

Woodley Gardens Swim Team

Parent Handbook

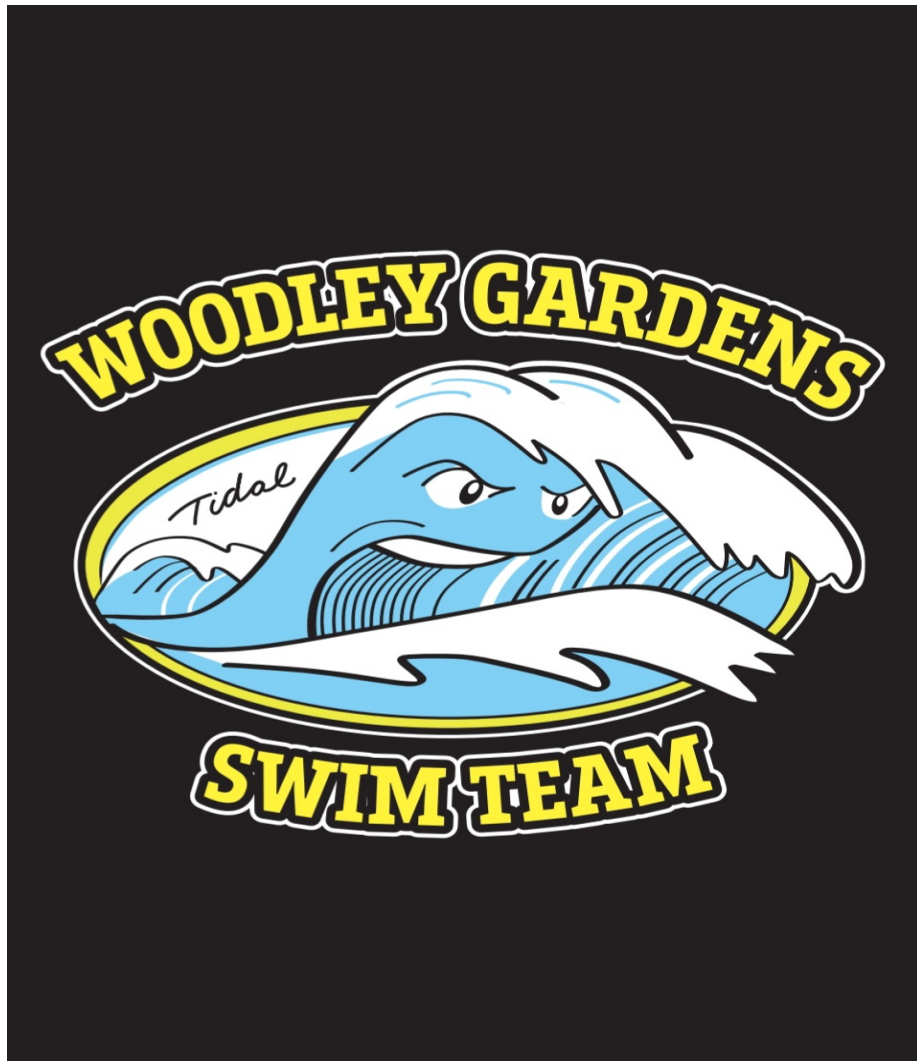


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Mission Statement

The Woodley Gardens Waves has a rich tradition of competitive swimming in a positive environment. Our focus is on swimmer development and sportsmanship. Our culture is one of encouragement, learning, enthusiasm, and team spirit. Our head coaches are expert and experienced teachers and leaders. Our swimmers are competitors, mentors, athletes, and friends. Together, our athletes, coaches and parents share a commitment to a summer swim season filled with competitive swimming, team spirit, friendship and fun!

The WG Swim Team offers a unique competitive, athletic, learning and social experience for all of our swimmers, from tots to teens and from novices to county champions!

First Things First

Welcome to the Woodley Waves!

