

Southern Cal Swim Team Philosophy

It is our intentions that swim team be both an enjoyable activity and a learning experience for our children. Therefore, safety, fun, conditioning, and stroke technique all need to receive equal emphasis.

Participation and winning are also important. Our goal is that each swimmer who is capable of swimming the length of the pool independently will be entered in a minimum of one event, individual or relay, during each meet, when possible. Keeping safety in mind as our top priority, it will be determined by the Head Coach which swimmer can enter a particular event. Our goal of one event may not be possible in case of injury or illness of a member of a relay team causing a team to scratch from the roster.

Those swimmers not regularly attending practices or approved alternate workouts as okayed by the coach, and meets will be entered in no more than 2 events, in each meet, until regular attendance is achieved. Attendance records will be kept and notifying the coach of a planned absence is required.

Southern Cal Team Policies and Practices

1. All swimmers must be ages 5-18 by June 1st in order to swim on the team.
2. Encourage your swimmers not to eat a big meal just before a meet. Lots of the kids eat spaghetti or macaroni in the afternoon before the meet (3-4 p.m.). No child wants to be slowed down or get sick when they swim. Healthy snacks can be brought to meets to eat AFTER the swimmer is ALL DONE swimming. Each swimmer is responsible for putting all garbage where it belongs.
3. Official swim team suits and caps are not required to be worn by team members, but are recommended.
4. All swimmers must ride the bus to the away meets. If the swimmer would like to ride home with their parents, written notification to the coach is required.
5. Swimmers will be required to attend one daily scheduled practice unless excused. There will be 3 morning practices and 1 evening practice. Coaches expect notification if you wish to be excused from practice.
6. Coaches need to know who will be available to swim at each of the meets. If the swimmer is unable to swim at a meet, notification to the coach is required. This is extremely important to know at least a day before the meet. **Call if it is the day of the meet and your child becomes ill.** That will help with the roster preparation.
7. All Swimmers must be in their suits at the pool by 6:00 p.m. at all home meets. (Meets begin at 6:30 p.m.) Check the calendar for the away meet bus departure time. It will also state if the bus is stopping after the meet to eat – please send along money with your child if needed.
8. Time trials will be held weekly. The times will be used by the coaches to help determine who swims which events. Efforts will be made to allow each swimmer to swim in at least one event each meet. This will be at the discretion of the coaches.
9. The guardhouse is for coaches, concession parents and workers. **No swimmers allowed in the guardhouse!**

10. There should not be unauthorized people in the pool area. This is a safety hazard for the swimmers, coaches and workers. Only Pool Parents, Coaches and Swimmers should be in the Pool Area! Cameras and video cameras are not allowed inside the pool area.
11. **Conference Rule: No member of the coaching staff may be thrown or pushed into the pool at the end of a meet to celebrate a victory. If a member of the coaching staff ends up in the water our team will forfeit the entire meet!**

Southern Cal Swim Team Bus Rules

1. Do not attempt to board the bus until it has come to a complete stop. Board the bus in an orderly manner and find a seat at once.
2. Going from one seat to another, throwing things, roughhousing, yelling out the windows, etc., will not be tolerated.
3. Nothing should be torn up or thrown on the floor. Everyone should do his or her part in keeping the bus neat and clean by putting all trash in the trashcan.
4. Anyone caught breaking or defacing any part of the bus will be held liable for its repair or replacement and may be denied the privilege of riding the bus.
5. The bus driver is in full charge of the bus and your safety. Swimmers must obey his/her commands immediately.
6. No Boom Boxes! Small personal radios, tape players, CD players etc., with headphones are allowed at a minimum volume. Swim team is not responsible for stolen equipment.
7. Do not use emergency door other than for an emergency.
8. All Southern Cal School District Busing Rules will also be honored and enforced.

Swimmer's Waiting Area Rules

1. Go directly to swimmer's waiting area upon arrival.
2. Stay in swimmer's waiting area for the entire meet, with the following exceptions:
 - a) When swimming or preparing to swim.
 - b) Use of restroom.
 - c) Assisting the coaching staff.
3. The team is responsible for cleaning up the swimmers waiting area at the end of the meet.
4. Display good sportsmanship and behavior at all times.
5. Swimmers not present when called to swim will miss their events, which will hurt their All Star points and the team.
6. Only swim team participants allowed in the pool area.
7. Horseplay, snapping of towels, spitting food, tag, dumping Jell-O etc. **NOT ALLOWED.**

Southern Cal Swim Team Discipline Policy

In keeping with our philosophy of providing a safe and fun experience for area youth in our summer program we need to develop guidelines. These guidelines will help protect the members of our team in the case that a swimmer becomes a discipline problem for the coaches.

