



F*A*S*T

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PARENT HANDBOOK, SUMMER 2025

Forestbrooke Athletic Club

2609 Yost Blvd

Ann Arbor, MI 48104

Welcome to the Forestbrooke Athletic Swim and Dive Team, aka F*A*S*T! We are excited to have you join another great season of summer swim/dive league. Our head coaches this year are Savannah Duman and Oliva Riegle for swimming. We also have Jessa Newman as our 8 and under coach. Grace Daly is returning as our dive coach. They are all very excited to work with your kids this summer!

This handbook outlines basic information to help guide you through the swim and dive season and league championships. If you have any detailed questions, feel free to ask our coaches or email forestbrooke.team@gmail.com. Team updates will be posted on our F*A*S*T Facebook page (which is separate from the Forestbrooke Pool Members and friends Facebook page). Link: <https://www.facebook.com/groups/forestbrookeflyingfish/>

In order to take full advantage of our pool time, please have swimmers on deck and ready to swim prior to their allotted practice time. During the season, we rely on our parent volunteers to run our home swim and dive meets (this season we have only two home swim meets, and three dive meets we are hosting, as well as the league championships). Sign-ups will be posted on the F*A*S*T bulletin board at the pool in the entryway. **We are required to provide 4-5 volunteers per day during championship week, which takes place July 21st thru the 24th, otherwise our team is fined (\$\$\$).** Please check your calendars and plan accordingly.

PRACTICES

Preseason Practices: are swim and dive practices held in the early evening during the two weeks after memorial day before school gets out.

Preseason Practices begin Monday June 2nd for swim and Tuesday June 3rd for Dive:

- Preseason SWIM Practices are Mondays, Wednesdays, and Fridays from 4:15-5:15 pm.
 - Swim Preseason week one: June 2nd, 4th and 6th (for all swim team members)
 - Swim Preseason week Two: June 9th, 11th and 13th (for all swim team members)
- Preseason DIVE Practices are Tuesdays and Thursdays from 4:30-6 pm. All are welcome to come try dive, even with zero experience!
 - Dive Preseason week one: Tuesday June 3rd and 5th
 - Dive Preseason week two: Tuesday June 10th and Thursday June 12th

Regular Practices start Monday, June 16th

Swim Practices Monday - Friday (by age group):

- 9 & 10, 11 & 12: 9:00 am-10:00am
- 13 & up: 10:00 - 11:15 am
- 8 & under: 11:15 - noon

Dive practices:

- Monday, Tuesday, Wednesday from 4:30-5:15 for new divers, 5:15-6:00pm for experienced divers (may change due to needs)
- Thursday practices will be held at Chippewa Pool (2525 Golfside Dr) 7:30- 8:30pm for all ages.

Keep an eye out for changes to the practice schedules. ie. On a bad weather morning, watch for a quick email if practice is going to be delayed or canceled. Changes will be posted on the [FAST Facebook page](#) and via email.

*Friday mornings for SWIM will include a light breakfast for the swimmers provided by the parents. See sign-up genius for details.

WHAT TO BRING TO SWIM OR DIVE PRACTICE

- Swimsuit – One piece is preferred for girls, jammers or briefs are preferred for boys. The team suit is optional. The suit needs to be tight fitting, must stay on during dives and dive starts and not impede the swimmer’s progress in the water.
- Goggles – Goggles come in all shapes and sizes so if your swimmer isn’t happy with a fit, you might try a different style. (Divers do not typically wear goggles in practice and they are not permitted at dive meets.)
- Swim cap – A swim cap is optional but can provide protection to the hair, keep the goggles secure under the cap, and keep hair out of the swimmer’s eyes. Team caps are provided with your registration.
- Water bottle with water or sports drink – It is very important for our swimmers to stay hydrated. It might seem odd, but they are working hard and sweating even in the pool! It can be warm during summer practices, even in the morning, so be prepared.
- Sunscreen
- Towels and chamois (for the divers if they desire)
- Snacks for after practice with a healthy protein and carbohydrate mix.

SWIM AND DIVE ~ DUAL MEET SCHEDULE

There are five dual meets scheduled this season and one big event called the WISC Championships at the end of the season. Weekly meets are called dual meets because two teams swim/dive against each other. Championships include all the league teams. To be eligible to swim/dive in the Championships, swimmers/divers must participate in at least **TWO (2)** dual meets this season.

Dive meet warm-ups start at 4 pm. Meets start at 5 pm. Please plan to arrive no later than 4:15 pm unless otherwise directed by your coaches.

