

PARENT HANDBOOK



Welcome to the Gators!

The Gators are a summer swim team focused on having fun, educating everyone on water safety, developing sportsmanship, and creating an environment where kids love to swim

. The team is made up of a broad spectrum of abilities ranging from: first time competitive swimmers to year round USA Swimming Club team members.

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SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

MOUNTAIN HI SWIM LEAGUE

MHSL WEBSITE

Mountain Hi Swim League consists of 24 teams from different neighborhoods and suburbs of the South Denver metropolitan area. These 24 teams are divided into four divisions of six teams each.

The division line-up is determined annually by the MHSL Executive Board based upon the number of swimmers, the past year results, and the general competitive level of the team. The top 12 teams are aligned, then a "lottery" is conducted to determine division break-outs.

The **regular season** consists of **five dual meets** scheduled weekly (Saturdays) throughout **June and into mid-July**, with a bye-week on or around the July 4th weekend.

Post season week consists of age level **Division Prelims**, held over 2 weekdays (typically Monday and Tuesday), following the completion of our regular season and **Division Championships** on Saturday!

The final meet of the season is the **All Star meet** at the end of July. This meet provides an opportunity for swimmers who have a qualifying time or first place finish in Division Championship meet to compete against all of the qualifying swimmers across Mountain Hi Swim League.

Additional Helpful League Information Available on [MHSL Website](#)

[MHSL Policies and Procedures](#)
[\(includes MHSL Code of Conduct\)](#)

CODE OF CONDUCT

MOUNTAIN HI SWIM LEAGUE CODE OF CONDUCT

Mountain Hi Swim League believes in the development of swimmers as athletes and individuals. Mountain Hi Swim League will strive to instill and practice the values of what it takes to be a good sportsman. In order for us to achieve these goals, it will take a combination of coaches and parents to set good examples for the swimmers. Mountain Hi Swim League has established and will enforce the following conduct guidelines:

All Swimmers:

- Must refrain from making remarks, except when made as expressions in the spirit of friendship and/or in good sportsmanship.
- Never use foul language or obscene gestures.
- Should always applaud the other teams' performance and should always shake hands at the end of the race.
- Follow all rules of the hosting pool.
- Cooperate with the decisions of the stroke judges, starter and meet referee.

All Coaches:

- Must require all swimmers to comply with above set conduct.
- Must refrain from making derogatory remarks to any coach, swimmer, stroke judge, parent, timer, starter, meet referee or any other volunteer.
- Use proper protest procedures, By-Law section VII.
- Will never use foul language or obscene gestures.
- Should always applaud the other teams' performance.
- Follow rules of the hosting pool and stay in designated areas.
- Always keep things in perspective and remember "It is for your swimmers."
- Adherence to By-Law section VIII "C" as it pertains to protests.

All Parents:

- Must refrain from making derogatory remarks to any parent, coach, swimmer, stroke judge, timer, starter, meet referee or any other volunteer.
- Will never use foul language or obscene gestures.
- Should always applaud the other teams' performance.
- Follow all rules of the hosting team's pool.
- Respect the coaches' decisions and abilities, except in the case where it may cause injury to the team or swimmer.
- Adherence to By-Law section VIII "C" as it pertains to protests.
- Any infraction or inappropriate behavior will need to be submitted to the MHS Board, at which time the board will take the appropriate action

GRIEVANCE POLICIES AND PROCEDURES

WHAT TO DO, WHAT TO EXPECT

GATORS SWIM TEAM is known and respected in our division and league for our **SPORTSMANSHIP** and positive team culture!

ALL participants on GATORS team and our Competitors(Coaches, Officials, Swimmers, and Spectators) are to be treated with respect, safety at all times

GATORS SWIM TEAM has **NO TOLERANCE** for any behaviors that are deemed to be **disrespectful, unsafe or in violation of our CODE OF CONDUCT**

IF YOU SEE SOMETHING, SAY SOMETHING

While at any GATORS SWIM Team Function (Practice, Meet, Social Event)

You have concerns to be addressed about your swimmers engagement on the team, social interactions, coaching issues, swimmer progress

Notify Age Group Coach and Head Coach

Notify GATORS Board President or Team Parent Rep

Notify via email or team contact form on website:

Coach or Board member to contact within 48 hours

You experience or observe disrespectful, unsafe, or violation of code of conduct behaviors that require immediate response:

Notify Head Coach and Age Group Coach

Be mindful that If head coach or age group coach are actively coaching, approach a coach who can assist you in that moment

Notify a GATORS Board Member

Board member will notify Team Parent Rep, Meet Ref and take required action steps