1. Every swimmer on the team should have the right to a safe and non-threatening atmosphere.

2. Rude behavior to other swimmers, coaches or volunteers will not be allowed. Example of this would include swearing, physical violence or the threat of physical violence, severe verbal abuse of other swimmers, coaching staff or parent volunteers, causing a severe disruption at a practice, meet site, or when traveling to or from a meet. Leaving the building or pool area during a meet is not allowed.
3. If after a verbal warning from a member of the coaching staff or parent volunteer, the behavior continues, the coaching staff will contact the parents.
4. The swimmer responsible for the problem must agree to stop the offending behavior and apologize to any other swimmers or adults that may have been harmed.
5. If the coaching staff believes the problem is not resolved the parents of the swimmer involved and the swim team board president will be contacted.
6. The board may consider suspension from a meet.
7. If repeated severe problems continue with a swimmer, the coaching staff may meet with the Swim Team Board to consider if the swimmer should be barred from further competition with the team.
8. The head coach will keep a record of major disruptions by swimmers resulting in any above actions.
9. Horseplay, snapping of towels, spitting food, tag, dumping Jell-O etc. **NOT ALLOWED.**

Scoring

Scoring in a dual meet shall be 5-3-1 for the first three places in individual events, and 5-2 for the first two places in relays.

Order of Events

1. Medley Relay – Backstroke, Breaststroke, Butterfly, Freestyle.
2. Individual Freestyle.
3. Individual Backstroke.
4. Freestyle exhibition.
5. Individual Medley – (11 & up only) Butterfly, Backstroke, Breaststroke, Freestyle.
6. Individual Breaststroke.
7. Individual Butterfly.
8. Freestyle Relay.

The age group order starts with 8 & under girls, then boys and moves up the age groups of 9-10, 11-12, 13-14, & 15-18 for the events. The individual medley starts at age 11-12.

Dual Meet Roster Guidelines

This section is used by the coaching staff in preparing dual meet rosters. Please keep in mind that the roster is prepared with the entire team in mind and that every effort will be made to have as many people swimming in as many events as allowed in the IWSC by-laws.

Placement on the dual meet roster (event and lanes) will be contingent on the following:

1. Coaching staff has the final decision.
2. Times and places achieved during meets.

3. Individual timing will be done at time trials if feasible once per week or at dual meets. They may also be completed upon request of swimmers and or parents during the season.
4. Regular attendance at practice sessions.
5. Regular attendance at meets.

Ribbons – Dual Meets

Host Teams: Provides to all swimmers 1st and 2nd place for relays.

Individual 8 and under 1st – 6th place.

Individual 9 and up 1st, 2nd and 3rd place

Southern Cal will supply all other ribbons for all age groups in all events for our swimmers home and away meets.

Exhibition swimmers will also receive ribbons from the team.

All Star Determination

1. By scoring at least 85% (rounded to the nearest whole number) of the possible points of an individual event (including individual medley) of all meets scheduled by the conference but excluding the Conference Meet.
2. By scoring at least 75% (rounded to the nearest whole number) of the possible total points earned in all events possible of all scheduled conference meets excluding the tournament. (E.g. each member of a winning relay will earn 5 points for that event.)

All-Star Accumulation (Conference Only):

80% of the total points for individual and all around all stars.

Letter Requirements

In order for an athlete to gain a Swim Team Athletic Letter, they must fulfill at least two of the three requirements listed below. Athlete must be entering freshman year to qualify for a letter.

1. Participation in a minimum of seven meets during the nine meet season.
2. Athletes must maintain a point average of third place throughout the nine meet season.
3. Athletes are required to miss no more than 5 practices per season.

Conference Awards

At the conference meet a 1st, 2nd and 3rd place trophy will be given for the top three win-loss dual meet record. The conference meet will award 1st and 2nd places at the end of the conference meet. There will also be a sportsmanship plaque handed out at the conference meet. All Star medals to individual swimmers given at the conference meet to coaches.

