people. They don't do it for the money or the glory. Swim coaching seldom provides these things. They do it for your child. They do it for the sport of swimming because they know that swimming can teach children so many lessons, lessons that shape them into great adults. Age group coaches for all sports are some of the best people with whom we can ever hope for our children to interact. . ." Excerpted from *The Parents Guide to Swimming*.

Parents Club Board

According to the team's constitution adopted in 1978:

"Officers of the club shall consist of a president, vice-president, a secretary and a treasurer. The officers will be elected annually, and shall hold office until the next annual meeting. No office may be held by any one individual for more than two consecutive terms. In the event a vacancy occurs, the office may be filled by appointment of the other officers.

The President shall be chief officer of the club. He or she shall be the chief liaison between the Roselle Swim Team Organization and the Roselle Park District. The president shall preside at the meeting of the group, shall have general responsibility for the yearly activities and shall appoint committee chairmen.

In case of the absence of the president, the Vice-President shall have all the duties and powers of the president. The vice-president shall be an assistant to the president and perform such duties as assigned by the president.

The Secretary shall keep minutes of the meetings and perform such other duties as assigned by the president.

The Treasurer shall have charge, custody and responsibility for all funds of the club; perform all duties pertinent to the office, and such other duties as assigned by the president. The treasurer shall submit at the annual meeting an accurate written account of the current financial position.

There shall be an advisory council consisting of officers, committee chairmen and past presidents."

President

This is a year-round volunteer assignment that entails overall management of the swim team program, liaison with Roselle and other pools, assists the park district with the hiring and supervision of coaching staff, and coordination of parent volunteers. It is a two-year Board position usually shared by two co-Presidents.

Conference Representative

The Roselle Racers are members of the DuPage Swim and Dive Conference (DSDC). Our conference rep. meets with the DSDC throughout the year to plan the season and communicates important DSDC issues back to our Parent Club.

Meet Director

The meet director is responsible for overseeing the scheduling and assignments of starter/referees and judges at home meets, communication with the home or visiting team at dual meets, and the setup and tear down of the meet equipment at home meets.

Meet Manager

The meet manager is responsible for organizing all of the team's volunteers for each meet.

Treasurer

Our Treasurer pays all bills and accounts for all income and revenue. The Treasurer files a statement with the park district at the close of every season.

Concessions Managers

Our Concessions Managers plan, organize donations, purchase, and deliver food, drink, and supplies to the concession stand and help with set-up before for every home meet.

Secretary

The team Secretary is responsible for overall team communications.

Website Manager

The Website Manager is responsible for maintaining the team website.

Parent Volunteers

The most important function of a parent, of course, is to attend all meets and support your swimmer.

The Roselle Racers swim team program relies on volunteers, and we need the help of **all** parents to make it work. Volunteering is a fun way to share in your swimmer's experience and to participate in the Roselle community. It is also an expectation for every Roselle Racer family.

As a parent of a Roselle Racer, you are an integral part of our team structure. You can sign up for volunteer positions at registration night or whenever you submit your application. We will also post volunteer assignments and openings before each meet. Volunteers are responsible for finding their own replacements if—for any reason—they cannot fulfill their commitment at a meet at which they are scheduled to work.

Your swimmer will not be considered registered with the team or be able to practice until the Parent Volunteer Commitment form is turned in to our volunteer coordinator. This is park district policy and it will be firmly enforced for all families.

Each season we conclude with a fabulous banquet—all run by parent volunteers. We squeeze an awful lot into these 6 short weeks, so the more parents we get involved, the easier it is.

Meet Volunteers

Swim team meets are very labor-intensive events so every available parent plays a key role.

To run a home meet, we must provide a starter, a referee, 2 stroke & turn judges, a finish judge, a minimum of 2 timers per lane, a clerk of course, an announcer, ribbon writers, scorers, a records keeper and runners. We also need volunteers to help set up and tear down the meet.