WHAT TO EXPECT NEXT

Any Individual (Coach, Official, Swimmer, Parent, Spectator) engaging In disrespectful, unsafe or violation of Code of Conduct behaviors requiring immediate response will:

Be informed by Head Coach, Meet Official or GATOR BOARD member they are to leave the event (suspended) and not return to ANY GATOR event until resolution steps completed (within 5 days of suspension)

IF needed law enforcement can be contacted to assist Head Coach, Meet Official or Board Member

MHSL will be Notified

League guidance to be taken into consideration/resolution steps

GATORS BOARD will be notified

Meeting with board representatives, head coach, age group coach, and suspended individual will occur and steps for resolution to be identified

Resolution Options Include

Suspension lifted: Unrestricted return to GATORS Activities

Suspension lifted: Conditional Return to GATORS Activities

Voluntary Withdraw from GATORS Swim Team (no refund of any fees)

Removal from GATORS Swim Team (no refund of any fees)

COMMUNICATION/INFORMATION

EMAIL

Email is required at registration and used to develop a list serve for team communications including: Weekly Coaches Updates, Weekly Team Communications, upcoming events, reminder to register for meets, meet details (location, directions, warm up time), volunteer reminders, changes in practice schedule, meet results, and Billing updates.

TEAM WEBSITE

The [**GATORS team website**](#) is the hub for: registration, payment, announcements, meet registration, Volunteer sign up, Calendar of events, practice times, coach information, and board information.

COMMUNICATE WITH TEAM COACHES

The best way to contact **GATOR COACHES** is through their contact information on the team website or the TEAM CONTACT FORM

TEAM UNIFY/ON DECK APP

On Deck integrates your information from the website into a mobile app.

You can register for meets, sign up for volunteer shifts, find event/heat/lane information, track times, and much more all in the palm of your hand or your preferred mobile device.

TEXT/PUSH NOTIFICATION

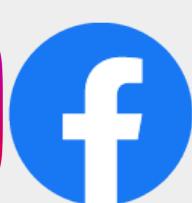
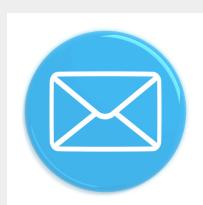
Activate Text and Push Notification Settings.

REAL TIME notifications from the team



SOCIAL MEDIA

Follow SGCC GATORS on facebook and Instagram. Team will post announcements and other fun stuff on Social Media as well!



SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

ABOUT OUR COACHES

As a team we place a high value on developing, recruiting and hiring coaches from within our team. Our coaches have been Gators and want the opportunity to continue to be Gators! It is not uncommon to overhear younger swimmers say "Someday I want to coach the Gators"!

Each week in preparation for meets, the coaches will check in with swimmers to determine which events (individual and relay) they will swim for the upcoming meet. Coaches encourage swimmers to work towards ALL EVENT SWIMMER by swimming each event they are eligible to compete in per age group at least once during the season. It is the coaching team that determines which swimmers participate in which event including placement on relay teams.

Our coaches welcome communication with you as a parent about your child's development as a swimmer and their participation at practice and in meets.

The best way to communicate questions, concerns, and provide feedback to the coaches is to **contact them outside of practice times**. During practice they are there to guide swimmers, keep an eye out for safety, and facilitate skill development

. Any concerns about your swimmers participation, progress, team culture should first be addressed to the swimmer's age group coach. Contact age group coach by email to set up conversation with age group coach and head coach. IF the concern requires immediate attention locate the head coach or GATORS Board Member.

HEAD COACH

The role of the head coach is to hold the BIG PICTURE for the team, and support Assistant and Swimmer Coaches in the development of their coaching skills.

ASSISTANT COACH

The role of the assistant coach is to support the swimmer coaches. The assistant coach work closely with each age group coach to develop swimmer skills.

SWIMMER COACH

Swimmer Coaches are active swimmers on the team who coach an age group on our team.

JUNIOR COACH

High school swimmers who step into voluntary Jr. Coach roles help the coaches with practices and at meets.

SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

TEAM CULTURE

THE 4 S'S

SKILL DEVELOPMENT

GATORS range in skill from new swimmers to USA Swim team participants.

Coaches work with swimmers to develop their skills and encourage participation as a well rounded swimmer. Swimmers are encouraged to work towards recognition as an **all event swimmer!**

Stroke and Turn Clinics as well as private lessons are offered to develop skills.

SAFETY

GATORS focus on being safe on the pool deck, and in the water.

During practice, our coaches are there for instruction and to keep swimmers safe!