Conference Roster Placement Guidelines

This section is used by the coaching staff to help insure that the most capable swimmers at the Conference Meet represent Southern Cal.

1. The coaching staff has the final decision.
2. Time and places achieved during meets are considered.

3. Swimmers who want to improve on his/her time over previous time trials and or home meet times can request a time trial. That time will be compared with other swimmer's times in both time trial and home meets in his/her age bracket.
4. Because of different pool lengths only times can be used from our pool in comparisons of swimmer's times.
5. All timing must take place before the last regular season meet to allow the coaching staff roster preparation and practice time. No time trials will be allowed after last regular meet for conference roster placing.
6. The IWSC requires participating in four dual meets to be eligible to swim in the conference meet.

Conference Meet Medals and Ribbons

The IWSC will give out 1st, 2nd, and 3rd place medals at the conference tournament meet. Ribbons will be given out for 4th and 5th place finishes for all ages. Also participation ribbons will be given to 6th through 10th place for each event. There will be a \$2.00 charge for spectators over age 5 and meet workers to enter the meet area. Swimmers do not have to pay the admission fee. The workers name badges are required of any person in the deck area during the meet. The admission fee goes to offset the cost of the medals and ribbons given out.

Guidelines for Parents

1. Parents are encouraged to learn all the jobs required at a meet. See job descriptions below.
2. Parents are asked to work at least three meets if you have one child participating on the swim team, if a family has more than one child participating you will be asked to work at five swim meets per season.
3. **Registration fees are \$30.00 per child.**
4. Parents are asked to take any complaints directly to the head coach. If the problem continues, contact a board member.
5. Practice time is for the swimmers, coaches, and assisting board members. Parents are asked to refrain from interfering during the practice time.
6. Please do not send your swimmer to the pool for HOME meets until 6:00 p.m.
7. Parents please help younger children pack for away meets. We suggest games or cards to enjoy between their events. Dry sweat suits are good for the bus ride home. Information about drop off places and times for away meets will be given later. Please be prompt in picking up your swimmers. The bus may stop on the way home from meets for food – please send money if needed.
8. Please let the coaches know **in writing TWO days** in advance if your child is not going to be able to be at the meet. Vacation written notices are required.

Swimmers' Ear Prevention

If your swimmer is prone to an outer ear infection, called swimmers' ear, after checking with your doctor, you may want to try this preventive treatment.

2 Tablespoons of Alcohol

1 Tablespoon of White Vinegar

Place 1-2 drops of this solution in each ear with a dropper after each swim.

Please be advised that the Southern Cal Swim Team program not only takes coaches and board members to run a meet, but parental help is needed. This is for home and away meets. Your assistance is always needed and appreciated.

**IF YOU CANNOT WORK AT THE MEET ASSIGNED,
PLEASE FIND YOUR OWN REPLACEMENT.**

Job Descriptions for Meet Workers

1. **DQ JUDGE** – Must be someone who knows the strokes and should have had some experience teaching swimming. There is one judge from each town and they must agree on the DQ and sign the slip.
2. **RIBBON WRITERS** – Southern Cal has two ribbon writers at each meet. They write ribbons for the Southern Cal Swimmers. The ribbons are supplied as follows:
Host Teams: Provides to all swimmers 1st and 2nd place for relays.
Individual 8 and under 1st – 6th place.
Individual 9 and up 1st, 2nd and 3rd place
Southern Cal will supply all other ribbons for all age groups in all events for our swimmers home and away meets.
Exhibition swimmers will also receive ribbons from the team.
3. **SCOREKEEPER** – One supplied by each team. A running tally is kept and compared to the other teams as the meet goes on. The score is given to the announcer after each event.
4. **TIMERS** – Use a stopwatch to time a lane. Record time on event slips.
5. **POOL PARENT** – Hand out time sheets to the swimmers just before their events. Get the swimmers to the ready bench and may help to guide younger swimmers to the starting blocks.
6. **ANNOUNCER** – Announces races, scores and new records. Along with the starter and coaches, may decide to combine certain races.
7. **RUNNERS** – Pick up time slips from swimmers in younger races and give them to the timers. Pick up the time slips and DQ slips after each race and take them to the scorekeeper. May need 2 runners at home meets only?
8. **PLACE WRITER** – (home meets) use a form to record the picker choices for each race. This is only referred to if there is a problem with the tickets when they reach the table.