Many volunteer positions require little or no training, and we always need extra timers and help with concession stand sales. Returning families in particular should consider taking on a larger responsibility, such as starter, announcer, stroke and turn judge, clerk of course, scoring table, special events, or a lead role in concessions. **We are looking for a commitment of at least 7 dual meets from each parent, plus A and/or B Conference.**

Home Meet Set-Up

The set-up person helps concessions volunteers by carting soda, food, and ice; erects canopies; helps set up the sound system and scoring table; and otherwise assists the coaches and other volunteers prepare for the meet. Set-up also includes arranging all the chairs in the bullpen and any signage that is needed throughout the pool deck area.

Check-in (Clerk of Course)

The clerk of course checks in all swimmers and gives swimmers the event card with the event, lane assignments and positions for relays.

Meet Manager

The Meet Manager is responsible for ensuring that all timing positions are filled in advance of each home and away meet, checks in timers at the meet, explains timing procedure, and collects and secures timing watches at the end of the meet.

Timers

Each lane is staffed by three timers, two from the home team and one from the visiting team. The home team also provides at least one back-up timer. There are two shifts of timers for each meet. Every family that does not have other substantial volunteer responsibilities should plan to provide *at least* one timer for every meet in which they have a swimmer entered. In order to be a timer at the season ending conference meets, you need to be a DSDC Certified Timer. This can be achieved by attending a training class held at the Clauss Recreation Center or other local park district early in June.

Runner

The runner collects event cards from the timers after each event and delivers them to the scoring table. Swimmers and siblings are often available to help, but an adult volunteer is responsible for ensuring that the position is covered throughout the meet.

Scoring Table and Ribbons

A team of five volunteers records swimmer times throughout the meet and calculates the running team scores. The scorers must be certified by the DSDC. Training clinics for timers and scorers are offered in June. Another team of three volunteers prepares ribbons for each swimmer at each event

Announcer

The announcer sets the pace of the meet by announcing the current and upcoming events over the PA system throughout the meet.

Starter/Referee

The starter and referee are trained meet officials who announce and start the events. They judge all starts, finishes, and exchanges. They also judge all strokes. They are responsible for any challenges that may arise during the meet.

Stroke & Turn Judges

Home and visiting teams each provide a stroke, turn, and finish judge for every meet. This is an important position and requires training. Stroke and turn judges watch the swimmers during their events, judge whether or not their strokes and turns are swum correctly, disqualify swimmers for incorrect strokes and turns, and in the process help swimmers learn their strokes and improve their technique. We need six Roselle judges per meet, each of whom works half the meet. We are *always* looking for qualified stroke and turn judges, and we encourage anyone interested to attend a training clinic for the position in June.

Concessions Sales

The concessions stand provides quality food for Roselle families and visiting teams at home meets, and its sales are a major source of income for our team. It takes four volunteers at a time to staff the stand during home meets, and eight volunteers allows us to staff two shifts. Duties include food prep, and sales. A lead volunteer for each meet is responsible for recruiting and coordinating concessions volunteers.

Home Meet Clean-up

All families are expected to help with clean-up at the end of home meets. Clean-up duties include removing all the chairs and basically undoing everything outlined in the set up section. Families are assigned a set-up and clean-up according to age groups by the Meet Manager.

Lost and Found

Each season someone volunteers to walk around the deck after meets (either home or away) and pick up stray belongings. Please check at concessions during home meets to see if we've rescued your belongings.

Away Meet Team Area Monitor

This volunteer insures the good behavior of our team members in their waiting area when we are guests of other teams.

Banquet Volunteers

Banquet

The banquet is our last—and biggest—event of the season. A coordinator is needed to recruit banquet volunteers and to oversee: preparation of swimmer awards and photo packets, banquet table set-up, ordering of food from the caterer, award tables set-up, collection of fees and clean up.

Photographers

The team has several photographers at each meet snapping the action for our end of season banquet entertainment and for team history.

Banquet Videographer

The team has a videographer who arranges our season photos into a DVD movie, which is shown at the end of season banquet.

“Best Times” Booklet Committee

Using data from Team Manager Software, this committee prepares an end of season record book which records all times for every swimmer. These books are cherished by parents and kids alike because they show swim time progress from year to year. Strong computer skills and Excel software are needed for this position.

Other Volunteers

Conference T-Shirt Orders

Responsible for ordering and distributing the team's conference t-shirts.