SOCIAL CONNECTION

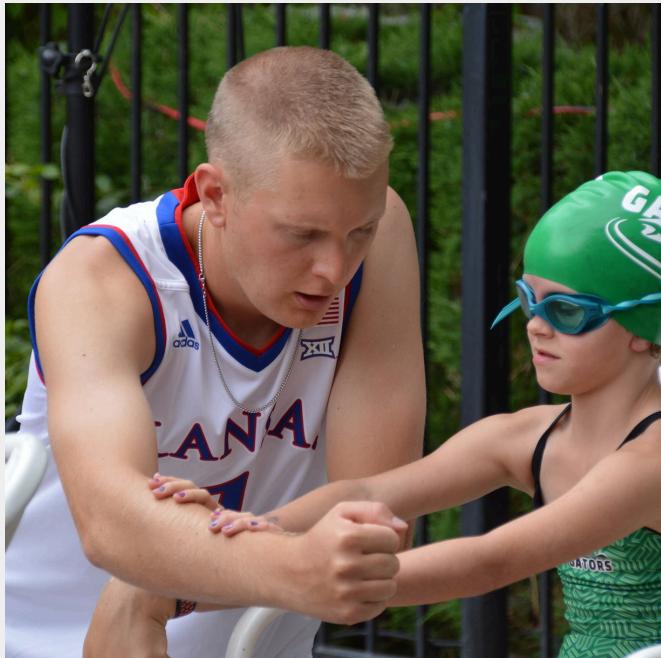
""Once a GATOR, always a GATOR"! We value making friends, having fun, and being connected as a community! There are lots of fun opportunities for developing social/friendship skills.

SPORTSMANSHIP

GATORS coaches, swimmers, and parents are known for their positive conduct on deck and in the water!

Coaches work with swimmers to develop integrity, honesty and sportsmanship!

All coaches, swimmers, and parents agree to the MHS Code of Conduct.



“

My favorite part about the Gators is how hard the kids work, how much they improve, and that they LOVE TO SWIM!

SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

GATOR BUDDIES

SHOW SUPPORT AND MAKE MEMORIES

GATORS in 11-12, 13-14, and 15-18 age groups are "BIG BUDDIES"
GATORS in 6&U, 8&U and 9-10 age groups are "LITTLE BUDDIES"

BIG BUDDIES

Each BIG BUDDY is assigned several LITTLE BUDDIES

Help get those younger swimmers to heating

Cheer your Little Buddies on during their events

Congratulate them after swimming

Show them what it means to BE A GATOR

LITTLE BUDDIES

Your BIG BUDDY is here to help you at meets HAVE FUN and FEEL PROUD

BIG BUDDIES love it when LITTLE BUDDIES watch them race!

ADULT BUDDIES

Get to know your swimmer's BIG or LITTLE Buddy

Cheer them on, help each other out on deck

RETURNING FAMILIES

Don't be shy: help out our NEW FAMILIES!

BUDDY IDEAS

Attend THURSDAY NIGHT TEAM EVENTS

Ask your BUDDY about their Favorite Event

CHEER, CHEER, CHEER

Make a poster for your Buddy

Write/Draw your Buddy a Note

Share a snack from concessions

Bring a snack to share from home

Hang out between events

Give a small treat (bubbles, gum, candy, toys)

**FOCUS ON
PRESENCE
NOT PRESENTS**

SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

PRACTICE INFORMATION

PRACTICE TIMES

Monday-Friday
5:45-10:00am

Specific Practice times by age group are listed on Website/Calendar

STROKE AND TURN

CLINIC

MONDAY
6:00-8:00pm

Specific times by age group listed on Website/Calendar

DONUT FRIDAYS

Friday practice is meet preparation, team building and game day!

Donuts are available for purchase after each age group session finishes for the day.

\$1.00/Each

INDIVIDUAL LESSONS

Coaches offer individual lessons after all age group practices are completed.

Set up directly with a coach.
Additional Fees apply



PRACTICE ATTENDANCE AND ETIQUETTE

Swimmers are encouraged to attend a minimum of **3 practices per week**.

MHSL swimmer eligibility guidelines states that participation in end of season prelims and championship meets requires that all swimmers have attended a minimum of 10 team practices and completed in a minimum of 2 dual meets during the season.

If a parent, care giver or siblings stay for duration of practice, please be mindful to allow practice to proceed without interruption to swimmers or coaches.

Swimmers are encouraged to arrive no more than 15 minutes before the start of practice (and leave promptly at end of practice)
Any child not actively participating in practice must be under adult supervision at all times

Wading pool, diving well, and pool are closed during practice

Parents, caregivers, and siblings are not allowed on the pool deck area during practice

Parents, Caregivers and Siblings may stay in the grassy area to the east of the tennis courts or along the east side fence

Attendance at Stroke and Turn Clinic is optional.