Below are some tips we hope will be helpful:

- **Make sure the team has your correct email address** so you can receive our emails. They tell you everything you need to know throughout the season.
- **Read through this handbook cover to cover.** Many frequently asked questions are answered here, and it was designed with newcomers in mind.
- **Check the bulletin board near the coaches' office often.** You'll find general information about being a Waves family and about the coaches and team parent reps, explanations of how some aspects of the meets work, information on team events and outings, lineups for upcoming meets—and plenty more.
- **Visit the team website at www.woodleywaves.org often.** You'll find the team calendar, locations of and directions to away meets, practice schedules, and more.
- **Remember that swimming is a team sport.** We need all of our swimmers all season, so we encourage you to take your vacations AFTER swim season is over; August is best. If you must miss a meet, please email or talk to Coach Sean ASAP—at least three or more days before the meet that will be missed.
- **Get involved!** We need LOTS of volunteers to make the summer swim season work. There are plenty of options for both experienced and new swim families at the meets and during team social/spirit events. There's no better way to meet people and gain an understanding of the sport of swimming than to work at a meet as a timer, announcer, or an official. And there's an added benefit: You get a front-row seat to all the action!
- **Label, Label, Label.** With more than 200 kids on the team, there are a lot of matching goggles, t-shirts, caps, and suits. Get out the permanent marker, and make it easy to retrieve your child's things from the pile.

General Information

The Woodley Gardens Swim Team is a member of the Montgomery County Swim League (MCSL). This league currently consists of about 90 teams in 15 divisions (A through O), with six teams in each division. Division assignments are based upon the previous season's team performance. To find out our current divisional assignment and ranking, please go to the "About Our Team" section at www.woodleywaves.org.

You can find detailed information about the league, member teams, rules, status of officials' certification, and many other topics on the MCSL website at www.mcsl.org.

The season begins after Memorial Day with daily after-school practices. The meets and summer practice schedule kick off at the end of the MCPS school year, and the season wraps up at the end of July. The meet schedule includes Time Trials, four or five Wednesday night dual meets, five Saturday morning dual meets, A and B Relay Carnivals, the Division Championship, or "Divisionals", and All-Star weekend with relays on Saturday and Individual all-stars Sunday (teams qualify during the A-Relay Carnival meet and individuals qualify by their times at A-meets). The Waves celebrate the end of the season with a team banquet on the evening of Divisionals. The team banquet is an entire-family event with an awards ceremony (all swimmers are recognized), catered dinner, viewing of the team video, and much, much more. Throughout the season, the team organizes many social events, including Friday night pep rallies and potlucks, Team Tuesdays, and Friday donuts/breakfasts; being a Wave is a fun experience from beginning to end!

Practice Information

Swim Team (Waves)

Any child of Woodley Gardens Swim Club members is eligible to join the swim team provided he/she: (a) is no older than 18 on June 1 and (b) can swim one length of the pool using correct freestyle as determined by the coaches.

Daily after-school Swim Team practices begin on the Tuesday after Memorial Day and daily morning practices (along with afternoons) begin on the first Wednesday of MCPS summer break.

- **While school is in session:** Monday - Thursdays (and Friday, June 2) for ages 8 & under, 5:00-5:40pm; ages 9-10, 5:40 – 6:20pm; and ages 11 and older, 6:20-7:00pm.
- **Summer break:** Monday - Friday mornings: 11 & older, 7:30am to 9am; 10 and younger, 10-10:45am. Afternoon practices are Tuesday and Thursday, 10 and under 5-6pm and 11 and older, 6-7pm. Practices run through the final Saturday A Meet or Wednesday B Meet, whichever is later.

Swimmers who will be representing the team at Divisionals or who qualify for All Stars/All Star Relays will continue practicing through the dates of those meets. These meets are described in the *Meets* section of the handbook. All practice schedules are listed here: www.woodleywaves.org.

Remember, this is a short-term summer recreational league, and the most important thing is that swimmers have a fun and positive competitive experience while improving their swimming skills.

Pre-Team (Ripples)

Pre-Team is a developmental program that generates a love of swimming and prepares swimmers for participation on the Swim Team once they have acquired the necessary skills. Swimmers will be taught the four competitive strokes, starting with freestyle and backstroke, and will also be introduced to the diving start. Pre-teamers are part of the swim team; are included in all swim team social activities; and are encouraged to cheer on the “big kids” at swim meets. Most of WGST swimmers started on the pre-team.

Daily Pre-Team practices begin *after* the school year ends and take place Monday - Friday from 10am to 10:45am. Afternoon practices also are offered to swimmers who cannot attend morning practices: Tuesday/Thursday, 5:15pm to 6pm. Once a Pre-Teamer can successfully swim the length of the pool (25 meters), they may be invited to participate in a B-meet on Wednesday night and/or practice with the appropriate group on the Swim Team.