Public Relations Rep

The public relations rep is responsible for submitting team news and information to the Daily Herald and other local papers. The rep is also responsible for asking local businesses to put "Go Racers" on their signs before B conference.

Recruitment and Registration Publicity

Responsible for creating and distributing registration flyers to all area schools (as needed). Creating a poster for Clauss and helping to attract new families to our swim team.

Locker Room Monitor

All parents are asked to make sure their kids get into the pool after the morning drop-off. Every year we have some "reluctant" swimmers who like to spend extra time in the locker room. This is unsafe and unproductive for these swim team members. Parents who stay to watch practice are asked to help us keep the locker rooms clear of swimmers.

Other Swimming FAQs

How many swim meets? We swim 10 dual meets (against one other team), Wednesday evenings and Saturday mornings from June till mid July. Plus there are two conference meets (against the 5 teams in our division) at the end of the season. Every swimmer participates in either A or B conference. Participation is determined by best times.

How long are the meets? A swim meet usually lasts 3 hours. Wednesday meets generally begin at 6:30 PM, but the swimmers arrive 5:15 – 5:45 PM depending on whether we are home or away. Saturday meets generally begin at 8:30 AM (sometimes 8:00 AM), and the swimmers arrive 7:00-7:45 AM depending on whether we are home or away. Check the schedule on the team website for actual meet times.

Will my child swim? Your child will swim at least 1 event at every meet, with 5 being the maximum number of events that they are allowed to swim. The coaches try to divide the events equally and give each swimmer equal opportunity over the course of the season.

Will my child get ribbons? Ribbons are awarded for 1st through 6th place for swimmers 12 and under, 1st through 4th for swimmers 13 and older. Trophies are awarded to all swimmers at the banquet.

Do I have to buy a suit and clothing? We have a team suit and apparel, but it is not required that you purchase them in order to be on the team (Most swimmers do wear the team suit to meets). Orders are usually placed in early-May and early June.

How good of a swimmer does my child need to be? 8 and under swimmers, need to be able to swim 25 yards (one length of the pool) without stopping or touching the bottom of the pool. Swimmers 9 and older need to be able to swim 50 yards (two lengths of the pool) without stopping. Swimmers who are unable to swim the required lengths are encouraged to join the Racer's Pre-Team where they will receive stroke technique instruction and participate in exhibition events at home meets.

What if my child cannot swim all four strokes? Swimmers will not be entered into events that they cannot swim. With practice, hopefully they will learn all their strokes by the end of the season.

When does my child try-out? Try-outs for the Roselle Racers will be held during the first week of practice.

When does the season start? Practice begins in the evenings while school is still in session during the last week of May and the first week of June. The first meet is usually held on the first Saturday in June.

How do I know what is going on with the team? The Secretary sends emails with everything you need to know – what to bring to meets, where the pools are located, messages from the coaches, changes to the practice/meet schedule, scores from past meets, record breaking swims, and fundraising information.

What if I don't live in the boundaries of the Roselle Park District? If this is your first summer joining a team in the DuPage Swim and Dive Conference, you can join any team that you want to.

What else is there besides swimming? The team generally hosts a family picnic/swim night usually held on a Thursday evening in June. There is also a banquet/awards night in July.

What if I still have questions? Please don't hesitate to ask the team secretary, or call the Roselle Park District at 630-894-4200.

Meet Events

Each meet consists of 78 events. The youngest age group swims first, followed in sequence by each age group for each of the events (i.e., 8 & under Medley Relay, 9-10 Medley Relay, 11-12 Medley Relay, etc.) The most confusing events, especially for beginners, are the relays. When checking the line-up prior to the meet, please note your child's position in the relay, which for younger swimmers determines the end of the pool where he or she will start. The order of these events is always the same and is as follows:

Event #	Age Group	Stroke and Distance	Event #	Age Group	Stroke Distance	and
1	8 & Under Girls	100 Yard Medley Relay	41	8 & Under Girls	25 Yard Fly	
2	8 & Under Boys	100 Yard Medley Relay	42	8 & Under Boys	25 Yard Fly	
3	9 & 10 Girls	200 Yard Medley Relay	43	9 & 10 Girls	50 Yard Fly	
4	9 & 10 Boys	200 Yard Medley Relay	44	9 & 10 Boys	50 Yard Fly	
5	11 & 12 Girls	200 Yard Medley Relay	45	11 & 12 Girls	50 Yard Fly	
6	11 & 12 Boys	200 Yard Medley Relay	46	11 & 12 Boys	50 Yard Fly	
7	13 & 14 Girls	200 Yard Medley Relay	47	13 & 14 Girls	50 Yard Fly	
8	13 & 14 Boys	200 Yard Medley Relay	48	13 & 14 Boys	50 Yard Fly	
9	15 & Over Girls	200 Yard Medley Relay	49	15 & Over Girls	50 Yard Fly	
10	15 & Over Boys	200 Yard Medley Relay	50	15 & Over Boys	50 Yard Fly	
11	8 & Under Girls	25 Yard Freestyle	51	8 & Under Girls	25 Yard Back	
12	8 & Under Boys	25 Yard Freestyle	52	8 & Under Boys	25 Yard Back	
13	9 & 10 Girls	50 Yard Freestyle	53	9 & 10 Girls	50 Yard Back	
14	9 & 10 Boys	50 Yard Freestyle	54	9 & 10 Boys	50 Yard Back	
15	11 & 12 Girls	50 Yard Freestyle	55	11 & 12 Girls	50 Yard Back	
16	11 & 12 Boys	50 Yard Freestyle	56	11 & 12 Boys	50 Yard Back	
17	13 & 14 Girls	50 Yard Freestyle	57	13 & 14 Girls	50 Yard Back	
18	13 & 14 Boys	50 Yard Freestyle	58	13 & 14 Boys	50 Yard Back	
19	15 & Over Girls	50 Yard Freestyle	59	15 & Over Girls	50 Yard Back	
20	15 & Over Boys	50 Yard Freestyle	60	15 & Over Boys	50 Yard Back	
21	8 & Under Girls	100 Yard Free Relay	61	8 & Under Girls	25 Yard Breast	
22	8 & Under Boys	100 Yard Free Relay	62	8 & Under Boys	25 Yard Breast	
23	9 & 10 Girls	100 Yard Individual Medley	63	9 & 10 Girls	50 Yard Breast	
24	9 & 10 Boys	100 Yard Individual Medley	64	9 & 10 Boys	50 Yard Breast	
25	11 & 12 Girls	100 Yard Individual Medley	65	11 & 12 Girls	50 Yard Breast	
26	11 & 12 Boys	100 Yard Individual Medley	66	11 & 12 Boys	50 Yard Breast	
27	13 & 14 Girls	100 Yard Individual Medley	67	13 & 14 Girls	50 Yard Breast	
28	13 & 14 Boys	100 Yard Individual Medley	68	13 & 14 Boys	50 Yard Breast	
29	15 & Over Girls	100 Yard Individual Medley	69	15 & Over Girls	50 Yard Breast	
30	15 & Over Boys	100 Yard Individual Medley	70	15 & Over Boys	50 Yard Breast	
31	8 & Under Girls	50 Yard Freestyle	71	9 & 10 Girls	200 Yard Free Relay	
32	8 & Under Boys	50 Yard Freestyle	72	9 & 10 Boys	200 Yard Free Relay	
33	9 & 10 Girls	100 Yard Freestyle	73	11 & 12 Girls	200 Yard Free Relay	
34	9 & 10 Boys	100 Yard Freestyle	74	11 & 12 Boys	200 Yard Free Relay	
35	11 & 12 Girls	100 Yard Freestyle	75	13 & 14 Girls	200 Yard Free Relay	
36	11 & 12 Boys	100 Yard Freestyle	76	13 & 14 Boys	200 Yard Free Relay	
37	13 & 14 Girls	100 Yard Freestyle	77	15 & Over Girls	200 Yard Free Relay	
38	13 & 14 Boys	100 Yard Freestyle	78	15 & Over Boys	200 Yard Free Relay	
39	15 & Over Girls	100 Yard Freestyle				
40	15 & Over Boys	100 Yard Freestyle				