Notify your swimmer's age group coach in advance if you will not be attending practice due to other scheduled activities (ie: vacation, summer camp)

SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

MEET PREPARATION

SIGN UP FOR THE MEET

Parents are required to submit declaration status for every active swimmer for all meets by the stated deadline

- Log into Team website or OnDeck app
- Select EVENT/Meet to edit your commitment/RSVP
- **"Accept" or "Decline"** for each swimmer in your household
- Include any notes about your swimmers availability the day of the meet
- Sign up for Volunteer Shift(s) If you have not already done so
- Coaches then work with each swimmer who has **declared to attend** the meet to determine events (individual/relay).
- **Undeclared swimmers will not be entered In the meet.**
- Coaches submit event entry to other team and meet schedule is finalized
- Meet program (by swimmer and event) sent via email Friday Evening



WHAT TO PACK FOR A MEET?

Swimmer (GEAR/APPAREL):

- **Swim Suit**
- **Goggles (2 pairs)**
- **Cap (2)**
- **Team t-shirt**
- **Sweatshirt/long pants**
- **Flip flops/slide/deck shoes**
- **Towels (2)**
- **Sharpie Marker**

Necessities:

- **Sunscreen**
- **Water**
- **FOOD or \$\$ for concessions**
 - Breakfast, Snacks, Lunch
 - Fruit, veggies, granola, energy bars
- **Shade tent/sun umbrella**
- **Chairs**

Suggested:

- **Activities for in between events (games, books)**
- **Copy of Meet program or OnDeck App downloaded ahead of time**
- **Blanket/water barrier if the grass is wet**

**PRO TIP: LABEL all TEAM GEAR with swimmers name
IT ALL LOOKS THE SAME!**

MEET PARTICIPATION

WHO KNEW ORGANIZED CHAOS COULD BE SO MUCH FUN!

MEET INFORMATION

Meet Location, Warm up time, Start Time, Directions, Parking, information specific to the host teams pool will be sent via EMAIL from GATORS COMMUNICATIONS each week

ARRIVAL/WARM UP

Arrive 15 minutes before warm ups/check in with coaches

Set up in GATORS team/family area

Check in with Volunteer Coordinator

Home Team Warms up First (1 hour before start time)

Visiting Team Warms up Second (30 minutes before start time)

Attend volunteer meeting (Timers, Officials, S&T, Heating)

KNOW EVENT/HEAT/LANE FOR SWIMMER

Meet program organized by event or by swimmer is emailed by coaches Friday afternoon/evening. Copies posted by host team day of as well. Print before the meet and bring with you or use OnDeck app

LABEL YOUR SWIMMER

Using a permanent marker (these "tattoos" are a source of pride):

Swimmer ***First Initial/Last name on right shoulder***

This helps heating/timing volunteers identify swimmers

On arm: Event Event Number/Heat/Lane

ie: 50 Free #19/2/4

GET TO HEATING AREA ON TIME

Look for the First Call/Last Call board (Near the heating area)

Listen to PA for First Call/Last Call



SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

MEET PARTICIPATION

WHO KNEW ORGANIZED CHAOS COULD BE SO MUCH FUN!

READY.....SET.....

Arrive in the heating area with cap/goggles

Spectators find a spot pool side to encourage swimmers in the event
Heating area volunteers with get swimmers organized and to the blocks

GO!

Cheer, support, encourage all participants in the event

Let your GATOR spirit SHINE

SHOW OFF that awesome SPORTSMANSHIP

Greet your swimmer with a towel and celebrate!

Hydrate and fuel up for the next event

RESULTS

Meet Officials, Meet manager, and scoring volunteers review/confirm results and post as quickly as they are available/printed

Be patient, refrain from approaching timers, officials or scorers table

Dispute or concerns can be directed to **GATORS parent representative**

SCORING

Points are awarded to the top 4 finishers who complete the race legally

Stroke and Turn Judges will notify deck ref and coaches of DQ's

6 and under swimmers do not score points and can not DQ

In event of a tie: points for both places are added together/split/awarded equally

Team scores announced periodically throughout the meet

Points are totaled at the end of the meet for official results

Official results emailed and posted on team website

Disputes or concerns should be directed to **GATORS Parent representative**

DEPARTURE/CLEAN UP

You are encouraged to stay for the entirety of the meet

Check with coaches before leaving to make sure you are not in the freestyle relay

Enjoy the COACHES RELAY

Take a minute to cleanup, throw away trash, gather all your belongings

Go home and take a NAP!

SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

SWIM MEET: ORDER OF EVENTS

Freestyle

1	13-14	Boys	200M	46	13-14	Girls	100M
2	13-14	Girls	200M	47	15-18	Boys	100M
3	15-18	Boys	200M	48	15-18	Girls	100M
4	15-18	Girls	200M				Breaststroke
				49	6&U	Boys	25M
5	8&U	Boys	100M	50	6&U	Girls	25M
6	8&U	Girls	100M	51	8&U	Boys	25M
7	9-10	Boys	200M	52	8&U	Girls	25M
8	9-10	Girls	200M	53	9-10	Boys	50M
9	11-12	Boys	200M	54	9-10	Girls	50M
10	11-12	Girls	200M	55	11-12	Boys	50M
11	13-14	Boys	200M	56	11-12	Girls	50M
12	13-14	Girls	200M	57	13-14	Boys	100M
13	15-18	Boys	200M	58	13-14	Girls	100M
14	15-18	Girls	200M	59	15-18	Boys	100M
				60	15-18	Girls	100M
							Freestyle
15	6&U	Boys	25M	61	8&U	Boys	50M
16	6&U	Girls	25M	62	8&U	Girls	50M
17	8&U	Boys	25M	63	9-10	Boys	100M
18	8&U	Girls	25M	64	9-10	Girls	100M
19	9-10	Boys	50M	65	11-12	Boys	100M
20	9-10	Girls	50M	66	11-12	Girls	100M
21	11-12	Boys	50M	67	13-14	Boys	100M
22	11-12	Girls	50M	68	13-14	Girls	100M
23	13-14	Boys	50M	69	15-18	Boys	100M
24	13-14	Girls	50M	70	15-18	Girls	100M
25	15-18	Boys	50M				Individual Medley
26	15-18	Girls	50M				
				71	8&U	Boys	100M
27	8&U	Boys	25M	72	8&U	Girls	100M
28	8&U	Girls	25M	73	9-10	Boys	100M
29	9-10	Boys	50M	74	9-10	Girls	100M
30	9-10	Girls	50M	75	11-12	Boys	100M
31	11-12	Boys	50M	76	11-12	Girls	100M
32	11-12	Girls	50M	77	13-14	Boys	200M
33	13-14	Boys	100M	78	13-14	Girls	200M
34	13-14	Girls	100M	79	15-18	Boys	200M
35	15-18	Boys	100M	80	15-18	Girls	200M
36	15-18	Girls	100M				Freestyle Relay
				81	8&U	Boys	100M
37	6&U	Boys	25M	82	8&U	Girls	100M
38	6&U	Girls	25M	83	9-10	Boys	200M
39	8&U	Boys	25M	84	9-10	Girls	200M
40	8&U	Girls	25M	85	11-12	Boys	200M
41	9-10	Boys	50M	86	11-12	Girls	200M
42	9-10	Girls	50M	87	13-14	Boys	200M
43	11-12	Boys	50M	88	13-14	Girls	200M
44	11-12	Girls	50M	89	15-18	Boys	200M
45	13-14	Boys	100M	90	15-18	Girls	200M

91 COACHES RELAY

ALL EVENT SWIMMER

EVENTS BY AGE GROUP

Coaches work with each swimmer and encourage them to swim all of the events (not strokes) that they are eligible to swim for their age group. Swimmers who participate in each of the events in their age group are recognized at end of year banquet and receive all event T-Shirt!

6&U

Free Style	25M
Back	25M
Breast	25M

8&U

Free Style	25M
Back	25M
Breast	25M
Butterfly	25M
Free Style	50M
IM	100M

9-10

Free Style	50M
Back	50M
Breast	50M
Butterfly	50M
Free Style	100M
IM	100M

11-12

Free Style	50M
Back	50M
Breast	50M
Butterfly	50M
Free Style	100M
IM	100M

13-14

Free Style	50 M
Free Style	100M
Back	100M
Breast	100M
Butterfly	100M
Free Style	200M
IM	200M

15-18

Free Style	50 M
Free Style	100M
Back	100M
Breast	100M
Butterfly	100M
Free Style	200M
IM	200M

PARENT VOLUNTEER INFORMATION

REQUIREMENTS

Swim meets are run entirely with **PARENT VOLUNTEERS!**

To run a safe, smooth, and efficient meet we need:

Home Dual Meets: 70+ Gator Volunteers

Away Dual Meets: 40+ Gator Volunteers

Preliminary Meets: 10-15+ Gator Volunteers

Championship Meets: 10-15+ Gator Volunteers

All Star Meet: 4-8+ Gator Volunteers

ON DECK VOLUNTEER SHIFTS (Home and Away)

***ON DECK Volunteers Check in during Warm Ups**

Both Shifts of Lane Timers attend Timers Meeting before start of meet

SHIFT 1: Event 1-48

SHIFT 2: Event 49-90

OFF DECK SHIFTS (HOME MEETS Only)

