FSTC SWIM TEAM
&
SCHOOL OF FISHES
HANDBOOK
2022



Fontainebleau Swim & Tennis Club

770-396-3114

Dear Swimmers and Parents:

WELCOME TO THE FONTAINEBLEAU TWISTERS SWIM TEAM and SCHOOL OF FISHES. We know you will be very pleased with the recreational swimming program that the Fontainebleau Twisters offers.

The Twisters' 2022 goals include:

- Providing an enjoyable and rewarding atmosphere
- Acquiring and improving individual swimming skills
- Developing qualities of good sportsmanship and teamwork
- Blending the qualities of individual improvement with team spirit
- Meeting neighbors
- Having lots of FUN!

The Fontainebleau Twisters' coaches are committed to improving the skills of all Twister swimmers. They welcome your comments and concerns. We ask, however, that you refrain from calling them at home or interrupting them at practices and meets unless specifically invited to do so. If you have a coaching concern, please talk with our ASA Swim League Representatives, Beth Bacon or Swim Team President, Jen Belknap.

Sincerely,

Fontainebleau Twisters Swim Team Board

FONTAINEBLEAU TWISTERS SWIM TEAM
2022 BOARD MEMBERS

President	Jen Belknap
Treasurer	Jen Belknap
League Representative/Meet Manager	Beth Bacon
Concession Manager	Raine Hyde
Registration	Claudia Rolan
Swim Suits / Spirit Wear	Nancy Wesley
Sponsorships	Aimee Walker
Meet Maestro Team	Brett Bolton

2022 COACHING STAFF

Head Coach	Naeem Mangum
Assistant Coach	Luke Sandberg
Junior Coaches	Sophia Walker
School of Fishes Instructor	Michelle Duke and Jen Belknap
Baby and Me Instructor	Michelle Duke and Jen Belknap

2022 SCHEDULE

	May 16-19 Swim Team practices begin.
	5:00 - 6:00 pm: 12 years old and younger
	6:00 - 7:00 pm : 13 years old and older
	May 23 AM Practice times begin, 9:45-11:45am.
	May 23 PM Practice times begin. Open to ALL AGES who can't make AM practices.
May 31	Swim Meet #1 @ Deerfield Spalding Lake
	May 29 Swim team usually sponsors Memorial Day cookout. Bring a side to share.
	June 6 Swim Lessons begin.
	5:30 - 6:00 pm: Baby & Me
	6:00 - 6:30 pm: School of Fishes
June 7	Swim Meet #2 vs. Zaban
TBD	Swim Team picture
June 14	Swim Meet #3 @ Huntcliff
June 21	Swim Meet #4 vs. Deerbrooke Waters
June 27	Swim Meet #5 @ Spalding Woods **This is a MONDAY!
June 29	Last day of School of Fishes and Baby & Me classes
June 30	Divisional Meet at GA Tech **Timed Final** @ 4pm
TBD	End of Season Twister Party

REGULAR SEASON PRACTICE SCHEDULE

M-F	12 and under	9:45 - 10:45 am
M-F	13 and older	10:45 - 11:45 am
M & Th	ALL ages who cannot make AM	6:30 - 7:30 pm

Note: If you feel that your child should be in a different group based on skill level rather than age, please speak to coaches **after practice** for their input.

Wednesday Practices AFTER meets are FUN: Donuts, Records Broken, Ribbons, and More!

Wednesday practices will run 9:45 - 11:45 am

SWIM LESSON SCHEDULE

Baby & Me	Mon & Wed 5:30 - 6:00 pm
School Of Fishes	Mon & Wed 6:00 - 6:30 pm

SWIM MEETS

SWIM MEETS begin at 5:30. Swimmers typically need to arrive about **an hour** in advance. Meets consist of 86 events in 7 categories: 2 relays (1 medley and 1 free) and 5 individual events for each age group of girls and boys. Each category of events is run in age order, starting with the youngest girls then boys. The 6 & under group will participate in the 100 free relay and backstroke events.

ORDER OF EVENTS

6 & UNDER FREESTYLE RELAY: Events 1-2: Four swimmers per team and per lane. Each swimmer swims one lap of the pool.

MEDLEY RELAY: Events 3-12: Four swimmers per team, per lane. Each swimmer swims one of the traditional strokes in the following order: back, breast, fly, and free. One pool length for 12 and under and two pool lengths for 13 and up.