DIVE DUAL MEET SCHEDULE (subject to change)

- ● Friday, June 20 Away @ Whitmore Lake
- ● Friday, June 27 HOME vs. Orchard Hills
- ● Friday, July 4 Away @ Chippewa
- ● Friday, July 11 HOME vs. Intersquad
- ● Friday, July 19 HOME vs. Lincoln

Swim meet warm-ups start at 8 am. Meets start at 9 am. Please plan to arrive no later than 8:15 am unless otherwise directed by your coach.

SWIM REGULAR SEASON DUAL MEET SCHEDULE

- ● Saturday, June 21 HOME vs. YPSI
- ● Saturday, June 28 Away @ Ann Arbor Y
- ● Saturday, July 5 HOME vs. Milan

- Saturday, July 12 Away @ Chelsea
- Saturday, July 19 HOME vs. Lincoln

CHAMPIONSHIP WEEK SCHEDULE (Monday July 22 to Thursday July 25)

	Swimming	Diving
	<u>Warm-ups at 8 am</u>	<u>Warm-ups at 1 pm boys, 3pm girls</u>
Monday July 21	13 & up	8 & under
Tues. July 22	9-10	11-12
Wed. July 23	8 & under	13 & up (13/14 at noon. 15 up at 3)
Thurs. July 24	11-12	9-10

Championship Locations:

Swim: Championships will be held at Skyline High School. The meet starts at 9:00am every day with warm-up at 8:00am.

Dive: Monday 8 & Under @Racquet Club, Tuesday 11-12 @Travis Pointe, Wednesday 13+ @Huron Valley, Thursday 9-10 @Georgetown. Rain pool for all days is TBA.

WHAT TO BRING TO A SWIM OR DIVE MEET

- Multiple towels - 3 or more plus a chamois if you dive, 2 or more if you swim!
- Swimsuit – team is preferred, otherwise, can be any color, but cannot have any other team name
- Two pairs of goggles for swimmers
- Swimcap – F*A*S*T cap preferred, if needed (can be any color, but cannot have any team name other than FAST)
- Sweats (top & bottom)
- Blanket or sleeping bag or folding chair
- Water or sports drink and healthy snacks for during and after the meet
- Sunscreen
- Activity to pass the time (book, cards, etc.) & a great attitude!

THE FOUR EVENTS OF A SWIM MEET

All meets are broken up by Age Group. Boys swim first, then girls. The age groups are 8 & Under, 9 & 10, 11 & 12, 13 & 14, and 15 - 17.

The first event of every swim meet is the Medley Relay. Four swimmers compose a team, each one swimming a different stroke. The first swimmer swims the backstroke, the second breast, third butterfly, and fourth freestyle. This is a single length (25 yards) for 10 & Under and two lengths (50 yards) for 11 & Up.

The second event is Freestyle. The 8 & Unders swim 25 yards, all others swim 50 yards.

Each week has a specialty stroke and this is the third event. The specialty strokes through the season are the Backstroke, Breaststroke, Butterfly, Distance Freestyle and Individual Medley (IM). For the Distance Freestyle event, 8 & Unders swim 50 yards, 9-10s swim 100 yards, 11 & up swims 200 yards. The IM is butterfly, backstroke, breaststroke and freestyle. The 8 & Unders swim 100 Freestyle instead of the IM, 9-10s and 11-12s swim 100 IM, 13 & up swims 200 IM.

The final event at each meet is the Freestyle Relay. Four swimmers compose a team. The 8 & Unders swim 25 yards each for a total of 100. All others swim 50 yards each for a total of 200.

ORDER OF EVENTS IN DUAL DIVE MEETS

8 & Under, Boys then Girls

One required dive and two optional dives.

Required dives

1st Meet: Forward Jump

2nd Meet: Forward Line-up

3rd Meet: Forward Group

4th Meet: Back Group

5th Meet: Any Group (diver's choice)

Champs: Any Group (diver's choice)

9-10, Boys then Girls

One required dive and three optional dives.

Required dives

1st Meet: Forward Jump

2nd Meet: Back Group

3rd Meet: Forward Group

4th Meet: Back Group

5th Meet: Any Group (diver's choice)

Champs: Any Group (diver's choice)

11-12, Boys then Girls

One required dive and four optional dives.

Required dives

1st Meet: Forward Jump

2nd Meet: Back Group

3rd Meet: Inward Group

4th Meet: Back Group

5th Meet: Any Group (diver's choice)

Champs: Any Group (diver's choice)

13-14 and 15-17, Boys then Girls

One required dive and five optional dives.