Inclement Weather Policy

According to Montgomery County regulations, we are unable to swim for 30 minutes after the sound of thunder. Please use common sense, and if in doubt, call the pool, check your email, and check our team site: www.woodleywaves.org. Do not drop off your child without confirming there is practice.

A Week in the Life...

Monday

- ✓ Sign up your swimmer for the Wednesday night B-meet. If your child can get across the pool and swim the stroke legally, they should probably swim (but always check with the coaches if you're unsure).
- ✓ Sign up to volunteer at the meet via our website at www.woodleywaves.org

Tuesday

- ✓ Check your This Week at Woodley email or the team website, under the "calendar" tab, to see if there's a Tuesday team outing or social.

Wednesday

- ✓ Come to the meet! Check your emails and our team site, www.woodleywaves.org, for meet time, location and theme.
- ✓ If you have a swim buddy who is participating in the meet, bring along a poster to encourage them!

Thursday

- ✓ Check the swim team bulletin board to see if your swimmer is swimming in the Saturday A meet. Also, keep an eye out for the line-up via email.
- ✓ Sign up to volunteer at the Saturday meet!
- ✓ Check with one of the Team Reps or another parent to see if you have ribbons in the ribbon box.

Friday

- ✓ After practice, eat a donut! Each week, a parent volunteer brings donuts for the kids to enjoy.
- ✓ Come to the Friday night Pep Rally and Potluck. These gatherings are for ALL Swim Team and Pre-Team members, not just Saturday morning swimmers, and they're a great chance for families to mingle.

Saturday

- ✓ Come to the meet to swim or, if you're not swimming, cheer on your teammates! Be sure to check the Waves website for the meet theme.
- ✓ If you have a swim buddy who is participating in the meet, bring along a poster to encourage them
- ✓ If it's a home meet, hang out afterward to enjoy the team BBQ/picnic.

Swim Meets

Time Trials

Time Trials are held at Woodley Gardens Pool one week before the first A meet of the season. This is a Waves-only event and ALL swimmers are expected to participate.

****If you cannot be at time trials, your swimmer MUST be timed BEFORE time trials between 5-7pm on Friday, June 5. ****

Please speak with Coach Sean if you have any unavoidable timing conflicts.

The main purpose of Time Trials is to obtain times for each swimmer in each of the individual events (freestyle, breast stroke, backstroke, butterfly, and individual medley). Time Trials also helps the swimmers become accustomed to meet competition.

Time Trials are run like any other meet, with timers, stroke and turn judges, a referee, a clerk of course, announcer, and starter. This also allows our volunteers to become accustomed to meet logistics.

Pre-team swimmers are *not* expected to attend Time Trials.

“B” Meets

Dual B Meets

B Meets or Wednesday evening meets, are open to all WGST swimmers as an opportunity to participate in formal swim meet and develop their competitive strokes. These meets are less formal than “A” meets, but with the same team, fun and competitive elements. Although these meets are not MCSL-sanctioned, they are conducted to the same standards as an MCSL meet.

Unlike A Meets, coaches, swimmers and their parents decide which events to enter. A swimmer may swim the individual medley plus up to three additional strokes. A swimmer who swam a particular event in the preceding “A” meet may not sign up for that event at the B Meet.

Sign-ups are done online through Team Unify on the www.woodleywaves.org website. Look for information in the weekly email about how to sign up and the deadline for doing so.

More information about B Meets:

- Swimmers should be able to swim the stroke legally before signing up for that event. If in doubt, ask the coaches.
- Meets start at 5:30 or 6pm. Please check the schedule each week for start times.

- Swimmers arrive at either 4:30 or 5pm for home meets, depending on the schedule. They arrive as directed by the coach for away meets.
- B Meets usually last around 3-4 hours
- Events are identical to those in the A Meets except there are no relays (see the “A Meet” section for those events)
- There are unlimited heats in B Meets, so everyone can swim the events they choose
- Evening meets are more prone to cancellation due to thunder/lightening
- Warm clothing and an extra towel are good ideas – it can get cool in the evening, even in July!
- B Meet times are considered in formulating upcoming A Meet and Divisional lineups
- B Meet times may not be used to achieve entry into the MCSL All-Star Meet or Coaches’ Longcourse Meet, or provide seed times for Divisionals (these are described below)

Disqualifications. As in an MCSL meet, any swimmer who performs an illegal stroke or turn in a B Meet will be disqualified from the event. The coaches will inform the swimmer of the reason for the disqualification and work with the swimmer to correct the issue. DQs can be upsetting, but DQs are a normal learning experience that helps the swimmer improve.