Meet SET UP : Friday Night 7:30pm

Post Meet CLEAN UP: Event 85-1+hour post end of meet

Concessions SET UP: 1 Hour before warm ups-Event 1

Concessions CLEAN UP: Event 85-1+hour post end of meet

Volunteer Shifts Requirements for ALL ACTIVE HOUSEHOLDS

Parent, Grandparent, Family Friend 16+ In age can represent household

COMPLETE:

Total of 4-5 shifts during the season (including Prelims and Champs)

Depends on team size

SIGN UP (and be prepared to complete):

1 Float/Reserve Shift at any of the Meets

ALL STARS PARTICIPANTS only: 1 shift during ALL STARS

A \$250 fee will be assessed to any active household that does not fulfill their minimum number of volunteer shifts at the end of the season.

A \$20 fee will be assessed the day of the event for any failure to notify Volunteer Coordinator (48 hr notice), & for No Show the day of

SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

ON DECK VOLUNTEER OPTIONS

ALL LEVELS OF EXPERIENCE WELCOME

Concessions

Swimmers (and spectators) eat A LOT of food during a meet!

Concessions is our biggest FUNDRAISER during the season.

Help run the concessions area

Heating Area

Swimmers report to the heating area
Volunteers confirm race, heat, lane

It is a bit like herding cats but an awesome way to get to encourage swimmers to have a GREAT RACE!

Lane Timer

Attend a pre-meet timers meeting during warm ups



An up front and personal view while making sure we get official times for each competitor

BONUS: the occasional splash

Scoring Table

Assist the Meet Manager at the scorers table (usually shaded)

Post Meet Results as they become available

Some getting up/walking around "Scoring Runner" between officials and Meet Manager

Scribe

Record DQ tickets as they get called in from deck officials

Training as a S&T official is preferred

Successful scribes can multitask!
This is a busy spot on deck!

Float

Get ready to fill in if someone no shows

Happily take on tasks as assigned:
Running water to on deck volunteers
Tracking down next shift volunteers
Do what needs to be done!!

Wear your running shoes!

OFF DECK VOLUNTEER OPTIONS

ALL LEVELS OF EXPERIENCE WELCOME

Meet Set Up

FRIDAY NIGHT

Get the deck set up for Saturday's home dual Meet

(IF we host Prelim meets- set up the evening before TBD)

Meet Clean Up

END OF THE MEET

Time to get the pool deck ready for afternoon open swim!

Break down all on deck areas, empty trash any other clean up that needs to happen

Concessions Set Up

EARLY BIRDS UNITE!

Arrive 45 minutes before WARM UP
Set up and work until end of Warm Ups

Be one of the first on deck to enjoy a breakfast burrito!

Concessions Clean Up

FAST/EFFICIENT/EFFECTIVE

Arrive before the start of team freestyle relays to start breaking down the concessions area

Get everything cleaned up and stored in GATOR shed for the next meet!

Post Meet Results/Swimmer Ribbons

MONDAY AT END OF 8 and Under PRACTICE

Pick up final meet results/Printed ribbon labels

Grab the RIBBON BOX and SWIMMER FILE BOX

Label ribbons per swimmer and put in FILE BOX

RETURN by the end of practice THURSDAY MORNING

SWIMMERS know to pick up ribbons from FILE BOX

CERTIFIED VOLUNTEER OPTIONS

TRAINING REQUIRED

We can always benefit from a large pool of Certified Volunteers! Training offered each Spring through MHSL

Meet Manager Operator

Works with coaches to get meet program/heat sheets set up and sent out to the other team

During the meet is the lead at the Scorers Table

Tracks and confirms meet results

Clerk of Course

Meet official who places swimmers in correct order of events &lane assignments.

Keeps the meet moving smoothly

Announces Events (First and Last Call)

Starter

Deck official who starts swimmers in each race.

Announces race/heat currently on the blocks

Signals false start and restart of race.

Stroke and Turn

Deck official who observes swimmers to ensure that rules relating to stroke techniques are followed.

They signal/communicate violations to referees

Coaches are notified of violation so they can discuss with swimmer

Meet Referee and Deck Referee

Top officials at a meet

Have full authority over all officials

Enforce all rules and decide all questions relating to conduct of meet

Can overrule any meet official on a point of rule interpretation or judgment decisions

May also disqualify swimmers.

Can enforce removal of swimmer, coach, or parent from deck for Code of Conduct Violations

NON MEET RELATED VOLUNTEER OPTIONS

HELP SUPPORT ALL THE EXTRA FUN STUFF FOR OUR TEAM

Here are a few "extra hands needed" activities that rely on volunteers to make them successful
Taking on the role of: team photographer, Bulletin Board, or Donut Coordinator for the season
fulfills your households volunteer requirement.