Required dives

1st Meet: Forward Jump

2nd Meet: Back Group

3rd Meet: Inward Group

4th Meet: Twist Group

5th Meet: Any Group (diver's choice)

Champs: Any Group (diver's choice)

SCORING A DUAL SWIM MEET

Individual events are awarded points for the six fastest times for each age group. The number of points awarded for first through sixth place respectively is 7 points, 5 points, 4 points, 3 points, 2 points and 1 point. Up to three F*A*S*T swimmers can score points in individual events for each age group. Relay events are awarded points for the three fastest times per age group. The number of points awarded for first through third place respectively is 8 points, 4 points and 2 points. Up to two F*A*S*T relay teams can score points in the relay events for each age group.

SCORING A DUAL DIVE MEET

Dual dive meets utilize at least two judges. For every dive, all judges determine how well the dive was executed and each assign a score from 1-10 including half points. The scores from the judges are added together and then multiplied by the Degree of Difficulty (DD). This determines the total points awarded to the diver for each particular dive. Each diver's points for individual dives are added together for a total number of points for that diver. For each age group, the divers with the highest total number of points are awarded first through sixth place. The number of points awarded for first through sixth place respectively is 7 points, 5 points, 4 points, 3 points, 2 points and 1 point. Up to three FAST divers can score points for each age group.

SUPPORT JOBS FOR HOME DUAL MEETS *Forestbrooke hosts 2 home meets in 2024

To prepare and run a home swim or dive meet, we need YOU, the parents, to help with the following jobs:

SWIM:

TIMERS – 1 Head Timer and 10 Lane Timers (11 people) who time swimmers. Timers stand on the pool deck at the finishing end of each lane, start the stopwatch when the horn goes off, and stop when the swimmer touches. Timers then write the times of the two stopwatches on the heat card. Forestbrooke supplies the stopwatches.

SCORERS – 3 or 4 people, sitting at the scorer's table, who keep a running score at each dive or swim meet. They make a list of events for the starter (from WISC book).

- For swim meets, 1 person sorts the heat cards and puts them in order of the finish, 1 person averages the times of the two timers & checks the order with the finish judge's results, 1 person writes the results and totals the score.
- For dive meets, 3 people will tally the score cards, sort the score cards and write the results.

The winner of a dual meet is the team scoring the highest number of combined dive and swim points. Scorers will be taught how to keep score on official WISC score sheets.

ANNOUNCER – 1 person (The Voice of Forestbrooke), using the PA system, who keeps the meet running smoothly by announcing the current event and getting the swimmers marshaled or divers ready and assembled for the next event.

STARTER – 1 person who instructs the swimmers in each heat and starts each swimming race with the blowing of the starter horn. This job is important to the running of the meet. A good

starter keeps things moving well. He/She needs to know how long to hold the swimmers on the blocks, etc.

STROKE/FINISH JUDGE – 1 or 2 people. The Stroke Judge walks the side of the pool while a race is being held and can disqualify swimmers who make illegal starts, strokes, kicks, turns or touches. Though this may sound harsh for the younger swimmers, the Championship meets are run very strictly and it is better to learn the correct technique early in the season. The Finish Judge writes down the order in which the swimmers finish on a finish card. The judge's decision is final.

MARSHALLING – 1 Head Marshal and 2 Assistant Marshals who gather the swimmers for the upcoming events and get them into heat groups. The marshals assign heat and lanes to the swimmers as their events come up, and make sure that they get them to the blocks on time.

TEAM MARSHAL – 1 or 2 people who supervise the 10 and under swimmers to ensure they are in the marshalling area with their event cards. This position frees up the coaches to spend more time on deck with the swimmers.

RUNNERS – 2 people who pick up cards from the timers (one from each lane) and the finish card after each heat and deliver to the scorer's table. During 25-yard events, runners collect the cards from the swimmers and deliver them to the timers at the other end of the pool before the event starts.

CONCESSIONS – 1 person to be "In Charge" of each home swim or dive meet, 4 to 5 people to set-up (making coffee, setting up tables and getting food supplies in order) or work for each time block (usually 45 min-1 hour) plus clean-up.

SET-UP: 2 to 3 people who get the pool ready for the meet. Lane markers in, 4 ladders out, chairs outside the fence, PA system set up, open the gates, backstroke flags across the pool, false start line strung, diving board out for swim meet, scorers table set-up, concession stand set-up. It takes about one hour to do this.

CLEAN UP: Everyone needs to help with clean-up and getting the pool back to normal operating conditions after each swim or dive meet.