FREESTYLE EVENTS: Events 13-34: Individual swimmers swim one, two or four lengths of the pool according to age group

BACKSTROKE EVENTS: Events 35-46: 8 & unders swim one length of the pool; all the other age groups swim two lengths.

INDIVIDUAL MEDLEY EVENT: Events 47-56: All swimmers swim one pool length of each stroke in the following order: fly, back, breast, and free.

BREASTROKE EVENTS: Events 57-66: One pool length for 7 and 8 year olds, two lengths for all other age groups.

BUTTERFLY EVENTS: Events 67-76: One pool length for 8 and 7 year olds and two lengths for all other age groups.

FREESTYLE RELAY EVENTS: Events 77-86: Four swimmers per team and per lane. Each swimmer swims one lap of the pool up to age 11-12, and two laps for ages 13 and up. These relays, where some of the most exciting swimming of the meet occurs, close the meet. Please see that your children stay to swim these events and cheer their teammates to the victory these last relays so often bring.

SWIMMING DQ's (DISQUALIFICATIONS)

Reasons why swimmers may be DQ'ed are:

Breastroke

Kick	Alternating, Butterfly, Scissors
Arms	Two strokes underwater, Non-simultaneous
Shoulders	Not level touch, not level pull
Cycle	Head not up, Double pull/kicks
Touch	One hand, Non-simultaneous
Turn	Not toward breast off wall

Butterfly

Kick	Alternating, breast, scissors
Arms	Underwater recovery, non-simultaneous
Shoulders	Not level touch, not level pull
Touch	One hand, non-simultaneous
Turn	Not toward breast off wall

Backstroke

Start	Toes over lip of gutter after start, head did not break surface by 15 meters
Turn	Not on back of wall, no touch at turn
Turn	Non-continuous motion and shoulders past vertical into turn, shoulders past vertical

Individual Medley

During Race	Stroke infraction, out of sequence

Freestyle

Turn	No Touch

Relays

During race	Early take off, stroke infraction, changed order

Others (All strokes):

False start, delay of meet, did not finish

POINTS SCORING

Team points for swim meets are awarded as follows:

Individual Events:

1st Place	5 points
2nd Place	3 points
3rd Place	1 point
4th Place	0 points

Relay Events:

1st Place	7 points
2nd Place	3 points
3rd Place	0 points
4th Place	0 points

In a swim meet, place judges determine placements. Times are taken for the swimmer's benefit and do not break ties. Place judges have final say unless a timing system is used. The Starter Referee is the official of the meet and only he/she can call a disqualification. He/she is responsible for the fair conduct of the meet.

EXHIBITION EVENTS

Exhibition events for larger age groups are generally scheduled to allow the swimmers the opportunity to compete in the meet. While these events do not result in team points, swimmers are awarded participation ribbons and
achievement ribbons awards in recognition of their accomplishment. These events are denoted by the subscripts A,B,C, etc.

MEET SURVIVAL TIPS FOR SWIMMERS

- **REPORT ON TIME**

Your coaches will let you know what time to be at the meet. Maps/Directions will be distributed or emailed for away meets.

- **TEAM AREA**

At home meets our team area will be in the raised area across from the main gate. At away meets, coaches will advise you where towels, blankets, and belongings should be placed. SWIMMERS SHOULD REMAIN IN THE AREA AT ALL TIMES. (Do not go to the playground during a meet.)

- **WARM UP**

Be ready to warm up with your age group when the coaches instruct you. Warm ups are especially important for 11 and up at away meets since it's their only chance to gauge their turns in an unfamiliar pool before competition.

- **BULL PEN**

Be prepared to report to the bullpen when your race is called. There you will be placed in heat and lane positions. If you miss the final bullpen call for your event, you will be scratched from the event.

- **STAY AT THE MEET**

Please tell the Head Coach if an emergency arises and you must leave. Otherwise, please stay until the last event and help cheer on the Twisters to victory.

SWIMMERS' MEET CHECKLIST:

- ❑ Swim Suit
- ❑ Concession money
- ❑ T-shirt
- ❑ Nutritious snacks
- ❑ Two towels (sitting & drying)
- ❑ Books, cards, radio
- ❑ Shorts, Shoes
- ❑ Goggles
- ❑ Caps
- ❑ Games, toys

MEET SURVIVAL TIPS FOR PARENTS

- **ARRIVE ON TIME**

Meets start at 5:30. Typically we ask swimmers to arrive about an hour early. They need to warm up, check in with coaches and parents need to check-in for their volunteer positions. Parking is VERY limited at home meets and we ask that you walk, carpool and park on the street so the visiting team can use our parking lot.

