

INDIAN HILL



WAHOOS

Parent Handbook

Introduction

The Wahoos are a summer only program for swimmers 5-18 years of age. The team has open membership to anyone belonging to Indian Hill Club. The Wahoos compete in the Seven Hills Swim League. The swim team season begins after Memorial Day and ends with championships in July.

A swimmer is encouraged, but not required, to attend daily morning practices and scheduled meets. Swim meets are typically held on Thursday nights and can last several hours. The success of the Indian Hill Wahoos depends upon the support of our coaches and the active involvement of all parents.

Fees

The registration fee will be charged at the start of each new swim season. This fee is determined yearly and covers general operations of the team. In order to maintain a low registration fee, parent involvement is a must!

Team swimsuits, goggles, and caps are not required to participate in the program, and thus are not included in the registration fee.

Goals

- To have fun with swimming and competing, while improving the swimmer's strokes and swimming techniques.
- To encourage open membership to all willing participants in the swimming program
- To provide each swimmer a positive and fun experience regardless of the swimmer's abilities.
- To emphasize stroke technique and meet preparation in practice.

- To teach swimmers to set realistic yet challenging goals for meets.
- To make every swimmer feel like a valuable team member.

Training

Swimmers are encouraged to attend practices daily and arrive at the pool a few minutes early in order to begin practice at the scheduled time. If it is necessary to miss or leave practice early, please give the coach the courtesy of knowing the reason.

The coaches recognize that this is a SUMMER program and swimmers will have conflicts such as camps, vacations, or other activities that will prevent them from attending regular practices. However, the more our swimmers practice, the stronger they will be. Therefore, swimmers are encouraged to attend practice as often as possible but even if they are not able to attend practice one week, they are welcome to participate in the meet.

The coaches will also conduct two optional stroke clinics each week for swimmers wishing to focus more closely on their stroke technique. During the stroke clinic offered on Mondays, the coaches will concentrate on a specific topic which will be announced in advance via email and at regular practices. An additional clinic will be held on Fridays to address any issues that arose during the previous night's meets while they are still fresh in the swimmers' minds.

Friday's practices are a time to come together as a whole team to celebrate their accomplishments. Swimmers of all ages will attend together to share donuts, receive ribbons, and then participate in games meant to build team morale and enthusiasm.

For younger swimmers, be aware that the swim team does not replace daily swim lessons! The Indian Hill Wahoos program strongly recommends that children participate in daily swim lessons where stroke technique and water safety are emphasized.

Age Groups

Your child will compete in one of six age groups. This age group categorization is used in determining what events your child will swim in during meets, and what group they will practice in. Group practice times can be found in Appendix A and we will maintain an updated team calendar on our website, ihclub.com. The age groups are:

- 6 & Unders
- 8 & Unders
- 9 and 10
- 11 and 12
- 13 and 14
- 15-18

The age groups are determined by the age of the swimmer on June 1st. So, if your child turns 9 on May 31st they will swim as a 9 and 10. But, if they turn 9 on June 1st, they will swim as an 8 & Under.

General Meet Information

All dual meets start at 6:30 p.m. with the home team warming up at 5:30 pm followed by the visiting team at 5:55 p.m. As a general rule, the coaches will ask swimmers to arrive 30 minutes prior to the start of warm ups so they can get settled in, have their events written on their arms, and be ready to enter the water when warm ups begin. You will receive an email in advance of each meet detailing where the meet will be held and what time you need to arrive. It is important that swimmers arrive on time for warm-ups, however, if there is a family conflict that will make your swimmer arrive late, please let the coaches know in advance so they do not spend their time looking for your child or make unnecessary changes to the line-up. Here are some helpful hints to follow—

- Swimmers must be on time for warm-ups at a meet. A good warm-up is essential for successful performances. If swimmers are not present at warm-ups, and have not notified the coaches in advance, they will be removed from their events and other swimmers will fill their spots.
- Swimmers are expected to know which events they are entered in and to be on time for their swims. They will be given their events in advance and the coaches will post the line-up at the meet for quick reference. To help the swimmers remember their events, age group parents will write their events on their arm. Please see the guide in Appendix B to familiarize how events are written on their arm.
- You will need the following at the meet:
 - Swim suit
 - Swim cap (optional)
 - Goggles (optional)
 - Towels (at least two)
 - Snacks
 - Blanket (to sit on)
 - Warm and dry clothing for colder nights
 - A positive attitude!
- All questions swimmers or parents have concerning meet results, officiating, or the conduct of the meet should be referred to the head coach at an appropriate time. Please do not disturb the coaches during practices or meets. Feel free to email the head coach. Contact information for all coaches is located on the swim team pages on the ihclub.com website.
- To help make the meets fun and festive, we will have a different theme for each meet. Swimmers are encouraged to dress up according the theme and the coaches will select one swimmer at each meet as the “Most Spirited Whao”. A list of this season’s themes is located in Appendix A with the Meet Schedule.

