

SOMERSET SHARKS TEAM MANUAL

WHAT YOU NEED TO KNOW ABOUT SUMMER SWIM LEAGUE...

Welcome to the Somerset Sharks! The Sharks swim in the Cobb County Summer Swim League. This team offers the opportunity for young residents and neighbors to improve their swimming skills and compete in meets. It also provides the opportunity for parents of swimmers to volunteer for the team, get to know your neighbors, and cheer on the Sharks! Summer swim league is meant to be a fun, relaxed atmosphere to enjoy the sport. Please keep this in mind as the season begins, and throughout the summer.

The purpose of the Team Manual is to fill you in on what to expect throughout the swim season. Swim meets can be a bit overwhelming to those that have not experienced one. If you have any questions about the information in this manual, please contact the team coordinator(s).

WHAT YOU NEED TO KNOW ABOUT PRACTICE and COACHES...

PRACTICE

- The practice schedule is posted on the team website.
- Practice must start and end on time to accommodate all age groups. Please make sure your swimmer(s) are ready (cap and goggles on!) to get in the pool when their practice begins.
- An email notification will be sent out to the team if practice is cancelled due to inclement weather or problems with the pool.
- Swimmers are strongly encouraged to attend as many practices as possible. Their swimming skills will increase tremendously by practicing every day. In addition, the coaches may be timing swimmers during practice to help determine the line-up for meets.
- It is possible for swimmers to practice an age group up or down if necessary. Please coordinate that with the coaches so that they can plan accordingly.
- Swimmers that are NOT members of the Somerset Swim & Tennis club cannot stay after their practice.
- There may not be a lifeguard at every practice. **It is the parents' responsibility to supervise their child(ren) at all times.**

COACHES

- The Head Coach and Assistant Coaches have been chosen by the team coordinator(s).

- They are not professional swim coaches, but they are getting paid by the team. They are most likely high school or college students, and many of them may be current or former Sharks.
- The Head Coach is in charge of running practices and completing the line-up for meets.
- If you have any questions or comments about the coaches, please contact the team coordinator(s).
- Coaches are not lifeguards. **It is parents' responsibility to watch your child at all times.**

WHAT YOU NEED TO KNOW ABOUT THE MEET RSVP...

All swimmers MUST RSVP via the team website for every meet, to let the coaches know which swimmers will be available each week. This is critical for the line-up. If you do not RSVP for a meet, the coaches will assume you will not be there and your swimmer will not be in the line-up.

WHAT YOU NEED TO KNOW ABOUT THE PRACTICE MEET...

The practice meet is so important for not only the swimmers, but also the coaches and volunteers. We have an actual meet, except that there is no other team. This allows the swimmers to know when and where to be for their events, how to swim in a relay, how each event is started, etc. The times collected during the practice meet will help the coaches with future line-ups. Finally, this meet will give parents the opportunity to see what all of the volunteer positions are, and how a meet is run. Please make every effort to be at the practice meet!

WHAT YOU NEED TO KNOW ABOUT PICTURE DAY...

A professional photographer will be on deck to take individual photos of swimmers (optional), and also a team photo. There will be no practice on Picture Day. Additional details will be provided as the date approaches.

WHAT YOU NEED TO KNOW FOR MEET DAYS....

THE POOL DECK

- No tables and chairs will be set up for spectators. Bring a folding chair.
- The baby pool, deep end and diving board are closed during meets.

- Parents and swimmers are not allowed on the deck area next to the tennis courts. This area is reserved for coordinators, coaches, scorekeepers, announcer/starter and the County Referee.

THE BULL PEN

- Swimmers are supposed to stay in the bullpen during meets, so that volunteers can locate them and line them up for their events.
- For home meets, the Somerset Bullpen is along the back fence behind the starting blocks.

WHAT TO BRING -PARENTS

- Folding Chair(s)
- Cash for concessions
- Your own Sharpie marker to write events on your swimmer's arm, and name on their back
- Team Spirit!!!
- Sunscreen, hat, sunglasses

WHAT TO BRING – SWIMMERS

- Cap and goggles towels
- T-shirt to wear in between events
- Sunscreen
- Reminder– no team suits or caps from other teams are allowed (high school, year round, etc.).

PARKING

Observe the NO PARKING signs that will be placed in the parking lot and neighborhood streets on meet day. Be prepared to walk a good distance from where you park to the pool.