TEAM PHOTOGRAPHER/SLIDE SHOW

You don't go anywhere without your camera!
Put those skills to use during practice, team social events, meets
Coordinate/obtain pictures from families during the season
Create end of the season slide show to PREMIER at end of season banquet

GATOR BULLETIN BOARD

Maintain the GATOR Bulletin Board (SGCC Pool Deck)
Update with swimmers who have ALL STARS times
TEAM RECORDS
GATOR OF THE WEEK

DONUT FRIDAY COORDINATOR

Pick up Donuts and arrive at pool by 6:45
Designated "DONUT \$\$" Cash Box (stocked with quarters and small bills)
Maintain sign up genius for 2 parents per age group to help with selling, cleaning up
Clean up at the end of 8 and Under Practice

OTHER NON MEET VOLUNTEER OPTIONS

We recognize that you may not be able to volunteer at a swim meet if:

*Your swimmer is not competing that day
You have other commitments*

Social Event Set up/Clean up
Season Kick off Set up/Clean up
End of Season Banquet Preparation/Set up/Clean up
Watch for other opportunities that get added during the season

TEAM EVENTS

ALL THE FUN STUFF THAT MAKE BEING A GATOR AWESOME

TEAM NIGHT

Pep Rally

Hang out with teammates and families
Buddy Building Activities
Tie dye
Cap Decoration
Ice Cream "feed the coaches"
Car Decoration

TEAM SOCIAL EVENTS

Season KICK OFF Party/Picnic
Pancake Breakfast
Food Truck
Volunteer Appreciation
Team Hang Outs/Movie Nights
Ice Cream Social
END OF SEASON Banquet
&
Much More

TEAM FUNDRAISERS

TEAM SPONSORS

TEAM BOOSTERS Fees/Donations

GATOR Swag
Concessions

Limited Edition T-shirts and Tanks

GATORS FEED EVENTS at Local Restaurants

COMMUNITY ENGAGEMENT

Food Drive
SGCC Clean up
Drennen's 5K
&
More

SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

END OF SEASON CELEBRATION

TEAM AWARDS AND RECOGNITION

The End of Season Banquet is a time for us all to come together one last official time as a team.

We celebrate new friendships made, swimming accomplishments, and personal growth.

We say good luck and good bye to our Senior Swimmers.

We recognize parent volunteers (especially those whose time as a GATOR has come to an end).

We formally THANK our Coaching staff for their hard work and dedication.

The Coaches recognize each age group, give out Coaches Choice and Team Awards.

Coaches Choice Awards

MOST IMPROVED SWIMMER

(One Female and One Male Swimmer from any age group that coaches identify as Most Improved)

GATOR SPIRIT

(One Female and One Male Swimmer from any age group that coaches identify as having most GATOR SPIRIT)

DRENNEN O'MELIA AWARD

(Selected by the coaches to recognize one GATOR SWIMMER)

Team Recognition and Awards

ALL EVENT SWIMMERS

Swimmers who competed in all of the events they were eligible to swim for their age group

ALL STAR SWIMMERS

Swimmers who swam MHSL ALL STAR qualifying times and qualified to compete at MHSL ALL STARS MEET

TEAM/LEAGUE RECORD SETTERS

Swimmers who set new TEAM or LEAGUE records

HIGH POINT EARNERS (formally MVP)

Female and Male GATOR per Age Group

Female and Male OVERALL TEAM High points Earner

*Determined by official meet results from MHSL

** Based on Individual Events only - Relay points not included

DRENNEN O'MELIA AWARD

WE CONTINUE TO HONOR DRENNEN'S LEGACY AS A GATOR

The Drennen O'Melia Leadership award is the most prestigious and important award a Gator can win. The importance of this award is something that we emphasize with each passing year as the award is born out of a sad moment in Gators history.

In June 2010 we lost a tremendous teammate in Drennen O'Melia. Tragically, Drennen drowned at a private pool party. Drennen and his family were involved members of the Gators team and Drennen was an exceptionally strong swimmer. This award honors a current Gator that demonstrates the leadership in and out of the pool embodied by Drennen.

Drennen was a natural athlete and stood out in football and basketball as well as swimming. In the pool Drennen was an advanced swimmer and great teammate. As a Gator, Drennen was a key member in the record setting **“Men in Pink”** relays as well as an individual standout in a talented age group. He had great relationships with his coaches and other swimmers on the team. Outside of the pool, Drennen was a true leader on the Gators, he was a dependable teammate and great role model for younger swimmers. Drennen was an active member of the youth group at St. Timothy's Episcopal Church and demonstrated a strong sense of character in the many activities in which he participated.