Swim Meet Events

The competitive events at swim meets are Freestyle (Free), Backstroke (Back), Breaststroke (Breast), and Butterfly (Fly), Individual Medley (IM), Freestyle Relay, and Medley Relay. These events are different lengths depending on the age group of the swimmer. Below is a list of the competitive events and the order in which they will be swum.

Event Number		Age Group		Event
GIRLS	BOYS			
1	2	8 & Under		100 meter Medley Relay
3	4	9 – 10		100 meter Medley Relay
5	6	11 – 12		200 meter Medley Relay
7	8	13 – 14		200 meter Medley Relay
9	10	15 – 18		200 meter Medley Relay
79	80	6 & Under	Not in Championships	25 meter Freestyle
11	12	7 – 8		25 meter Freestyle
13	14	9 – 10		25 meter Freestyle
15	16	11 – 12		25 meter Freestyle
17	18	13 – 14		50 meter Freestyle
19	20	15 – 18		50 meter Freestyle
21	22	8 & Under		25 meter Butterfly
23	24	9 – 10		25 meter Butterfly
25	26	11 – 12		50 meter Butterfly
27	28	13 – 14		50 meter Butterfly
29	30	15 – 18		50 meter Butterfly
81	82	6 & Under	Not in Championships	25 meter Backstroke
31	32	7 – 8		25 meter Backstroke
33	34	9 – 10		25 meter Backstroke
35	36	11 – 12		50 meter Backstroke
37	38	13 – 14		50 meter Backstroke
39	40	15 – 18		50 meter Backstroke
41	42	8 & Under		50 meter Freestyle
43	44	9 – 10		50 meter Freestyle
45	46	11 – 12		50 meter Freestyle
47	48	13 – 14		100 meter Freestyle
49	50	15 – 18		100 meter Freestyle
51	52	8 & Under		25 meter Breaststroke
53	54	9 – 10		25 meter Breaststroke
55	56	11 – 12		50 meter Breaststroke
57	58	13 – 14		50 meter Breaststroke
59	60	15 – 18		50 meter Breaststroke
61	62	8 & Under		100 meter Freestyle Relay
63	64	9 – 10		100 meter Individual Medley
65	66	11 – 12		100 meter Individual Medley
67	68	13 – 14		100 meter Individual Medley
69	70	15 – 18		100 meter Individual Medley
71	72	9 – 10		100 meter Freestyle Relay
73	74	11 – 12		200 meter Freestyle Relay
75	76	13 – 14		200 meter Freestyle Relay
77	78	15 – 18		200 meter Freestyle Relay

Exhibition Heat vs. Competition Heat

The first heat of each event is the competitive heat—meaning that swimmers in that heat can earn points to go toward their team score. The subsequent heats

are “exhibition” events. These heats are not scored in the meet, but the swimmers will get ribbons and appear in the results.

Exhibition events are swum by swimmers 12 and under. The heat will usually be used as experience for beginner swimmers, different events for more advance swimmers, and to give some swimmers in age groups with many children a chance to swim more events.

The number of exhibition heats may change from meet to meet depending on the team we are swimming against. There may be multiple heats of exhibition in the same event. The events exhibition heats are possible in are...

- 8 & Under Girls and Boys: 25 Free, 25 Back, and 25 Breast
- 9-10 Girls and Boys: 25 Free, 25 Back, and 25 Breast
- 11-12 Girls and Boys: 25 Free and 50 Free

Scheduling of Individual Events at Dual Meets

The coaches have a difficult job of trying to make a different line-up for every meet. They will try to place each swimmer in as many different events as possible. Please keep in mind that the younger age groups have many swimmers. Your child will likely swim in a combination of competition and exhibition heats. The maximum number of events a swimmer may participate in is 3 individual events and 2 relays, however they will not necessarily compete in the maximum number of events at each meet.