“B” Relay Carnival

This fun and exciting meet will give all WGST swimmers a chance to participate in a team relay meet. Relays are one of the most exciting and rewarding aspects of swimming. There will be multiple heats of each relay so that most of our “B” team swimmers will have the opportunity to swim in relay events.

The B Relay Carnival also includes fun events such as the parent Cannon Ball Contest and the Parent and Coaches relays at the end of the meet. There’s fun to be had by all!

MCSL Meets – “A” Meet Overview

These are meets that are sanctioned by MCSL. The lineups for these meets are determined by the coaches.

These Meets are scored, so it is essential that each selected swimmer take part. **It is imperative that you notify the coaches if your child will be absent from any A Meets as soon as you know they cannot participate.** The coaches turn in entries at noon the day before an “A” dual meet. We cannot add swimmers to the roster for these competitive meets at the last minute, so a no-show swimmer means an empty lane and lost points for the entire team.

Email information about absences as soon as possible to the coach and A Team representatives.

Dual A Meets

A Meets or Saturday morning meets, are dual meets where WGST competes against one of the other teams in our MCSL division, either at WGST or at our competitor’s pool.

There are five A Meets during the season. The top WGST swimmers for each event (six in freestyle; and three each in breaststroke, backstroke, butterfly, and individual medley) in each age group (8 and under, 9-10, 11-12, 13-14, and 15-18) swim at A Meets. There are also four relay events. A swimmer may swim a total of five events, but not all four individual strokes.

These are competitive meets with team scoring. The coaches determine which swimmers participate based primarily on times, but also in consideration of performance trends, attendance and participation levels, potential team point opportunities, and the legality of a swimmer’s stroke.

A swimmer competes at the age that they are as of June 1 of this year. (For example, if a swimmer turns 9 on June 2 or after, he or she will compete as an 8 year old throughout the MCSL season.) On occasion, the coaches may ask a swimmer to “swim up” in races for older age groups. If fewer than four swimmers of any age group are available for a meet, the coaches may swim a younger swimmer in the older age group to help the team gain points. (A swimmer may never swim in a younger age group.)

The A Meet lineup is determined and distributed by the coaches to relevant swimmers. Approximately 30 boys and 30 girls typically swim in an A meet. However, ALL swimmers are encouraged to attend A Meets to cheer on their team.

“A” Team Home Meets

- Swimmers arrive at 7:30am
- Meet starts at 9am
- Duration is approximately 2.5 hours

“A” Team Away Meets

- The team assembles at WGST to “caravan” to the opposing pool
- Participating in the caravan is optional but encouraged so the team can make an impressive entrance at the away pool
- Caravan departure time is determined based on the distance to the away pool

“A” Meet Events

8 and Under

- 100 meter Individual Medley (IM) (note: this is a 12 & under event)
- 25 meter freestyle
- 25 meter backstroke
- 25 meter breaststroke
- 25 meter butterfly
- One 25 meter leg of the 175 meter freestyle relay
- One 50 meter leg of the 200 meter medley relay

Ages 9-10

- 100 meter Individual Medley (IM) (note: this is a 12 & under event)
- 50 meter freestyle
- 25 meter backstroke
- 25 meter breaststroke
- 25 meter butterfly
- One 50 meter leg of the 175 meter freestyle relay
- One 50 meter leg of the 200 meter medley relay

Ages 11-12

- 100 meter Individual Medley (IM) (note: this is a 12 & under event)
- 50 meter freestyle
- 50 meter backstroke
- 50 meter breaststroke
- 50 meter butterfly
- One 50 meter leg of the 175 meter freestyle relay
- One 50 meter leg of the 200 meter medley relay

Ages 13-14

- 100 meter Individual Medley (IM)
- 50 meter freestyle
- 50 meter backstroke
- 50 meter breaststroke
- 50 meter butterfly
- One 50 meter leg of the 175 meter freestyle relay
- One 50 meter leg of the 200 meter medley relay

Ages 15-18

- 100 meter Individual Medley (IM)
- 100 meter freestyle
- 100 meter backstroke
- 100 meter breaststroke
- 50 meter butterfly
- One 50 meter leg of the 200 meter medley relay

Heats. In an A Meet, there is one heat for each individual event, with the exception of freestyle, which has two heats.