DIVE:

Announcer, 3 dive card score tabulators, clean up

SWIM-A-THON

The Swim-A-Thon is an annual fundraiser that has supported the swim team for many years. Collectively, the team swims 100 miles while raising money through pledges. We have a cookout during the evening for the participants, families and volunteers. Families can then camp out when we finish and join us in the morning for a team breakfast.

Swim-A-Thon 2024 will be held on July 15th and 16th! Look for more info about this annual F*A*S*T tradition on our Facebook page. It's the most fun you'll have all summer!!

CARBO-LOAD (SPAGHETTI) DINNER AND BANNER MAKING

We celebrate the end of the season and prepare for WISC Championships on Sunday, July 20th with a special event of sharing a carb loaded meal together!

AWARDS CEREMONY AND ICE CREAM SOCIAL

Our final team social event is a celebration of a fun season with ice cream and awards on Friday, July 25th, from 7-9 pm. Bring your favorite ice cream topping, chairs or blankets and a camera!

WISC – WHAT IS IT?

The Forestbrooke Swim and Dive Team participates each summer season in the Washtenaw Interclub Swimming Conference.

The purpose of WISC is to promote competitive swimming at all levels of competition, with particular emphasis on dual meet competition, and supporting competition at the introductory or beginning level; and to promote an understanding on the part of sportsmanship and adherence to the ethics of competition.

The conference consists of the following clubs:

Ann Arbor YMCA	Barton Hills Country Club
Chelsea Aquatic Club	Chippewa Hills Swim Club
Dexter Community Aquatic Club	Forestbrooke Athletic Club
Georgetown Country Club	Huron Valley Swim Club
Liberty Athletic Club	Lincoln Swim Club
Milan	A2 Octopods (formerly Buhr and Vets)
Orchard Hills Athletic Club	Racquet Club of Ann Arbor
Tecumseh/Dundee	Travis Pointe Country Club
Ypsilanti Otters (new this year)	Whitmore Lake

Forestbrooke has been a member of WISC since 1965. WISC is divided into three divisions, A, B and C. The A and B divisions are primarily swimming and diving clubs. The A division consists of the teams that finished highest in the previous summer's Championships. The flying fish will compete in division C this year. Go F*A*S*T!

CHAMPIONSHIP INFORMATION AND SUGGESTIONS

We will swim and dive by age-group against all the teams in WISC. Ribbons will be awarded to the top 16 finishers in each swim and dive event. Points are also assigned to each of the top 16 places. Individual effort as well as relay effort is encouraged.

The Championship meets are VERY LARGE. Your child/ren will qualify by swimming or diving in at least two meets during the regular season. (they do not need to qualify by swimming a certain time)

Championship meets are organized by WISC along with the host club. Workers from each of the participating clubs do various jobs for each meet; all teams are required to provide 2-3 volunteer workers for each day of swimming. This does not include volunteers who are needed to assist with organizing the Forestbrooke participants. Without volunteers, these meets would not exist.

Participating in Championships is different from the dual meets in several ways:

1. There are four large age-group meets, swimming on different mornings. The dive meets are in the afternoons.
2. Swimmers may participate in FOUR events but no more than three individual events. As in the dual meets, there are medley and freestyle relays.
3. Swimmers will be placed in heats according to their seed times swimming from slowest to fastest. Heat winner ribbons are given out for each heat so everyone has a chance to win a heat winner ribbon.
4. Expect the swim meet to last ALL morning and dive meets ALL afternoon. Last year, over 1500 swimmers participated in the WISC championships.

TIPS FOR SURVIVING CHAMPIONSHIPS

1. Make sure your swimmer/diver gets enough sleep the night before.
2. Make sure your swimmer eats a good breakfast.
3. Send at least two towels and perhaps a blanket or sleeping bag. Some kids like to bring a warm-up suit or long-sleeved t-shirt to put on after their swimming warm-up. **PUT SWIMMERS NAMES ON EVERYTHING.**
4. Be sure your swimmer has snacks and something to drink. You could also send money to buy snacks. The swimmers do tend to get dehydrated and drinking fluids is important.
5. Kids may want to take a small game or book to occupy their time while waiting to swim events. Please talk to your swimmers and tell them to stay in their swim area. Each team will have a tent where all the swimmers wait. It is a difficult job to keep track of all the swimmers and we don't want anyone to miss an event because they couldn't be found. Also, tell them to be on their best behavior. They are representing **FORESTBROOKE.**
6. Be prepared for HOT, HOT weather and all emergencies. You may also want to bring a chair along for you and/or your swimmer.
7. For outdoor events, bring drinks and sunscreen, hats and/or sunglasses for yourself!