Scheduling of Relays at Dual Meets

At dual meets only the first place finisher scores for the team. With this in mind, there will be **ONE** “A” relay in which the fastest four swimmers will compete. All other relays, named with subsequent letters of the alphabet, will be evenly distributed with both beginner and experienced swimmers.

Meet Sign-Ups

An ongoing problem for all swim programs is knowing who exactly is going to be available for each meet. In an effort to simplify the meet sign-up process, all meet sign-ups will be conducted online using Sign-Up Genius. You can access individual meet pages through our website by using the links located on the Swim Events page on the www.ihclub.com website. All swimmers must be signed up by designated deadline, Monday at noon for a Thursday meet, in order to be entered in the meet. Should you need to make a change to your declaration after the deadline, you must email the head coach directly.

Championship Meet

Swimmers must have participated in TWO dual meets to be eligible for Seven Hills Championships. All swimmers may enter a maximum of three individual events in preliminaries. The coaches (with swimmer input) will select the events each swimmer will enter.

The swimmers in each age group with the fastest times will qualify for Finals. The six swimmers with the fastest times will qualify for the championship heat. The swimmers with qualifying times seven through twelve will swim the consolation heat at the Finals. The swimmers with the thirteenth and fourteenth fastest time will be designated as alternates.

Coaches will select the fastest four swimmers for relay teams (medley and free) for Championships. Only one relay team is selected from each age group. The coaches will notify swimmers if they are participating on a relay team.

Relay Teams—If there are not enough swimmers in an age group, the coaches may ask younger swimmers to swim a relay event with an older age group. This may occur at dual meets or Championships. If you do not want your child to swim with older swimmers in any relay events, please notify the coaches.

Parent Roles

Parent involvement is essential to attaining our goal of creating a fun atmosphere that promotes the improvement of our swimmers. While your primary focus will remain with supporting your child, from time to time we will seek assistance from parents, normally via email, to fulfill different roles for the team: designing team shirts, providing donuts on Fun Fridays, organizing special events, etc. We welcome your assistance and encourage you to contact the Swim Parent if you have a particular interest in supporting the program.

Meet Responsibilities

Did you know that there are approximately 70 volunteer positions that need to be filled in order to conduct a home meet and only slightly fewer positions for an away meet? Since it takes so many volunteers to successfully run our meets, a parent from each family will be required to work at least half of every meet in which they a swimmer participating. The night before each meet you will receive an email listing the parent volunteer assignments for the meet along with such information as to the time and place you need to report. While a few positions require special training, such as stroke and turn judges or computer operators, most positions require no prior knowledge or training. You will receive “on the job training” either by being paired with an experienced parent or your responsibilities will be outlined in a pre-meet meeting (for example, timers will be given instructions at the timers meeting shortly before the meet begins). Some of the positions you may be assigned are:

Clerk of Course: Organizes swimmers in a defined area according to their heat and lane in advance of an event and assists in getting them to the blocks for their race.

Boys/Girls Age Group Parent: Works with swimmers who are ages 8 and under and 9-10. Ensures swimmers are lined up behind the starting blocks in the correct order in time for their relay according to the meet lineups which are provided by the coaches. Also organizes and escorts swimmers to Clerk of Course at the appropriate time for their individual events. There are approximately 20 age group parents per meet with 10 working each half of the meet as follows: SEP3 –

organizers for 8 and under girls, [SEP]3 – organizers for 8 and under boys, [SEP]2 – organizers for 9-10 girls, [SEP]2 – organizers for 9-10 boys [SEP].

****Parents of younger swimmers please stress to your child how important it is for them to remain in the designated team area where the Age Group Parents can easily find them prior to their races.**

Stroke/Turn Judge: Watch swimmers in 3-4 lanes to ensure athletes are swimming legal strokes and turns. Disqualify swimmers who do not swim legal stroke/turns. Requires attending a 1 hour training session before the first meet or prior certification as an USA Swimming or YMCA official.

Place Judges: Watch finishes and record the order in which each lane placed in the race.

Timer: Time swimmers in your lane and record time on the lane slip. There are 2 timers per lane and you must pay close attention to meet starter.

Head Timer: Keep two back-up stop watches running in case one of the timers has a problem with their stopwatch.

Runner: Collect lane slips from timers and place slips from the place judges after each race and deliver them to the ribbon table. Requires much walking.

Ribbons: Attaches results stickers to swimmers' ribbons and files them in the two team boxes.