"A" Meet Event Order

Boys	Girls	Age Group	Event
1	2	12&U	100M Individual Medley (Fly, Back, Breast, Free, 1 length each)
3	4	Open	200M Medley Relay (Back, Breast, Fly, Free, 2 lengths each)
5	6	8&U	25M Freestyle
7	8	9-10	50M Freestyle
9	10	13-14	50M Freestyle
11	12	11-12	50M Freestyle
13	14	15-18	100M Freestyle
15	16	13-14	100M Individual Medley (Fly, Back, Breast, Free, 1 length each)
17	18	8&U	25M Backstroke
19	20	9-10	25M Backstroke
21	22	15-18	100M Backstroke
23	24	11-12	50M Backstroke
25	26	13-14	50M Backstroke
<i>Ten Minute Break</i>			
27	28	15-18	100M Individual Medley (Fly, Back, Breast, Free, 1 length each)
29	30	8&U	25M Breaststroke
31	32	9-10	25M Breaststroke
33	34	11-12	50M Breaststroke
35	36	13-14	50M Breaststroke
37	38	15-18	100M Breaststroke
39	40	8&U	25M Butterfly
41	42	9-10	25M Butterfly
43	44	11-12	50M Butterfly
45	46	13-14	50M Butterfly
47	48	15-18	50M Butterfly
49	50	One from each age group except 15-18	175M Freestyle Relay 2 lengths 9-10 2 lengths 11-12 2 lengths 13-14 1 length 8&U

Scratches. The lineup for an A Meet should be comprised of swimmers who will be in attendance at the meet on Saturday to compete. If a swimmer is in the line-up and does not show up, WGST forfeits points. More importantly, another willing and able swimmer has missed the opportunity to compete. Of course, emergencies arise and swimmers become ill at the last minute. If something unexpected occurs and your child cannot attend the meet, it is vital that you communicate that to the coaches. Just prior to the start of the meet, coaches are allowed to scratch (remove from the line-up) three swimmers and enter others who already are on the lineup sheet in their place. Once a swimmer is scratched from a meet, they may not compete in that meet.

Swim meets can be and have been won or lost by one point. Every point counts!

Disqualifications (DQ). A swimmer who performs an illegal stroke or turn in an A Meet will be disqualified from the event. No points are scored, no time is recorded, and no ribbon is awarded. The coaches will inform the swimmer of the reason for the disqualification and work with the swimmer to correct the mistake.

Scoring and Awards. The meet is decided based on the total number of points awarded to each team's swimmers.

Points are awarded to the top five swimmers in each individual event as follows:

- 6 points for 1st place
- 4 points for 2nd place
- 3 points for 3rd place
- 2 points for 4th place
- 1 point for 5th place

Medley Relay points are awarded as follows:

- 1st – 8 points
- 2nd – 4 points

Freestyle Relay points are awarded as follows:

- 1st – 8 points
- 2nd – 4 points
- 3rd – 2 points

The volunteer automation team enters the results of each event into the computer and posts the results as they become available. The final score of the meet is announced at the end of the meet. Complete results are posted on the MCSL website.

Ribbons. Ribbons are awarded for 1st through 6th places. Ribbons are placed in swimmer file folders and can be picked up at practice the following Monday.

Division Relay Carnival (“A-Relay Carnival”)

Relay Carnival is an MCSL meet comprised entirely of relay races involving all of the division teams. There are numerous different formats (freestyle, medley, mixed age, mixed gender, etc.) WGST enters one team for each event. This event creates a cheering frenzy unlike any other, and should not be missed! The Relay Carnival roster is determined by the coaches and posted by the Friday prior to the meet. The schedule for this year’s Relay Carnival is posted on www.woodleywaves.org.