SWIMMING WORDS AND TERMS:

BACKSTROKE FLAGS: Flags near each end of the pool to help backstrokers determine the number of strokes to the wall.

D.Q. (DISQUALIFIED): A swimmer may be disqualified from a race for an improper start, stroke, kick, turn or touch, as determined by a stroke judge.

DUAL MEET: Competition between two clubs.

FALSE START: A false start occurs when a swimmer begins to leave the block or wall before the starter blows the horn. When a false start occurs, the starter blows the starting horn twice to indicate a false start

FINISH JUDGE: During the meet, the finish judge writes down the order in which swimmers finish. The judge's decision is final.

HEAT: A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmer's time swam, after all heats of the event are completed.

INDIVIDUAL MEDLEY (IM): A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, and Freestyle. Equal distances must be swum of each stroke.

MARSHALLING AREA: Swimmers report to a specified area near the pool to get lined up for each event. Swimmers are to stay in that area with the team, not in the spectators' area. Swimmers must line up at least one event prior to the one they are swimming. Parents (unless they are volunteering on the pool deck) are to stay in the spectators' area.

MEDLEY RELAY: A relay event (4 swimmers) using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Backstroke, Breaststroke, Butterfly, and Freestyle. Each swimmer swims a different stroke.

SCRATCH (from an event): A swimmer is withdrawn from a specific event.

SEED: Swimmers are distributed among the required number of heats and/or lanes, according to their submitted or preliminary times.

STARTER: The starter blows the horn or buzzer to start each race.

STROKE JUDGE: A stroke judge disqualifies swimmers who make an illegal start, stroke, kick turn or touch.

DIVING WORDS AND TERMS:

Approach — the forward steps taken by a diver toward the end of the board. This usually involves three or more steps.

Backward/Back dive — a dive in which the diver begins with their back toward the water.

Balk – Balking is when a diver stops their approach or press at the end of the board and doesn't do the dive they were about to do. People balk for a number of reasons; they might be scared or their approach just doesn't feel right. If a diver balks in a meet, judges will take off up to two points from their potential scores. Two balks on the same dive will be a failed dive.

Degree of difficulty — a measure of each dive, telling how difficult it is to execute. It is used to determine the final score.

Entry — the point in a dive in which the diver makes contact with the water.

Execution — the carrying out of the dive where the diver will be looking to maintain good control.

Forward/Front dive — the diver faces forwards and rotates forwards away from the board.

Fulcrum – This is the circle on the side of the board that divers use to change the looseness or bouncy-ness of the board. The farther up the fulcrum, the more rigid the board is, and the farther back the fulcrum, the more bouncy it is.

Hurdle – This is the point in the approach where a diver drives their knee up into the air in order to get more force with which to press the board down, in order to get good height on their dive.

Inward dive — the diver begins with back to the water and rotates toward the board after take-off.

Pike — the diver bends their body forward at the waist. The legs are straight and the toes are pointed.

Reverse dive — the diver faces forwards and rotates backwards towards the board.

Somersault — a move that involves a complete rotation of the body with the heels over the head.

Straight — a position in which the body is straight from head to toe, with the feet together and the toes pointed.

Take-off — the moment at which the diver lifts from the board or platform to begin execution of the dive.

Tuck — a position in which the diver bends their knees, bringing or 'tucking' the knees and thighs closer to the chest and heels toward the buttocks.

Twisting dive — any dive that includes a twist, whether forward, backward, reverse or inward.

The Number System – The first number denotes the direction of the dive. 1 = front, 2 = back, 3 = reverse, and 4 = inward. The 0 doesn't actually mean anything, and the last number denotes the amount of half-flips the diver will be doing. So 1 would be a dive, 2 would be a full flip, and 3 would be a 1 1/2. Finally, the position of the dive is denoted by a letter. A = straight, B = pike, C = tuck, and D = free position. Using this system, you can figure out that 103B means a front 1 1/2 in the pike position. It gets more confusing with twisters. The number 5 denotes the fact that

the dive will be a twisting dive. The second number denotes the direction. The third number denotes the number of half-flips and the fourth number denotes the number of half twists. An example of this is a 5132D, which means a front 1 1/2 flips with one twist in the free position.

Degree of Difficulty Table:

<https://www.ncaa.org/sites/default/files/FINA%20Degree%20of%20Difficulty%20Table.pdf>