FOOD AND DRINKS

We have a GREAT concession stand at Somerset. We offer a variety of food, snacks and drinks for everyone at the meet. You are allowed to bring your own food and drinks if you prefer. **Alcoholic beverages are prohibited at Cobb County meets. No glass containers are allowed on the pool deck.** You will not have access to the clubhouse or kitchen.

WHEN YOU ARRIVE

- For HOME meets, swimmers must be at the pool by 4:45 pm for warm-ups.
- For AWAY meets, swimmers must be at the pool by 5:15 pm for warm-ups.
- First, see a coach or volunteer for your event assignments.

- PARENT will write the events on the swimmer's arm, and then keep the event list for their swimmer(s).
- Second, find your spot in the bullpen.
- Third, listen to your coaches for warm-ups.

HOW LONG DO MEETS LAST?

- Meets begin promptly at 6:00pm.
- There are 86 events in a meet. The meet is over when all events are completed. The length of the meet depends on the number of swimmers participating, as well as the volunteers. That being said, meets are typically finished around 9:30pm if there are no weather delays.
- Six and under swimmers are finished after Event 46. They do not need to stay for the remainder of the meet.
- The sign showing the current Event and Heat is located by the announcer/starter table. Keep your eye on that sign so that you won't miss your child's event!

WHAT YOU NEED TO KNOW ABOUT VOLUNTEERING.....

Summer League Swim Meets are run 100% by parent volunteers. The team policy is that a parent must volunteer AT LEAST TWO SHIFTS PER SWIMMER. So, if you have two swimmers on the team, you must volunteer at least four shifts during the season. Volunteer sign-ups will be done via the team website. This provides the coordinator(s) the ability to track who is volunteering (and who is not) as the season progresses. We ask that if you have older swimmers that will be swimming in both halves of the meet, please volunteer for the second shift. This allows parents of the younger swimmers to volunteer during the first half, and then leave when they are done swimming. Keep in mind...some volunteer positions get the best seats in the house for watching the events!! PLEASE, support the team and step up and volunteer.

The following is a list of all of the volunteer positions and their description:

TIMER

- You will be timing swimmers in a specific lane.
- You will be timing at either the 50-end (by the blocks) or the 25-end (the shallow end).
- You will be given a clipboard with event sheets for your lane at your end, a stopwatch and a pencil.
- You will use the stopwatch to time the swimmers in your lane.
- Record the time on the event sheets.
- Hand the completed event sheets to the runner that will come by to pick them up.

LANE MANAGER

- You will be lining up swimmers in a specific lane.
- You will be given a clipboard with a heat sheet. The swimmers in your lane will be highlighted.
- All of the events start at the blocks, so you will always be at that end of the pool.
- You should have swimmers lined up for about 4 or 5 races, to ensure that no one misses an event.

BULLPEN MANAGER

- You will be stationed at the Somerset bull pen area behind the blocks.
- You will be sending swimmers from the bullpen to a specific lane when their event is coming up.
- You will be given a clipboard with a heat sheet. The swimmers in your lane will be highlighted.
- This job is especially important for the younger swimmers.
- It's also your job to make sure the bull pen stays orderly and clean if possible.

LANE JUDGE

- Great position for first time volunteer!
- Each lane judge will be paired with a lane judge from the other team.
- You will be given a clipboard with blank lane judge sheets, a heat sheet and a pencil. They will be situated in chairs at either the 25-end or the 50-end of the pool.
- It is your job to record the event number on the sheet, and then the order in which the swimmers finish the race. One judge will call out the lane order, and the other judge will record it.
- Hand the completed sheets to the runner that will come by to pick them up.

RUNNER

- It is your job to pick up completed time sheets and lane judge sheets, and hand them to the score keepers.
- You will be on your feet walking around the pool for your entire shift so wear appropriate shoes.

CONCESSIONS

This one is simple – help out in the concession stand.

MEET SETUP

This involves moving all of the furniture on the pool deck as required for the meet. Set up starts around 3:30pm. The more help we get, the quicker it will go.

MEET CLEAN UP

Clean up begins as soon as the meet is over. It includes cleaning up the pool deck of all garbage and items left by swimmers, and moving furniture back into place. The more help we get, the quicker it will go.