Division Championship (“Divisionals”)

The Divisional Championship, which occurs the Saturday after the final A Meet, includes all six divisional teams. The teams swim the same events as in the A Meets. Each team in the division is allowed to enter two swimmers per event and one relay team per relay event.

The lineup for Divisionals is determined by the coaches and will be posted outside the coaches’ office by the Sunday before Divisionals.

A swimmer may compete in a maximum of five events, but not all four individual stroke events.

To be eligible to swim at Divisionals, a swimmer must have competed in at least one A Meet during the current season. Swimmers may compete in events they have not swum at an A Meet, but will be entered as NT (no time) for seeding purposes.

Divisionals are held the Saturday after the last dual meet. The schedule for this year’s Divisionals meet is posted on www.woodleywaves.org.

MCSL Coaches Invitational Longcourse Championship (“Coaches” or “Longcourse”)

Held midway through the season at the Rockville Municipal Swim Center (RMSC), the eight fastest swimmers in the county in each age group compete against each other, swimming each event at double the distance of a regular meet (hence “Long Course”). County standings can be found on the MCSL website.

MCSL All-Star Relay Meet (“All-Star Relays”)

This meet is held the Saturday after Divisionals at Rockville. The team from each Division that has achieved the top time in each relay event (at the Divisional Relay Carnival meets or during A Meets or Divisionals) (plus one wildcard in certain years) is invited to compete, plus two alternates.

MCSL Individual All-Star Meet (“All-Stars”)

This championship meet is held the Sunday after Divisionals at Rockville Municipal Swim Center (RMSC). Swimmers who achieve an All-Star nominating time in a given event are ranked based on their best time in A Meets and Divisionals in the current season. The top 16 swimmers plus three alternates from the MCSL teams are invited to compete in each event. Swimmers are limited to two events. County standings can be found on the MCSL website.

Parent Volunteers

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The Woodley Gardens Swim Team relies on our parent volunteers to make our season happen. This is essentially an all-volunteer endeavor and all of our parents are volunteers.

You can choose from many volunteer opportunities – from flipping burgers at home meets to judging flip turns, or timing, recording results or preparing ribbons. You can also help with the “off deck” and social events that make our swim team experience so memorable and enjoyable for our kids.

Sign-ups are done online on the www.woodleywaves.org website and point allocations are annotated next to each job.

Each family is expected, at a minimum, to have accumulated 10 points by doing various jobs throughout the season.

Sometimes the thought of more “volunteering” is daunting, but being part of the parent crew is fun, social, and worthwhile! If you’re not sure how to jump in, our veteran volunteers and board members are happy to get you started!

Here are some of the volunteers needed at each A and B swim meet:

Concession Support	Food preparation, concession sales, shopping, set up and clean up
Timer	Standing at the pool and operating stop watch, recording time
Head Time	Oversees timers, including running spare watches and instructing timers to clear watches before each race. Must have been timer prior to Head timer position
Automation / Computer Operation	Preparing entries, timing sheets, and meet programs (before meet); entering data into computer, printing and posting result reports (at meet)
Ribbons	Attaching pre-printed labels to appropriate ribbons that are given to swimmers
Clerk of Course	Lining up swimmers to send them to the start of races
Runner	Picks up timers’ sheets and gives them to the automation specialist
Announcer	Announces the races and swimmers

In addition – at each meet we are required to provide the following MCSL certified officials. See the Certified Officials section below to learn more!:

Starter (Away Meets)	Operates the Colorado starter to start the swimmers in each race and judges false starts
Stroke and Turn Judge (2)	Watches swimmers to ensure all are using legal strokes and turns
Referee (Home Meets)	Generally runs the meets, supervises and reviews disqualifications

****A list of available “off deck” jobs will be posted on the woodleywaves.org website under the tab “Volunteer Opportunities”. There are so many ways to earn the necessary points for your family - there really is a job for everyone!****

Certified Officials

We need more officials!! To become a certified MCSL official, you need only attend one free MCSL training session.

You can find the training schedule at <http://mcsl.org/officials.aspx>.

Clinics run approximately three hours (the clinic for new stroke and turn judges run approximately 3 hours 15 mins)

Once you are certified, we will ensure you have ample opportunity to learn the ropes, shadow more experienced officials, and generally get comfortable with your role.