In 2012 Bill and Melissa O'Melia, their friends and community members founded Drennen's Dreams Foundation. In 2014 Drennen's Dreams Foundation, a National Drowning Prevention and Water Safety Foundation, became a 501(C)(3) non profit organization. Drennen's Dream Foundation fulfills its mission of promoting drowning prevention and water safety through extensive training programs, speaking engagements, and outreach to parents, pediatricians, and aquatics facilities across the nation.

As a team we continue to remember Drennen and his family by telling his story, sharing the mission of Drennen's Dreams Foundation and awarding one Gator a year with the Drennen O'Melia Leadership Award



**DRENNEN'S
DREAMS
FOUNDATION**

A NATIONAL DROWNING PREVENTION AND WATER SAFETY FOUNDATION

SKILL DEVELOPMENT, SPORTSMANSHIP, SAFETY, SOCIAL CONNECTION

SWIM LINGO

QUICK GUIDE TO COMMON TERMS

ALL STARS: Time qualification meet. Swimmers qualify throughout the season for this meet.

BACKSTROKE (BACK): The back crawl.

BLOCK: The starting platform.

BREASTSTROKE (BREAST): A frog-like stroke with a whip kick.

BUTTERFLY (FLY): A racing stroke in which both arms rotate together while the legs perform a dolphin kick.

CHAMPIONSHIPS: Top 16 finishers in each event at Prelims participate in Championships.

CIRCLE SWIMMING: Used in practice by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane without running into each other.

CLERK OF COURSE: Meet official who places swimmers in correct order of events and lane assignments.

CODE OF CONDUCT: Conduct guidelines which the Mountain Hi Swim league has established and will enforce for swimmers, coaches and parents.

CONSOLATION HEAT: 9th through 16th place finishers in each event at Preliminary Meet will swim in this heat at the Championship Meet.

DQ: Disqualification for reason of a rule violation.

DUAL MEET: A meet where there are only two teams competing against each other.

EVENT: Any race or series of races in a given stroke or distance.

FALSE START: This occurs when a swimmer leaves the blocks before the gun or beeper sounds.

FINALS HEAT: 1st through 8th place finishers in Preliminary Meet will swim in the Finals Heat at the Championship Meet.

FINISH: End of a race. Exact time when swimmer touches the wall.

FIRST CALL/LAST CALL BOARD: Located near the Heating Area. Signals First Call and Last Call for upcoming events.

FLIP TURN: In the freestyle only, when a swimmer turns by completing a partial somersault and twisting underwater before pushing off the wall to resume swimming.

FREESTYLE (FREE): In this event, a swimmer can swim any stroke that he/she wishes, but the front crawl is usually chosen.

FREESTYLE RELAY: Four swimmers on a team, who each swim 1/4 of the race freestyle.

HEAT: Events with many swimmers may consist of multiple heats, which are the races that make up an event. Swimmers are matched with others of similar seed times.

SWIM LINGO

QUICK GUIDE TO COMMON TERMS

HEATING AREA: Area behind the blocks where swimmers are organized into the correct heats for each event.

INDIVIDUAL MEDLEY (I.M.): A swimmer swims the prescribed distance in quarter increments in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.

MARK: Swimmer's starting position, assumed when commanded by Starter.

MEDLEY RELAY: Four swimmers on a team, who each swim 1/4 of the race in the following order: Backstroke, Breaststroke, Butterfly, Freestyle.

MEET: Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests him/herself against the clock to see improvement.

PRELIMS: Preliminaries to league finals that are attended by all swimmers of each divisional team.

REFEREE: Top official at a meet. Has full authority over all officials. Enforces all rules and decides all questions relating to conduct of meet. Can overrule any meet official on a point of rule interpretation or judgment decision on any action he has observed. May also disqualify swimmers.

RELAY: An event in which four swimmers compete together as a team to achieve one time.

RUNNER: Deck volunteer who gathers event cards from timers and takes them to the scorer's table.

SCORER: Deck volunteer who keeps score for the teams during meets.

SCRATCH: To withdraw from an event in a competition.

SEED TIME: The time used to enter a swimmer into a meet; usually the swimmer's personal best.

SPLIT: A swimmer's intermediate time in a race.

STARTER: Deck official who starts swimmers in each race, usually using a starter gun or beeper.

STREAMLINE: The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is a tight as it can be.

STROKE & TURN JUDGE: Deck official who observes swimmers to ensure that rules relating to stroke techniques are followed. They signal violations to referee and also talk with the swimmer about the infraction.

TIMER: Deck volunteer who operates a stop watch and records the time for the swimmer in their lane.

WAIVER: League insurance waiver form which must be turned in before swimmer can participate in a meet or a practice.