Ten Commandments for Parents with Athletic Children

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, or track, or at breakfast, and so on. It is tough not to, but it is a lot for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition to be "out there trying," to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure: you fumbled; too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within his/her hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My Parents really helped, I was lucky, in this."

Directions to Swimming Pools

Carroll

- Hwy 30 to Grant Road (East Side of Carroll). North ½ block, Recreation Center on East side of the street.
- Phone – 712-792-5400
- Length of the pool – 25 yards.
- Bus Parking – In the parking lot.

Coon Rapids

- 141 – North @ High School sign, pool near the high school baseball and softball fields.
- Phone – 712-684-2953
- Length of Pool – 25 yards – older swimmers will swim two laps.
- Bus parking – South of pool.
- Other notes: There is a concession stand available, but no food allowed on the deck.

Denison

- Turn North on 16th Street off Hwy 30, travel approximately 10 blocks, Denison Aquatic Center on east side of the street.
- Phone – 712-263-8130
- Length of pool – 25 yards – older swimmers will swim two laps.
- Bus parking – In high school lot across the street from the Aquatic Center.
- Other notes: There is a concession stand available, but no food allowed on deck. Also kids are to stay in designated area until outside pool closes.

Glidden

- Hwy 30
- Phone – 712-659-2261 Pool opens: 1 pm and will be open whenever the team arrives.
- Length of pool – 25 meters – older swimmers will swim two laps.
- Bus parking – North of swimming pool.
- Other notes: Concession stand available, food allowed on deck but not around the pool.

Guthrie Center

- The pool is located on the west side of town, right off Hwy 44 in Mitchell Park.
- Phone – 641-747-3051
- Length of pool – 33 1/3 yards – older swimmers will swim two laps.
- Bus parking – On Southeast side of the pool.
- Other notes: Pool opens @ 6 p.m. – The parent's barbecue and there is also a concession stand. No food allowed on deck. Also only workers and swimmers are allowed inside the pool area. Spectators will need to stay outside the fence.

Jefferson

- Hwy 4 – turn west on Russell Street at stoplight – go 2 blocks to pool.
- Phone – 515-386-9171.

- Length of pool – 25 Yards - older swimmers will swim two laps.
- Bus Parking – Dual meets – across from the pool. During conference meet, behind the pool at the park.
- Other notes: Concessions stand available. No food allowed on deck.

Manning

- South side of Hwy 141 in Manning in the Manning Recreation Center
- Phone – 712-655-3861
- Length of pool – 25 meters – older swimmers will swim two laps.
- Bus parking – Park along Center Street, along the sidewalk on the street west of the Rec. Center, South Main.
- Other notes: Pool is open all afternoon. There is a concession stand. Food is allowed on deck. Also only workers and swimmers need to be on the deck, spectators must sit upstairs to watch.

Perry

- Hwy 141, east to 8th Street, turn left (north) to past water tower. Turn right on Pattee, left into the parking lot.
- Phone – 515-465-5621
- Length of Pool – 25 meters -- older swimmers will swim two laps.
- Bus parking – Front lot please stay out of the fire lane.
- Other notes: Pool opens @ 6 p.m. There is no concession stand, only vending machines and pop machines. Food allowed in swimmers waiting area only. No food on pool deck.

Sac City

- Enter Sac City on Hwy 20 (Main Street) go to 11th Street, turn South. Keep going on 11th Street until you reach the pool. (Approximately nine blocks).
- Phone – 712-662-7428
- Length of pool – 25 yards – older swimmers will swim two laps.
- Bus Parking – parking lot west of pool.
- Other Notes: Pool opens @ 6 p.m. Concessions stand available. No food on deck.

Southern Cal

- Hwy 175, turn North @ Casey's, will see the pool 1010 West Madison Street
- Phone – 712-464-3271
- Length of pool – 32 yards, older swimmers will swim two laps in freestyle only; individual and relay.
- Bus parking – Parking on west side.
- Other Notes: Concessions stand available. No food allowed on deck.