Three good reasons to be certified for an official position:

1. The team needs you! We must have a certain number of certified officials at each meet or we cannot run a meet.
2. You will learn swim skills and information about meets that will allow you to help your child become a better swimmer. (Imagine knowing more than your kid!)
3. You will have the best “seat” in the house!

Swim Meet FAQs

Q: When will I know if my child is swimming in an A meet?

A: The A meet lineup is posted on Thursday morning on the team bulletin board near the Coaches office. And email will also be sent out Thursday with the lineup. Make sure to scroll on the way down. Just because your child isn't swimming an individual event, doesn't mean they aren't swimming in a relay.

Q: If my child swam in an A-meet, can they swim in the B-meet?

A: Yes, you can still sign up your child to swim in the B-meet. However, they can NOT swim in the events they swam in the preceding A meet.

Q: What if my child is unable to swim in a meet they are assigned to swim?

A: Tell the coach AS SOON AS POSSIBLE, but please PLAN AHEAD. Tell the coach three days ahead of time, and by WEDNESDAY NIGHT at the latest, if your child is unavailable to swim on Saturday. It is much better for the team to be able to insert another swimmer in your child's spot than to forfeit a lane.

Q: When will my Pre-Teamer swim in their first meet?

A: When they are comfortable swimming the length of the pool (25 meters), the coach will let them (and you) know you can sign them up for the next B meet.

Q: Once my child swims in an A meet, will they continue to just do A meets?

A: Not necessarily. The A meet lineup is determined on a week-to-week basis by Coach Sean and is based on a number of factors, including swim times, availability, and attendance. Make sure to check the A meet lineup every week to see if your child is scheduled to swim. The coaches try to inform swimmers and parents of a swimmer who normally does not swim A meets if he or she has been included in the lineup for the next Saturday.

Step-by-Step Meet Guide

The Night Before:

A good night's sleep before each meet is essential to swimming fast. If the meet is on Saturday morning, the day will begin very early, and if it's on Wednesday night, it can end quite late. Swimmers should pack all their gear well in advance (the night before for early-morning Saturdays and early in the day for Wednesday nights), and make sure to dress up for the meet theme, which is announced in advance.

Here is a list of items you may want to pack:

- Team suit and a spare
- Team swim cap and a spare
- Towels (one for sitting on and one for drying off)
- Two pairs of goggles (back-ups are essential)
- Woodley t-shirt and hoodie or other warm clothing
- Water bottle and snack
- Sunscreen
- Bug spray
- A poster for your buddy

* We highly recommend labeling these items with permanent ink.

When you Arrive at the Meet:

Check In First, check in with one of the coaches. Then, go to the team area.

Unpack In the team area, where the team banner is displayed, set up your spot and settle in until warm-ups. Every swimmer is required to stay with the team in the team area. This makes it easier for coaches to locate swimmers. This also helps swimmers develop friendships, team spirit, and good sportsmanship. Should personal items be forgotten or misplaced, the chances of recovery are much better when they are left around friends and teammates.

Warm-Ups Each team's warm-ups are scheduled at a specific time before the meet begins. The purpose is to raise the temperature of muscles and loosen joints for the upcoming races. Other benefits include becoming familiar with the water temperature, backstroke flags, walls, pool depth, and lane ropes. After warming up and after each swim, swimmers need to stay dry and warm.

Talk With a Coach Coaches often will want to have a conversation with swimmers before their events. Swimmers should be ready to swim: cap on, goggles ready, restroom visit completed. During this conversation, the coach typically will tell the swimmer what to concentrate on during the swim and get the swimmer pumped up for the event. Touching base with the coach also confirms the swimmer is ready for his or her event and is aware of where he or she needs to be when; this alleviates stress on both swimmers and coaches.

The Swim The fun part! After swimming the prescribed stroke for the required distance, sportsmanship (and, in some cases, rules) dictate swimmers should wait at the wall until all competitors have finished and the swimmers are instructed to get out of the water.

Talk With a Coach (Again) The swimmer should visit with the coach again after the swim. The coach will review the instructions given before the race and talk about the swim, offering suggestions for improvement where necessary.

Between Events Swim meets usually have long stretches between events, though sometimes there is almost no time at all. Swimmers need to be prepared for both situations. Conserving energy is important, so activities that involve sitting and lying around are excellent choices. Relax, cheer for others, and listen for your events to be called. And remember, stay in the team area.