Announcer: The announcer announces the events that are on deck behind the blocks, the events that should be lined up at clerk or course, the meet score and any other pertinent information over a speaker.

Deck Referee: Organizes officials; runs timers meeting, starts each heat. Must be USA Swimming or YMCA Swimming certified official. This job is a whole meet and is essential for hosting home meets.

Meet Manager: Creates meet files, prints lane sheets, heat sheets, finish judge sheets prior to start of meet. Saves meet file and submits to League for publication

on League website. Maintains team records.

Appendix A: Important Dates and Schedules

Wahoo 2019 Practice Schedule

First day of practice is Tuesday May 28th

Week of May 27th (school in session):

Tuesday through Thursday:

8 and unders: 4:15 p.m. – 5:00 p.m. [SEP]

9 – 10 age group 5:00 p.m. – 5.45 p.m. [SEP]

11 and up: 5:45 a.m. – 6:30 p.m.

Friday: Game Day for All Ages: 10:00 a.m. – 12:00 p.m.

Week of June 2nd (school out)

Monday through Thursday:

9 – 10 age group 9:00 a.m. – 10.00 a.m. [SEP]

8 and unders: 10:00 a.m. – 11:00 a.m. [SEP]

11 and up: 11:00 a.m. – 12:00 p.m.

All Fridays: [SEP] Game Day for All Ages: 10:00 a.m. – 12:00 p.m.

Stroke Clinics:

Mondays: 12:00 p.m.-1:00 p.m.

Optional All Age Group Evening Practice

Wednesday: 6:00 pm-7:00 pm optional practice for all ages

Wahoo 2019 Meet Schedule

<u>Meet Schedule 2019</u>		
DATE	HOME TEAM	VISITING TEAM
Thursday, June 6	Turpin Hills	Indian Hill
Thursday, June 13	Indian Hill	Terrace Park
Thursday, June 20	Normandy	Indian Hill
Thursday, June 27	Indian Hill	Miami Hills
Tuesday, July 2	Indian Hill	Forest Hills
Tuesday, July 9 – Prelims	Seven Hills Champ Meet At	*The top 12 swimmers in each individual event in Prelims return for Finals on July 5. All relays are held on July 10.
Wednesday, July 10-	Forest Hills	

Finals*		
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Wahoo 2016 Special Events Schedule

Sunday, May 26th, 4:00 P.M. - 6:00 P.M. : Team Sign-Ups and Suit Fitting With Swimville USA

Friday, June 14th, 7:00 P.M. - 8:30 P.M. : Swim/Dive Team Late Night Party^{[L][L][L]}_{[SEP][SEP]}

Tuesday, June 18th, 9:30 A.M.: Team/Individual Photo Day^{[L][L][L]}_{[SEP][SEP]}

Thursday, July 4th, 9:00 A.M.: Indian Hill Parade, meet at CCDS

Friday, July 5th, 10:00 A.M. - 12:00 P.M. : Breakfast of Champions

Thursday, July 11th : Team Awards Banquet^{[L][L]}_[SEP]

Swim Awards 6:30 P.M. - 7:30 P.M.^{[L][L]}_[SEP]

Dive Awards 7:30 P.M. - 8:30 P.M.

Appendix B: Guide to Writing Events on Arms

To help our swimmers remember their events, parent volunteers, write each swimmers scheduled events on their arms prior to the start of the meet using a Sharpie marker. This information gives them, and anyone trying to help them, all the information they need to know about when the swimmers is going, where they need to line up, and which strokes they will be swimming. It will look something like this:

E	H	L
11	1	4 (free)
31	2	6 (back)

E= Event
H = Heat
L = Lane

This grid shows us that this swimmer is in Event 11, Heat 1, Lane 4 and is swimming freestyle. They are also in Event 31, Heat 2, Lane 6 and will be swimming backstroke in that event.

When swimmers are in a relay we use the same E|H|L format but have to add a little more information:

E	H	L
1	1	4 (2, breast)
61	1	2 (3, free)

This swimmer is in two relays. In the first relay, Event 1, she is in Heat 1, Lane 4. The number preceding the stroke, breaststroke, is which leg of the relay she is swimming which is the second leg. In Event 61, she is swimming freestyle and is the 3rd member of her team to go in Heat 1, Lane 2.

***IMPORTANT:** The ink wipes off easily with sunscreen. Therefore, make sure you apply your child's sunscreen before they have their events written on their arms.