- **STAY BUSY**

There is a lot of time at meets when your swimmer (s) is not in an event. All parents must volunteer during a swim meet. This includes timers, place judges, working the bullpen, ribbons, concession volunteer, etc.

- **MEET YOUR NEIGHBORS**

Being a part of the Fontainebleau Twisters is a wonderful way to meet new friends. Whether you were with the team last year or are new to us this year, please introduce yourself and meet your neighbors.

PARENTS' MEET CHECKLIST:

- ❑ Lawn chair
- ❑ Cool clothes
- ❑ Shoes that can get muddy/wet
- ❑ Sunglasses
- ❑ Money for concessions
- ❑ Side/Salad for Home Meets
- ❑ Camera/video cam

PRACTICE REMINDERS

- BE ON TIME FOR PRACTICE.
- SAVE YOUR TEAM SUIT FOR THE SWIM MEETS.
  Remember, you want to wear it for two years!
- Diving off the Board is NOT permitted at any time.
- Diving from poolside or starting blocks is permitted only under the coaches' direction.
- Only swimmers in their time period are permitted in the fenced pool area.

PARENT PRACTICE REMINDERS

- Parents are discouraged from remaining near the pool area during practice. Experience has shown that swimmers pay better attention to the coaches if their parents are not in sight. PLEASE OBSERVE FROM THE PLAYGROUND AREA.
- If you would like to speak to a coach about your child's progress, please do so before or after a practice. For your child's safety, it is critical that all of our coaches be on deck during practice.
- Coaches are **NOT** responsible for swimmers before or after practice. Swimmers **MUST** leave the pool area after their scheduled practice so please pick up your children promptly.
- NO SMOKING: Absolutely no smoking is allowed in the pool area at any meet or practice. Chlorine attracts smoke and smoke is bad for our swimmers. Please step outside the pool area and away from the swimmers.
- GOOD JOB: A pat on the back and a hug are what swimmers need after a race. There's plenty of time later to let your Twister know what improvement could be made...or better still, let the coaches handle it.

AWARDS

Swim meet ribbons are presented at Wednesday practice.

1st Place	Blue
2nd Place	Red
3rd Place	White
Exhibition	Green

TROPHIES & MEDALS

Trophies are awarded at the end of the season during the end of the year party. Swimmers must participate in a minimum of two meets to be eligible. Teenage swimmers will receive something

different (it's a surprise!) for their participation. Special awards will be given to those chosen by coaches.

TEAM SUITS

Team suits are optional; however, we do encourage swimmers to wear their team suit and t-shirt to all meets. It gives the swimmer a sense of belonging to the team and fosters team spirit, as well as making it easier to identify our swimmers and cheer them on during the meet. Fontainebleau swim caps can be purchased. Goggles can be purchased from any area sporting goods or drug store.

INCLEMENT WEATHER POLICY

- If there is thunder and/or lightning during your practice time, practice is canceled.
- If there is light mist or rain without thunder and/or lightning, practice will be held.
- When in doubt, head to the pool and talk with the coaches.

HEALTH AND SAFETY

There are several precautions that all parents should be made aware of to ensure a safe and healthy swim season. Please consult your physician before using any medication or remedy.

1. Always advise coaches about any health problems.
2. Outer ear infections or "Swimmer's Ear" can commonly occur in swimmers when water remains in the ear canal. Putting alcohol or ear drops such as "Swim Ear" or "Auro-Dri" in the ears each time after swimming may prevent swimmer's Ear. Ear plugs, whether standard or custom fit, can also be used to help prevent infections of the ear canal.
3. Extended exposure to chlorine can sometimes cause eye problems. Goggles can be worn to reduce eye irritation. Swim coaches often recommend a drop of milk in each eye after swimming to counteract the chlorine. Swimmers should shower after swimming to remove chlorine from the skin and hair.
4. Excellent sunscreens are available. If your child needs a sunscreen, buy the waterproof type and apply at least 20-30 minutes before getting in the water.
5. All standard Fontainebleau pool rules, such as "No Running," No Horseplay," etc. should be observed.