Checking Results Times and rankings get posted following each event. When there are multiple heats for a given event, you may need to be patient while Automation processes all the timer sheets. At home meets, we post results on the brick wall behind the deck near the men's restroom.

Spirit/Social Events

It just wouldn't be a swim team if there were no celebrations or FUN! Here are some of the events that happen during the course of the swim season help make Woodley... Woodley:

Buddies (Big/Little): We team up our younger swimmers with older swimmers to make a "buddy" for the season. It's a great way to make a new friend and ask questions. Sometimes buddies will make signs, give candy, cheer, or be your "legs" for your backstroke start. Pre-team swimmers will get a "big buddy" once they are moved on to the team.

Team Tuesdays: Swimmers enjoy time with their teammates and coaches that doesn't involve swimming. Past activities have included tie-dying shirts, a trip to the movies, mini golf, a sub sandwich lunch party, an ice cream social and other events.

Friday Donuts/Team Breakfasts: Every Friday after morning practices, swimmers are given donuts and juice. Two Fridays a season, one always being the day before our Divisionals meet, volunteers serve a hearty, delicious breakfast to all swimmers and pre-teamers following morning practices. Parent volunteers are requested to pre-cook provided food, as well as serve, set-up & clean-up after.

Friday Night Pep Rallies: Pep Rallies occur at 6pm every Friday night during the swim season. Spaghetti & meatballs are served to the swimmers at a minimal cost. The parents enjoy potluck appetizer & adult beverage happy hour on the deck! *Our annual ALUMNI Pep Rally is always the Friday before our last home meet, so spread the word. The more the merrier!

Saturday After-Meet BBQs/Picnics: Directly following the Saturday home swim meets, ALL swim team families are encouraged to hang out, eat, & mingle. The BBQ will include burgers and hotdogs grilled and a potluck with sides and desserts. There will be fee. For the picnic, pack your lunch from home or have something delivered to the pool.

When not at our home pool, the team often goes out to lunch at a nearby restaurant after the meet finishes.

Team Banquet: This is a fun family celebration held at the pool to recognize all of the hard work our swimmers put into the season. All swim team members and their families are welcome to join in the festivities, which include awards & trophies, catered dinner, fun on the dancefloor, and a slide show.

Please refer to the website, www.woodleywaves.org, for up-to-the-minute information regarding the team social events and to find out how you can get involved.

Heard Around the Pool

All-Star Time: Benchmark time required to be eligible to participate in the MCSL Individual All Star Meet. Achieving an All-Star Time is an outstanding accomplishment for a swimmer. All-Star Times are denoted in results with an asterisk. The top 16 swimmers in Montgomery County in each age group and event compete in the county Individual All-Star Meet at the end of the season.

DQ or DQed: This is shorthand for disqualification or disqualified, and it happens when a swimmer doesn't swim the stroke correctly or fails to follow all the rules of a particular stroke. MCSL follows USA Swimming rules for starts, strokes, and turns (with a few exceptions), and the coaching staff coaches to these rules so swimmers know what is expected of them. That said, getting DQed happens to everyone, and it should be viewed as an opportunity to learn and correct any bad habits.

Individual Medley or I.M.: Events in which the swimmers do each of the four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

Medley Relay: Relay event in which each of the four swimmers does a different stroke in the following order: backstroke, breaststroke, butterfly, freestyle (this one's alphabetical, so easy to remember).

Pool Records vs. Team Records: Pool records are the fastest times in each event achieved in the pool at Woodley Gardens; pool records may be held by swimmers from any team. Team records are the fastest times in each event achieved by Woodley swimmers; team records may be achieved in any pool. Check out the record boards in the corner of the back deck near the pool house!

Seed Time: This is a swimmer's best time—and the time to beat!—in a particular event for their age group. Each summer, swimmers establish new seed times at Time Trials at the beginning of the season or when they swim a particular event for the first time during the season.

Tech Suits: Swimsuits frequently worn by top-flight swimmers and desired by many younger swimmers. USA Swimming banned tech suits for swimmers aged 12 and younger as of Sept. 1, 2020.

USA Swimming: The national governing body for swimming. By and large, all MCSL rules adhere to USA Swimming rules.